STATE ADVISORY COUNCIL ON AGING

2017 Annual Report

CREATIVE AGING

Opening The Door To Health And Happiness

The Annual Report to the Michigan Commission on Services to the Aging

State Advisory Council on Aging

Annual Report To The

Michigan Commission on Services to the Aging

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Preamble

Every year the Michigan Commission on Services to the Aging (CSA) asks their State Advisory Council on Aging (SAC) to research an important issue or topic to inform the CSA, Michigan's older adults and our aging network. This year, the CSA charged the SAC with researching Creative Aging. Due to the large number of creative aging programs, the SAC decided to organize the report with active links to sites providing greater detail on the topic, placed throughout the report. The links and references listed include the proper titles and grammar used by the organizations/individuals that developed the links/programs. All links were checked to be sure they are active at the time this report was completed. Therefore, *for maximum usefulness, this report should be read online where the links are easily accessible. An online version may be found at* http://www.michigan.gov/osa/1,4635,7-234-64080-324837--,00.html.

Cover Art: *The Shell Collector* by Robert Iwamasa, Midland, Michigan. *"I love seashells; my drawing is based on my collecting early in the morning and at night."*

RICK SNYDER
GOVERNOR

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MICHIGAN COMMISSION ON SERVICES TO THE AGING

July 7, 2017

Dear Chairperson Wishart and Fellow Commissioners:

On behalf of the State Advisory Council on Aging (SAC), I am pleased to present their 2017 Report. Last year, the Commission on Services to the Aging (CSA) charged the SAC with the task of investigating the subject of creative aging. Far from being a frivolous or peripheral issue, there is now ample scientific evidence that creativity serves senior citizens by engaging them physically, intellectually, emotionally, and spiritually (in the broadest sense of that term). Engaging in creative pursuits militates against a sense of isolation, creates community through partnerships, increases life-enhancing endorphins, and engages the deepest recesses of the human psyche.

While the SAC works to create a single, coherent report at the end of the process, in recent years we have broken into separate workgroups to examine various aspects of an assignment more deeply. This also makes each voice count during the frequent teleconferences necessary to supplement the four yearly face-to-face meetings, since each call will have no more than ten active participants. During the last year, the four active workgroups studying creative aging included Enrichment, Health & Emotional Welfare, Spirituality, and Art.

Since there was inevitable overlap, in this final version of the report, the material coming from the four workgroups has been integrated to avoid duplication. It is our hope that the Governor and Legislature will find it useful as they work to improve the lives of Michigan's older citizens. We also hope that it will inspire senior centers and organizations across the state to step up their involvement with creative aging programs. Often, what happens in one region of the state goes unheralded in others. Thus, an important purpose of these annual reports is to notify the broadest possible audience of successful programs scattered throughout the state. To that end, we have listed dozens of websites showing contact information for programs that have proven themselves successful in the field of creative aging.

We wish to express our thanks to the CSA for their support, especially to Commission Chair Dona Wishart, for her availability and unflagging encouragement, and to Commissioners Kristie Zamora and Joan Ilardo for acting as guest commissioners at our meetings. We also thank Richard Kline, Senior Deputy Director of the Aging and Adult Services Agency (AASA), and all the other AASA staff members who offered assistance and support during the year. Special thanks go to Lauren Swanson-Aprill, AASA's SAC Lead and chief architect of the report, and to Wendy White, SAC's indefatigable Vice-Chair.

Sincerely,

Commissioner Michael J. Sheehan
Chairperson, State Advisory Council on Aging

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State Advisory Council on Aging

CREATIVE AGING: OPENING THE DOOR TO HEALTH AND HAPPINESS

2017 Annual Report

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CREATIVE AGING:

OPENING THE DOOR TO HEALTH AND HAPPINESS

INTRODUCTION

Older adults are living longer than at any other time in the history of humanity due to medical advances, improved health care, and access to better nutrition. Life expectancies for both men and women now reach well into the 80s and beyond. The U.S. Census 2016 population report estimates that Michigan is considered to be one of the oldest states in the nation with a median age of 39.7, two years higher than the national average.

With this substantial increase in lifespan, including many years lived during retirement, the Michigan Commission on Services to the Aging (CSA) asked their State Advisory Council on Aging (SAC) to research creative aging and determine what opportunities are available to Michigan's older adults to live quality lives. Not only do older adults want to fill this golden time with purpose, they are looking at ways to confront their mortality and review their accomplishments by asking these questions:

- What additional things can be accomplished?
- How can unfinished business be completed and unresolved conflicts be resolved during this second part of life?
- Where are organized activities and continuing education classes located that will improve old skills or help to learn and master new ones?

These questions are often asked beginning in midlife and continuing throughout the retirement years, with older adults ultimately seeking greater meaning in their life experiences. They realize they have gained considerable wisdom over time and believe it is important to share their knowledge and insights with their families and others, along with reminiscing about their life experiences.

KEY COMPONENTS OF CREATIVE AGING

Our research tells us that adults are interested in continued psychological growth and creative learning throughout their lives. Abraham Maslow's well-known theory, *The Hierarchy of Needs*, outlines the life-time patterns followed as human beings mature, beginning with physiological needs, safety, love and belonging, esteem, and finally reaching self-actualization—accomplishing everything possible in a lifetime and being all one can be. For this lifelong journey to be successful, the following key components are very important to creative aging:

- ***Continued Brain Development*** – Cognitive learning, expressing ideas & concepts, e.g., painting, dancing, poetry, prose writing, storytelling;
- ***Physical Movement*** – Use of hands, arms, legs, and/or feet, e.g., painting, drawing, knitting, carving, pottery making, dancing, exercising;
- ***Social Engagement*** – Interaction with others for personal and community benefits, e.g., chorales, musical groups, group painting, card playing, storytelling;
- ***Sense of Control*** – The result of increased choice and interpersonal engagement while helping others to succeed, e.g., painting, drawing, singing, knitting carving, storytelling; and
- ***Individual Well Being*** – Less stress and fewer visits to the doctor, healthy longevity, and an increase in physical mobility, spirituality, and self-confidence because of the skills mastered. (Arizona Commission on the Arts)

With this understanding of creative aging it is important to also recognize the established findings that the arts and enrichment activities have positive effects on older adults' physical and mental health, cognitive skills, and social engagement. A recent study examined creative arts programs, specifically at public libraries, and found that participants reported that arts programs provided a sense of healing, safety, freedom, renewed sense of self, enhanced creativity, and fun/joy (I. A. Gutheil & J.C. Heyman, *Activities, Adaptation & Aging*, 2016; and H. Noice, et al, *Journal of Aging and Health*, 2004). One study examined reasons why older adult women commenced visual art-making and its effects (F. Reynolds, *Journal of Aging Studies,* 2010). Women stated that they began participating in art after retiring and found that it promoted "inner mental life…and connectedness with the wider physical and social worlds" (F. Reynolds, 2010).

Studies examining creative arts have looked at singing, drama, and visual arts. Research focusing on drama and theatrical training have found that older adults experience less anxiety, hostility, and have improved cognitive skills after participating in these programs (B.W. Davis, *The Gerontologist*, 1985; Noice et al., *Applied Psychology*, 1999; H. Noice et al., *Journal of Aging and Health,* 2004; T. Noice & H. Noice, 2006a, *Current Directions in Psychological Science,* 2006b, *Clinical Gerontologist,* 2009). Singing has similarly produced positive results, specifically a greater sense of personal growth (T. Noice and H. Noice, *Neuropsychology and Cognition*, 2009) and higher overall ratings of physical health, fewer doctor visits, less medication use, and fewer instances of falls compared to groups who had not participated in creative arts such as singing (G. D. Cohen et al, 2006).

Participating in activities such as singing results in fewer doctor visits, reduced use of medicines, fewer falls, reduced anxiety, and improved sense of self. (B.M. Willemse, et al, *Aging & Mental Health*, 2009) and (H. Noice et al., 2009, and Y.-C, Lin, et al, *Geriatrics & Gerontology International, 2017).* Additionally, people with Alzheimer's disease or other dementias are able to contribute during arts activities, focus on projects, and show imagination, all with the goal of being socially engaged and having a sense of control rather than gaining mastery. One study examined the benefits of floratherapy groups that incorporated flowers and plants into activities. Participants reported higher

self-esteem and lower stress after participating in these groups (K.L. Perryman & E.A. Keller, *Journal of Creativity in Mental Health,* 2009).

Research on creative aging internationally has also produced positive results. In 2011, the Mental Health Foundation of the United Kingdom conducted a literature review of 31 studies of older adults and creative arts and found that such programs benefited mental and physical wellbeing at the individual, community, and societal levels (*Mental Health Foundation*, 2011). Another study evaluated the impact of an arts festival in Ireland that "celebrates creativity in older people" and found that both participants and organizers experienced benefits of self-expression and praised the festival as a safe environment to discover and nurture talents (O'Shea & Leime, 2013).

Continued advances in society, including the growing use of technology to communicate, indicate today more than ever that older adults want to learn, experience and master new things until the very end of their lives. While increasing knowledge and skills, older adults' brains continue to grow and expand. This is substantiated by scientific discoveries showing that the brain reroutes its wiring, adapts, and continues growing with new experiences. When challenged by various creative activities, health and mental health are significantly enhanced (Gene D. Cohen, *Generations*, Vol XXX, Number 1, Pages 7-15, 2006).

For example, through encore and ongoing careers, 24.3 percent of Michigan's older adults 60+ are working, and 22.9 percent are volunteering or giving back to their communities 158 hours per person each year (U.S. Census Bureau 2015—*American Community Survey*). Many are taking continuing education classes, traveling, and mastering various skills such as painting, dancing, drawing, singing, and storytelling, creatively living their lives to the best of their abilities. Older adults want these opportunities, but may not know where the programs/activities are or may not be aware that many arts and enrichment activities can be adapted for a range of abilities. Therefore, it is important for Michigan to consider innovative strategies of planning, and implementing creative programs and activities to enhance the quality of life for its 2.2 million adults aged 60 years or older.

Summary: This report reviews what makes a creative aging program effective and lists existing programs that meet these criteria. The reader will find that many creative aging program links are strategically placed throughout the report to make it easier to access the information quickly via electronic devices. Some links are mentioned more than once as they are relevant to various sections of the report, and some organizations offer several different creative programs for older adults. Many creative programs are offered in each of the 16 Michigan AAA regions and some are listed in the report.

WHAT MAKES A CREATIVE AGING PROGRAM MOST EFFECTIVE?

There is general agreement among professionals in the field (Johanna Misey Boer, *Creativity Matters: The Arts and Aging Tool Kit*, 2008) that any program designed to enrich seniors by using the arts and creative activities should conform to certain criteria.

- Does the program actually improve the quality of participants' lives? Does it have measurable goals? Is it sustainable?
- Is the program client-centered? Does it meet the actual needs and wishes of those participating, or is it simply a one-size-fits-all template?
- Does the program conform to the latest findings in adult learning, e.g., immersion, sequential and recursive learning, etc.?
- Are those teaching the program professionals in their field rather than convenient amateur volunteers? Are excellence and high quality stressed?
- Are local institutions invited to participate or contribute to the program?
- Are feedback and client evaluation procedures given the prominence that they deserve? Is the program monitored and assessed by competent managers?

Using these criteria, the SAC researched local, state, national and international creative aging programs to find the most innovative programs. The information included below represents some of the most innovative and accessible programs that Michigan's aging network might consider implementing on their own or in collaboration with others, if they have not already. The programs range from visual arts, music/singing and performing arts (dance, theater) to lifelong learning, spirituality and wellness, and a focused program section for people living with Alzheimer's disease and other dementias and their caregivers.

OVERVIEW OF THE ARTS

"Sketching is almost everything. It is the painter's identity, his style, his conviction, and then color is just a gift to the drawing." Fernando Botero

It is very important for older adults to continue embracing art in all of its forms throughout their lives, as research has shown that it has a positive impact on health and mental acuity (*Susan Perlstein, Arts and Creative Aging Across America*, Community Arts Network, October 2002). Art reveals a worldview, reflects the history of the era in which it was created, and expresses the artist's imagination and technical skill.

The use of language, both oral and written, to share historical events and knowledge is crucial to society's continued growth. This type of art--now referred to as language arts--evolved with teachers promoting the importance of reading, spelling, and composition to develop skills in comprehending and using written and oral language. Writing or recording autobiographies is an important practice and one that is being promoted by the media and museums to encourage the ongoing documentation of our past so it is not forgotten. Additionally, the ability to create books, plays, poetry, and lyrics is all very important and necessary to the world of visual and performing arts.

Visual arts, such as painting, drawing, sculpting, printmaking, and photography, are often called the fine arts. Architecture and decorative arts developed by craftsmen/women are also considered part of the visual arts. They include items that are both decorative and useful, and they run the gamut from public places -- such as houses of worship that may include intricately designed stained-glass windows -- to private residences furnished with pitchers, decanters, china, quilts, furnishings, wood carvings, textiles, ceramics, jewelry, floral design, and mosaic art.

The term performing arts refers to activities where artists use their bodies and voices to express their feelings and emotions. This includes acting, dancing, playing musical instruments, and singing. The performing arts section is described in detail following the visual arts section below.

VISUAL ARTS—EXPRESSIVE AND COMMEMORATIVE

"Drawing is still basically the same as it has been since prehistoric times. It brings together man and the world. It lives through magic."
(Keith Haring, *Art School Portfolio Handbook*)

Older adults often have more time to embrace art and to develop new skills or refine old ones, including creating their own drawings, paintings, sculptures, pottery, photography, and crafts. Developing art to pass down to family members and future generations is an honored practice and one that older adults may want to consider: self-portraits or having one created, decorative pottery, water color or oil paintings, photographs, quilts, and crocheted/knitted baby and lap blankets are some of the many forms of art to be passed on. There are many program links listed below that offer creative art programs.

Crafts (needle)

The **Alcona County Needle Crafters** group of 15-35 older adults, caregivers, mothers and daughters/granddaughters (teenagers) meet weekly to produce thousands of products each year that they can make with yarn; they knit, crochet, loom, and sometimes sew. It's like an old time sewing-bee atmosphere where they make hats, mittens, scarves, etc. using donated yarn for the baby pantries, elementary and high schools, older adults, and cancer and dialysis patients. Everything that this group makes is given free those in need throughout the county.

Craftivism

A new term called **craftivism** was developed by Betsy Greer as described in her book *The Art of Craft and Activism* that showcases artists' crafts used for promoting various views on current day issues. Many different forms of crafts are created with activist themes, such as special bracelets, blankets, hats, mittens, t-shirts, and quilts. While the term is new, this type of activism is not new, and is very familiar to our aging network. In 1999, The International Year of Celebrating Older Adults was commemorated by Michigan's aging network via the Michigan Office of Services to the Aging—now the Michigan Department of Health and Human Services, Aging and Adult Services Agency

(AASA). Quilt squares were gathered from the Michigan aging network to combine into five large quilts that are part of the Michigan Historical Museum's permanent collection. The older adults who made the squares shared their life stories and the meaning of the quilt squares they created, which were compiled by AASA staff into a booklet titled: *Towards a society of all ages, Commemorative Quilt Exhibit*, May 15-July 28, 2000.

Quilting

Quilting remains popular today, with Michigan experts on quilting showing its positive relationship to health in a book titled *Quilts and Health* (in press). Clare Luz, PhD, one of the authors, shared this: "There is now a growing recognition of the magnitude of the role of **quilts**, as distinct from other forms of visual arts, in relation to health. Recent research shows that making and using quilts has a measurable impact on strengthening cognitive abilities and mitigating emotional health issues. Quilt images and their stories are being used to teach health professionals about empathy and the human experience of illness and healing. It is the stories that are often moving and speak most strongly to the healing power of quilts and quilt making." (MacDowell, M., Luz. C. & Donaldson, B., in press, 2017)

Visual Arts Programs

Creative 360 – Midland, MI offers a year-round schedule of workshops and classes, poetry readings, creative writing, and art classes. Their art gallery is open free to the public and was enjoyed by over 8,700 visitors in 2016; it was voted the "Greatest Art Gallery in the Great Lakes Bay," by readers of the Great Lakes Bay Magazine (Creative 360).

Midland Center for the Arts, Midland, MI offers a variety of visual arts programs including the following: Midland Center for the Arts

- **Intermediate Painting –** where seniors can work alongside an instructor on any painting project they choose.
- **Intermediate Watercolor –** where seniors learn painting skills such as masking, glazing, dry brush and other techniques.
- **Lectures and Films Program –** where seniors can pique their interests regarding award-winning films, foreign language, comedy and dramatic films that are not normally seen in theaters.

EngAGE is a housing community geared toward low-income adults where community members participate in art classes all day long. Residents are in both assisted living and independent living environments. Classes are taught by professionals in a wide variety of subjects, including visual arts, theater, English as a second language, performing arts, a radio program, etc. The program was originally started in California by Tim Carpenter, but it has expanded to Portland and Minneapolis. EngAGE

Vitality 55+, created through Aroha Philanthropies, utilizes professionals to teach art to seniors. As people age, they become more creative through their experiences. It is believed that art is transformed through personal experiences. Aroha seeks to improve

the quality of life for those 55+ through art. The program is located in the San Francisco Bay area and Minneapolis. 55+ Arts Fund

Marquette, MI, Arts and Culture Center fosters programs that encourage and develop creativity. It serves as a parent organization over several local arts and cultural groups in the area. The Center offers several programs throughout the year. Some of these programs include:

- **Art on the Rocks** – an outdoor art show held in July.
- **Outback Art Fair** – also known as Picnic Rocks, that showcases pottery, glass, fiber, fabrics, wood, watercolors, oil paintings, photos, carvings, metal works, soaps and lotions, cement, stones, toys, hats, and jewelry.
- **Downtown October Walk and Art Stroll** – provides an evening of art, entertainment and exploration of unique galleries, shops, and restaurants.
- **Marquette Arts & Culture Center Holiday Art Sale** – Showcases artist works ranging from ceramics, paintings, prints, fibers, jewelry, woodworking, metals, clothing, and mixed media.
- **Downtown Marquette Farmers & Artisan Market** – Showcases artist works including hand-made jewelry, stained glass, wreaths, yarns, soaps, wood art, furniture, health and beauty products, clothing, and paintings. See Marquette Visual Arts.

Additional Visual Arts Programs to Consider:

- Art Beyond Sight Multisensory Program for Older Adults (New York, NY)
- Art Cart: Saving the Legacy (New York, NY)
- Art for Life (North Dakota)
- Arts for the Aging (Washington, DC)
- Coloring, Card Making, drawing, painting and scrap booking (Valley Area Agency on Aging, MI)
- Coloring and Conversation (Albion, MI)
- Creative Aging Cincinnati (Cincinnati, OH)
- DOROT (New York, NY) University Without Walls Program that offers free or low cost classes via telephone. Classes include arts, history, current events, games, holidays and more.
- Elders Share the Arts (ESTA) (New York, NY)
- Hannan Center for Lifelong Learning (Detroit, MI)
- H.C Burnside Senior Center (Coldwater, MI)
- Four Points Center for Successful Aging (Grand Haven, MI) Masterpiece Living Program includes quilting, crochet, and sewing classes.
- Next Avenue sm –Where Grown-Ups Keep Growing -- How to Make Your Own Movie (The Next Avenue sm links also showcases other art and aging programs.)
- NoHo Arts District (North Hollywood, CA)
- Schoolcraft College Continuing Education (Livonia, MI)
- Senior Digital Storytelling Program (Berkeley, CA)

- VSA Michigan-Genesee County offers opportunities for local artists with disabilities to exhibit their work.
- Vitality + Art (San Francisco Bay area; Minneapolis, MN)
- Zentangle (available nationwide)

PERFORMING ARTS

"I believe in the healing power of the arts, and whenever anyone can bring art into anyone's life, it's a special thing." Austin Nichols, from Ann Arbor, Michigan

Performing arts include a wide range of artistic endeavors, such as dance, music, singing, and theater, all of which are performed in front of an audience. There are numerous studies that provide data supporting the health benefits of arts programs for older adults. (Diane Cole, *Your Aging Brain Will Be in Better Shape If You've Take Music Lessons, National Geographic, 2014*) Older adults' physical and mental health have been determined to improve when they are involved in performing arts. Additionally, the performing arts can be highly effective in disease prevention. *(New England Journal of Medicine*, Joe Verghese, M.D., Richard B. Lipton, M.D., et al June 19, 2003, Vol. 348 No. 25)

Dance

Exercise, especially dancing, can be the key to living a long, healthy life. Even when we suffer from ailments such as arthritis, dance allows us to remain limber and provides the opportunity for socialization. While physical activity is recognized as important for promoting one's overall health, dancing--more than other activities--can produce improved mental acuity because it requires quick thinking. Increasing the number of split-second decisions we make while dancing improves our ability to maintain cognitive flexibility (Richard Powers, *Use It or Lose It: Dancing Makes You Smarter*, 2003). It is important to note that not all forms of dancing produce mental acuity. For example, dances in the form of retracing the same memorized steps (i.e. line dancing) do not have the same impact on an individual's cognitive ability (Joe Verghese, M.D., et al, New England Journal of Medicine, June 19, 2003).

The following **programs** have proven beneficial to older adults.

- **Chair Dancing Fitness** is a copyrighted program that involves aerobic exercise while seated. It allows persons with physical disabilities to improve balance, coordination, strength and endurance using only the video, a chair and two paper plates. The seniors at the Roscommon County Commission on Aging have testified that this program allows seniors to exercise at their level of functioning and that they are seeing an increase in their physical abilities.
- **Kairos Dance Theatre** in Minnesota is a community arts organization that has created the Dancing Heart Program, which addresses the needs of the elderly who are frail or those with dementia.
- **Moving Melodies (Ann Arbor)** led by professional teaching artists, is a program designed to enhance mental health and quality of life through dance, singing, and

storytelling. Each program builds upon the next so that each class is challenging yet achievable, allowing the participant to gain a sense of control and empowerment.

Music and Singing

"He who sings scares away his woes." – Miguel de Cervantes

Studies show that musical training creates mental connections from childhood that last throughout a lifetime. Musicians who have studied an instrument for at least ten years show the benefit of musical training by scoring higher in nonverbal and visuospatial memory (remembering shapes and sizes and retracing steps) and are better able to adapt to new information. In addition, there has been significant research regarding the physiological, neurological, and emotional benefits of singing. (Diane Cole) Regular singing can provide us with a mental workout, as well as elevate mood and increase immunity, which has been clearly shown in recent studies. (Andy Tubman, Co-Founder/Chief Clinical Officer of Musical Health Technologies & SingFit 2015)

There are many scientifically validated benefits of music. For example, while postoperative patients listened to their favorite music, dopamine was released naturally, which in turn reduced the need for opiate drugs to reduce pain. Music can also modify and regulate heart rate, respiration, perspiration, and other automatic responses in our bodies. (Nadiye Özer, PhD, RN, et al. *Effect of Music on Postoperative Pain and Physiologic Parameters of Patients After Open Heart Surgery*, 2013-14) Singing not only decreases stress, but when singing with others music also improves social relationships. Music and singing improve overall quality of life by increasing sociability and self-confidence while decreasing anxiety and perceived aggressiveness.

Other health benefits of music include treating advanced stages of cancer through the deep relaxation that music provides to harmonize cancerous cells. This is particularly successful with tones of drumming, and Tibetan metal songs. Drumming has also aided in the treatment of substance abuse and has provided improvement for those suffering from immune dysfunction, providing an anti-inflammatory response in the body. Finally, music has been shown to release melatonin in the brain, thus providing a calming effect for those suffering from depression, anxiety, and Alzheimer's disease. (Kathleen Barns, *Music as Medicine: Music Soothes, Energizes and Heals Us*, September 1, 2016).

Music has been found to have a valuable impact on dementia and Alzheimer's patients. Music not only connects seniors to the memories of their past but it can improve alertness, improve mood, reduce anxiety, and enhance cognitive function (Pat Arter, 2016). According to a 2009 University of California-Davis study, the part of our brain that is impacted by music is the prefrontal cortex. This is also the last part of our brain impacted by Alzheimer's disease, which significantly increases the importance of music as treatment (Petr Janata, *The Neural Architecture of Music – Evoked Autobiographical Memories,* 2009), https://academic.oup.com/cercor/article/19/11/2579/376624/The-Neural-Architecture-of-Music-Evoked.

Music and Singing Programs

The Music & Memory℠ program is a non-profit organization that brings personalized music into the lives of the elderly or infirm through digital music technology, vastly improving quality of life. The program trains nursing home staff and other elder care professionals, as well as family caregivers, on how to create and provide personal playlists using iPods and related digital audio systems that enable those struggling with Alzheimer's, dementia and other cognitive and physical challenges to reconnect with the world through music-triggered memories.

- Alive Inside Film of Music & Memory Project – Henry's Story
- *Diane Cole, Your Aging Brain Will be in Better Shape if You've Taken Music Lessons*, National Geographic, January 3, 2014
- The **CORO Health Program** is a music-based program that impacts people's moods. This program has been used in long-term care facilities in the Upper Peninsula to help residents start their day in a positive way. CORO Health, Music First (available nationwide)
- **Music as Medicine**: *Music Soothes, Energizes and Heals Us*, Kathleen Barns, Sept. 1, 2016.
- **Music & Memory Program** - Region IV Area on Aging received a grant award from the St. Joseph-Benton Harbor Rotary Foundation to become certified and launch a music & memory program.
- **The Golden Tones** is a senior adult chorus led by a professional artist and is an example of a community arts organization that began as a program through a senior center. (The Golden Tones is located in Wayland, Massachusetts)
- **SingFit Program**, developed by co-founder and certified music therapist Andy Tubman, promotes singing for health with older adults. SingFit (Available nationwide)

Theatrical Programs

Theatrical programs offer individuals the opportunity to experience the creative process and enhance mental and physical wellness through arts and humanities. Many programs collaborate with local colleges, universities, and non-profits to offer seniors greater exposure to arts. Programs are led by professional artists, and participants collectively create a body of work that can be performed. There are many different theatrical forms, such as storytelling, concerts, acting performances, dinner theater, improvisation and comedy, movie screenings, poetry readings, and spelling bees. Example programs and their links are listed below.

- **Creative 360 – Stage, Studios & Gallery** - Offers an Express Yourself Artshop – This program offers classes focused on drama, dance, music, art, and wellness.
- **Midland Center for the Arts** – Offers auditions for a variety of plays year-round in its Center Stage program. Auditions are available for all ages.

- **Old Town Playhouse (Traverse City, MI)** – The playhouse offers an amateur theater program called "Aged to Perfection," which is a readers' theater for people over age 55. The productions do not involve costumes or props. (No cost)
- **Spelling bees** are familiar to most senior citizens due to experiencing them during their school days. These programs offer mental stimulation and interesting challenges to adult brains. A team approach is less intimidating than individual performances. Teams of three, who are allowed to consult with each other for a given limit of time, seem to work best. The team member most comfortable with public speaking can present the team's spelling for that word (Grand Traverse County Parks and Recreation Senior Center Network).

Elders Share the Arts (ESTA) programs utilize artists who engage older adults in sharing memories, life experiences, and knowledge through art. These free programs are aimed at serving seniors who are isolated and low income, and who live in areas that have limited accessibility to art programs. They are funded by government, foundations, and corporate sponsors and generally last between ten and twenty-four weeks. ESTA has four programs to choose from:

1. **Legacy Arts** is for adults 55+ with classes held for ten and twenty-four weeks, two hours per session. This program focuses on theater, collage, print-making, sculpture, digital media, music, and dance. The program includes field trips to enhance participant learning.
2. **History Alive!** This is a community-based program that works with both school age children and older adults. These programs run between fourteen and eighteen weeks and elders serve a role as oral historians to youth. This allows seniors and youth to learn about each other's respective cultures and traditions in order to form meaningful relationships.
3. **Arts & Memory** is another community-based program that works with adults 55+ who are experiencing memory problems. These programs last ten to twenty weeks and include programs like musical walk down memory lane, a clown class, a storytelling program, an art project, or museum tours.
4. **Pearls of Wisdom** is a program involving elder storytellers and is led by an artistic director. It is designed to tell personal stories in creative, lively and interactive ways that inspire participants. Participants travel to senior centers, libraries, school assemblies, parks, and other neighborhood and cultural institutions.

Another legacy program is the **Yes We Can** **–** This program is offered through Creative 360 in Midland, MI, and is a series celebrating the creative legacy of community artists, scientists, scholars, and community leaders who are eighty years of age and older. The program is designed to recognize and honor those who are eighty and over in a way that respects their knowledge and taps into their creativity.

Additional Performing Arts Programs to Consider:

- Evergreen Commons Performing Arts Programs.
- Express Yourself Artshop (Midland, MI).
- Giving Voice Chorus (available nationwide).
- Hannan Center for Lifelong Learning (Detroit, MI).
- H.C Burnside Senior Center (Coldwater, MI).
- Marquette Arts and Culture Center (Marquette, MI).
- Midland Center for the Arts, Center Stage Choirs (Midland, MI).
- Moving Melodies, Sadhana Dance Theater (Ann Arbor, MI).
- Music and Memory (available nationwide).
- Schoolcraft College Continuing Education (Livonia, MI).
- Tibbits Opera House (Coldwater, MI).

LIFELONG LEARNING

Learning is not a product of schooling but the lifelong attempt to acquire it.
- Albert Einstein

When a commitment is made to a lifelong learning program, especially by seniors, it can be incredibly beneficial to their brains and their cognitive ability. Learning allows them to improve their memory skills and to problem solve, which leads to greater cognitive ability. Keeping their brains active, studies have shown, can fight off the effects of dementia and Alzheimer's disease. Lifelong learning can take on many forms, from the classroom to people's homes and even their gardens.

Seniors today can apply for tuition scholarships, and if they don't qualify for scholarships, they can always audit a class, which is simply attending class lectures without the stress of exams, essays and homework. Those fifty years of age and older can take advantage of non-profits such as the Osher Lifelong Learning Institute (OLLI) for a variety of learning programs.

The Bernard Osher Foundation The term *lifelong learning* is often used to describe the process of accomplishing personal, social, and professional development throughout the lifespan in order to enhance the quality of life of both individuals and communities. Lifelong learning also refers to educational classes, usually affiliated with a college, community college, or university, designed by or for older adults, and often taught by older adults. Generally, there are no tests, grades, or homework. The Osher Lifelong Learning Institute (OLLI) found in 120 colleges and universities across the country, including the University of Michigan, is an example of a program organized and managed almost entirely by the older adult members.

- **Bay College West LIFE (Learning is ForEver)** program located in Iron Mountain, Michigan, was formed in October 2009 by a group of retirees who wished to promote lifelong learning. The program mirrored a similar program titled Bay

Sages at Bay College's Escanaba campus. The goal of this program was to bring seniors together to learn new things and keep their minds active throughout life. Cost is minimal, only $1.50 per month or $18.00 per year, and includes snacks and coffee.

- *The original* **Bay Sages** *is an organization designed by and for retired and semi-retired adults who share a love of learning. The program was established in 1995 and is sponsored and affiliated with the* Bay de Noc *Community College in Escanaba.*
- **OASIS** is a non-profit educational organization based in St. Louis, Missouri, and active in more than 50 cities across the country. Its programs support successful aging through lifelong learning, active lifestyles, and volunteer engagement, and they reach more than 50,000 individuals each year. OASIS has a national network of more than 700 partners.
- **Senior Resources** can also provide a state-by-state guide of schools that provide senior educational programs.

Other Lifelong Learning Programs

Elderwise Learning of Ann Arbor, Michigan, offers a variety of lifelong courses for retirees located in the American Red Cross building. Each semester, they offer 50 classes or more. **Gardening**-- Many communities have a community garden and there are community gardens in Detroit, Traverse City and throughout the State. Horrocks, Home Depot, and Meijer may be able to send someone to present on gardening to senior groups. The Master Gardener Program is offered through MSU Extension Offices.

Great Decisions Program **--** Perennial Park/Hillsdale Senior Center, Inc. hosts the *Great Decisions Program* where seniors discuss issues of the day with a trained staff leader guiding the discussion. Annually, eight issues are released for review. A *Great Decisions Briefing Book, Great Decisions Television Series,* or a *Teacher's Packet & Classroom Packet* can be purchased online. The 2017 topics include *The Future of Europe, Trade and Politics, Conflict in the South China Sea.* This program is also offered by other organizations including the Osher Lifelong Learning Institute of the University of Michigan.

Life Academy -- The extended education division of Northwest Michigan Community College in Traverse City, Michigan, includes a division for those over 50. The offerings include a wide array of outdoor and indoor pursuits, from fly fishing to chair yoga. Monthly luncheon programs provide experts speaking on an incredible array of topics, and a twice-yearly Lifelong Learning Campus Day allows seniors to choose three classes from an offering of about 35 options.

Midland Center for the Arts (Midland, MI) offers a variety of cultural learning programs including

- **Fireside Chats** – A group of long-time Midland residents meet at the Midland County Historical Society to share their recollections. Audiences are invited to listen, learn, and join in with questions or memories of their own. (no cost)
- **Heritage Series** – This program is presented by the Midland County Historical Society and includes a wide range of topics about local history, including "Prohibition in Midland County," "Early Television: The New World in Black and White," "Iron Boats and Powdered Cement – The Cement Freighters on the Great Lakes," and many others. (cost $5)

Northern Center for Lifelong Learning (NCLL), affiliated with Northern Michigan University, offers various continuing education mini-classes, events and activities for adults of any age with many older adults participating. Membership is $30.00 per year from July 1-June 30, which entitles students a reduced class fee of $3.00. Non-members may participate for $8.00 per class. Some classes may have an additional charge for materials.

Schoolcraft College has a Continuing Education Program that includes wellness, culinary arts, ceramics, painting, photography, music, and physical fitness. They are not specifically geared toward seniors, but are offered at a discounted rate.

Additional Lifelong Learning Programs to Consider:

- Community Gardens (Detroit, Traverse City, etc.).
- DOROT (New York, NY), University Without Walls Program**,** which offers free or low cost classes via telephone. Classes include arts, history, current events, games, holidays and more.
- Gardening Education provided through Horrocks, Home Depot, and Meijer
- Jackson College (Jackson, MI).
- Master Gardener Program (Michigan State University).
- Midland Center for the Arts, Science Café Series (Midland, MI).
- Michigan State University Extension.
- Northern Center for Lifelong Learning (Marquette, MI).
- Osher Lifelong Learning Institute, University of Michigan (Ann Arbor, MI).

SPIRITUALITY AND WELLNESS

"When I do good I feel good, when I do bad I feel bad, and that's my religion."
Abraham Lincoln

For many, spirituality is an important part of creative aging and is an indicator of an individual's wellbeing and sense of purpose in life. It can impact mental and physical health supporting a healthy lifestyle as we age. In recent years, the medical field has also recognized the value of spirituality as an essential element in a patient's health care plan. Spirituality is widely recognized by health care accreditation bodies like *The Joint Commission* and *Commission on Accreditation of Rehabilitation Facilities (CARF)* as

being a value-added part of health care goals. It is now incorporated into policies and practices for health care organizations such as hospitals, long-term care facilities, assisted living facilities/homes, and home care agencies. The Department of Veterans Affairs has also included spiritual care in their handbook, which provides the operating procedures that ensure proper spiritual support for all VA care recipients.

Spirituality is individual-based and can take on many forms, such as Religion, Tai Chi/Tai Ji, Yoga, Zumba, and Meditation/Mindfulness.

Religion

"Faith is not belief without proof; it is trust without reservation."
D. Elton Trueblood

Most religions share core values: a belief in a higher power, a sense of brotherhood and sisterhood, a set of values and ethics that serve to make society safer, a tendency to nurture and protect, and a sense of purpose and mission. It is obvious how this benefits people as they grow older and encounter the vicissitudes of aging.

Choosing a denomination is a very personal matter, but whatever a church calls itself or whatever doctrines guide it, we firmly believe that each congregation is a vital partner in serving the needs of Michigan's elderly. Churches, mosques, synagogues, and other spiritual units work to dispel homelessness, hunger, isolation, and injustice, and as their members and neighbors age, they are in a unique position to serve them.

- **Spirituality and Aging;**
- **Faith, Spirituality, and Aging;**
- **Religion and Spirituality in the Elderly**

Tai Chi/Tai Ji

For definition purposes, Tai Chi and Tai Ji are one and the same. There are no differences between the two translations. The name in its original form is Tai Ji**,** but after China's civil war the Chinese developed a syllabic transliteration system and the International Association for Asian Studies determined that the standard publication would be Tai Chi. Since this wording became popular decades ago, it is more familiar to the average person than the original name, Tai Ji.

Tai Chi/Tai Ji is an ancient art that is easily adaptable for the aging population. Many Long Term Care and Assisted Living facilities have adapted modified Tai Chi/Tai Ji programs for their residents. These modified programs not only build participant confidence, but they can alleviate one's fear of falling while also improving balance and muscle tone. Tai Chi/Tai Ji is a whole-body experience that maintains physical fitness while allowing for an intellectual, emotional, and spiritual connection. Health care organizations and the aging network can incorporate these engaging classes into their

activities' schedules with a live trained instructor or through video classes and workshops.

- **Time for Tai Ji** (workshops available in Michigan with Mr. Chris Campbell and video modules).
- **Simplified Tai-Chi Exercise Program (STEP)** used in long term care facilities.

Yoga

Yoga means "to join" and is another ancient art that is adaptable to aging populations. Yoga helps to develop the body, mind, and spirit through a set of techniques that allow for awareness and create a sense of inner peace. Yoga is not only practiced by an aging student population, but it can also be taught by older adults. It is easily adaptable to less agile participants in the form of programs such as Slow Flow Yoga, Chair Yoga, Gentle Yoga, Serenity Yoga and Hatha Yoga. Yoga and breath work can also be used to improve all levels of pain, allowing for a happier and healthier self.

- ***Serenity Yoga & Breathwork***, Bobbi Silverstone, certified in Yoga, Breathwork and Holistic Coaching (Gladstone, MI)
- ***Yoga with Claudette*** (Detroit, MI)
- **YOME (Your Home for Yoga)** (available nationwide)

Meditation/Mindfulness

Many studies have promoted meditation and mindfulness as a method by which to relieve the impact of daily stressors. It is felt that these stressors have a significant impact on our bodies and can increase the speed of our natural aging process. Just twelve minutes of meditation a day, along with a healthy diet and keeping our minds focused on the present, can slow aging amplified by everyday stress.

- BBC Future: ***Can Meditation Help Prevent the Effects of Ageing?***
- **Spirituality and Medicine**
- *Prevention Magazine*, ***Think Yourself Healthy***, January 2017 (access by subscription and through the Michigan Electronic Library) (also other related articles in this issue)

Living Well

A variety of creative wellness and prevention programs for older adults, both general and evidence-based, has been offered with support from all 16 areas agencies on aging (AAAs) and our aging networks for many years with national (Administration on Community Living), state (AASA) and local funding. Programs fall into two categories: disease prevention/self-management and wellness. Disease prevention/self-management includes programs such as the evidence-based Personal Action Toward Health (PATH) classes and the Stanford Chronic Disease Self-Management series that educate individuals on how to be partners with their health care providers and be active in managing their disease through lifestyle: nutrition, physical activity, and stress management. Other **programs** that address disease prevention/self-management include

- **Aerobic Drumming** offers cardiovascular advantages and increased endurance. This activity can be done standing up or sitting down, there is no wrong way, and it's a great way to have fun and release stress. Offered by the Crawford County Commission on Aging and Senior Center.
- **Arthritis Foundation Exercise Program** is a low-impact program proven to reduce pain and decrease stiffness. The class was developed by physical therapists specifically for people with arthritis or related conditions. The routines include gentle range-of-motion exercises that are suitable for every fitness level and can be done either sitting or standing to help relieve stiffness and pain while building strength and stamina. The classes are ongoing and meet twice a week for an hour of exercise. The Valley AAA continues to grow the program with increased participation since 2016.
- **Building Better Caregivers** is a new caregiving class being piloted by Stanford using an online class format. They are pilot testing it with the **Veterans Administration** right now, but it will be available soon.
- **Matter of Balance** **(statewide)**
- **Geri-Fit®** is a new group strength training exercise program that uses dumbbell weights from 2 to 10 pounds. Classes are held for 45-minutes twice-a-week at senior centers, congregate meal sites, YMCAs, junior community colleges and other locations where seniors meet to exercise. The program helps to build strength, improve balance, and aids in fall prevention. The Geri-Fit program is suggested to be ongoing so that local older adult communities will become stronger and improve over time. Geri-Fit® is a listed as a top tier level III evidence-based program on the NCOA Title IIID Cost Chart, pages 8 & 9.
- **National Senior Games Association**
- **PEARLS** **(statewide)**
- **Powerful Tools for Caregivers** **(statewide)** In addition to many AAAs offering this program, Michigan State University Extension recently trained a number of their staff in the program and may be contacted as another resource.
- **Senior Olympics**
- **Wii Bowling Games** allows the older generation the opportunity to be in competitive sports in a healthy way. These games continue over the entire year and large TV screens make it possible for seniors to feel they are in a life size game. Offered by the Region 5 Valley Area Agency on Aging.

Wellness programs offer an individual a chance to put lifestyle change into action through physical activity classes, stress management techniques, creating a healthy diet, and more. Many AAAs/COAs are holding creative and modern **wellness classes** including

- **Cane Fu** (statewide) Yoga, T'ai Chi, "Cane" Fu (exercising with a cane, self-defense techniques)
- **Cardio Fitness Drumming** (statewide) https://www.drum.fit; https://www.drums-alive.com/archives/course/drums-alive-basic-instructor-certificate-training-online
- **Dakim Brain Fitness** (statewide) https://www.dakim.com

- **EnhanceFitness** (statewide) http://www.projectenhance.org/enhancefitness.aspx
- **Fit after 50** (statewide) http://fitafterfifty.com
- **Walk with Ease** (statewide) http://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/
- **Zumba Gold** (statewide) https://www.zumba.com/en-US/trainings/zumba_gold

A new program launched by the National Council on Aging (NCOA) called the ***Aging Mastery Program (AMP)*** has been brought to Michigan by the Area Agencies on Aging Regions 3A (Kalamazoo), 3B (Battle Creek), and 3C (Branch-St. Joseph). https://www.ncoa.org/healthy-aging/aging-mastery-program/

- **AMP** is a ten week facilitated program to empower older adults to make and maintain behavioral changes. There is a session on Community Engagement that is based on need and connectedness and is spreading across the country rapidly. AMP is helping to redefine how older adults spend their gift of longevity. Participants go through a 10-week core program, followed by optional elective classes and activities. The program offers an innovative approach to help older adults successfully navigate through this phase of life by encouraging them to take actions to enhance their health, financial well-being, social connectedness, and overall quality of life. AMP is about empowering behaviors so that older adults feel better today and stay healthier in the future.

Nutrition

Being creative with meal planning as we age is vital to longevity. Nutrition standards are being updated to reflect the Dietary Guidelines for Americans, 2015-2020, which is the cornerstone of the Older Americans Act Nutrition program/funding. The guidelines have changed to allow more choice for the nutrition providers as to how to develop meal plans, so the requirements are not as rigid. The updated standards will also include information about liquid meals.

Michigan's Senior Project FRESH/Market FRESH provides older adults who qualify with unprocessed, Michigan-grown products from authorized farmers' markets and roadside stands throughout Michigan. Qualified older adults receive coupons to use at these registered roadside locations and markets. The program is free for both the participant and the farmer. All 83 counties are once again participating in 2017. http://www.michigan.gov/osa/1,4635,7-234-64083_43343-165839--,00.html

- Eligible items include berries, lettuce, tomatoes, onions, beans, honey, etc. Item Listing

Additional Spirituality and Wellness Programs to Consider:

- Creative Aging Cincinnati (Cincinnati, OH) http://www.creativeagingcincinnati.org/
- Creative 360 (Midland) http://www.becreative360.org/course-listing/

- CORO Health, Music First (available nationwide) http://corohealth.com/products/musicfirst/
- DOROT (New York, NY), University Without Walls Program that offers free or low cost classes via telephone. Classes include arts, history, current events, games, holidays and more. http://www.dorotusa.org/site/PageServer?pagename=seniors_programs_arts_culture_D#.WNQ2XtJMRD8
- Express Yourself Artshop (Midland) http://www.becreative360.org/artshop/
- Giving Voice Chorus (available nationwide) https://givingvoicechorus.org/
- Healthy Eating for Successful Living (statewide) https://www.ncoa.org/resources/program-summary-healthy-eating-for-successful-living/
- How to Reverse Aging with Your Mind (YouTube) https://www.youtube.com/watch?v=E1r5HHuW_Vc
- Navigating the Aging Process (statewide) http://www.nap411.com
- Oceana County Council on Aging programs (Oceana County) - wheelchairs that are designed to be used on sand to enable participants to visit Lake Michigan; German exchange student assists with international dinner and fundraiser http://www.oceanacoa.com/events/
- Schoolcraft College Continuing Education (Livonia, MI) http://www.schoolcraft.edu/continuing-ed/cepd
- Silver Sampler (Marquette, MI) http://www.uppermichiganssource.com/content/news/Marquette-Senior-Center-kicks-off-Silver-Sampler-series-409700475.html
- SingFit (available nationwide) http://singfit.com/
- Slow Down Aging – The Best Anti-Aging Tips (YouTube) https://www.youtube.com/watch?v=qqUmLcilay0
- Southfield Park and Recreation (Southfield) www.cityofsouthfield.com
- Tia Chi and Yoga Classes at Valley Area Agency on Aging, Genesee County http://www.valleyaaa.org/
- Transitional Keys (available nationwide) http://www.transitionalkeys.org/
- YOME: Your Home for Yoga (statewide)

PROGRAMS FOR PEOPLE WITH MEMORY DISABILITIES AND THEIR CAREGIVERS

"They say that music utilizes all the regions of your brain at once, so it's healthy if you can still produce new neurons that can help you maintain plateau."
Kim Campbell

Many people have had some experience in supporting a friend or family member with dementia or Alzheimer's disease. It is important that people with dementia or Alzheimer's are not viewed as victims, but rather as individuals who live in the present moment. For those caring for individuals with dementia and Alzheimer's, it is not enough to say they are simply caregivers, for they remain spouses, children and friends.

Participating in creative programs has been shown to be beneficial to both the individual with memory loss as well as their caregivers. For example, studies have shown that art has a way of entering the silence in people's minds, allowing for regained meaning in one's life. Art therapy is healthy for the brain and can be used for those with memory issues who have difficulty expressing themselves or otherwise communicating verbally. There are many programs available to people with Alzheimer's and dementia and some key programs are included in this report.

Elders Share the Arts (ESTA) offers free programs for individuals who live with memory loss. These programs are offered by professional artists and are designed to accommodate older adults who are low-income or isolated and do not live in communities with many art program opportunities. They are generally funded through government, foundation, and corporate sponsorships.

- ESTA programs for arts and memory are community-based programs that work with adults 55+ who are experiencing memory problems. These programs last ten to twenty weeks and include programs such as musical walk down memory lane, a clown class, a storytelling program, an art project, or museum tours.

Kairos Dancing Heart Program suggests that dancing can significantly lower the risk of dementia due to the cognitive function required in social dance. This program is offered at the **Kairos Dance Theatre,** which is a community-based organization that is designed to address the needs of elderly suffering from dementia. Its artists lead programs that combine health benefits, dance and music

Opening Minds through Arts (OMA) is an art program designed primarily for those with dementia. The programs promote social engagement, autonomy, and dignity of afflicted adults through creativity. The one-on-one program pairs dementia participants with a volunteer to create art for a public exhibit and reception. The public tends to have a general fear of dementia and Alzheimer's, but these programs not only improve the quality of life for the individual suffering from dementia, but also improve perception and attitudes toward aging and dementia.

Michigan Alzheimer's Association is headquartered in Southfield, MI, and is one of over eighty Alzheimer's Association chapters across the United States. In addition to the Southfield headquarters, Michigan offers five regional offices in Flint, Grand Rapids, Marquette, Midland and Traverse City.

Some notable Michigan Alzheimer's Association programs include

- **Gather at the Gallery** is a free art program offered at Bay College in Escanaba, MI, and the Midland Center for the Arts in Midland, MI. This program is a unique program that is a combination of Gallery tours and art studio time. It is designed for those with early and mid-stage Alzheimer's and their caregivers to create art and share meaningful experiences. This program reduces stress and anxiety while enriching relationships and promoting self-expression.

- **Minds on Art, Midland Center for the Arts** is a program specifically developed for those living with dementia and Alzheimer's disease. This unique program is a combination of Gallery tours and art studio time. It is designed for those with early and mid-stage Alzheimer's and their caregivers to create meaningful experiences through art discussion.

The Birmingham Bloomfield Art Center (BBAC) is a non-profit art center established in 1957 that offers over 500 classes from preschool through seniorhood. The BBAC provides opportunities to teach, exhibit and sell art work.

BBAC: Art of Caregiving Program

The Art of Caregiving Program was launched in 2016 for caregivers. It's open to anyone who is a caregiver for an elderly person, including the spouse, child, relative, and hired or paid professionals. Due to a grant, the program is currently completely free. It's a year-long program with two sessions, one at 9:30 and one at 6:00, to accommodate schedules. The first fifteen minutes of the program are social. People enjoy the snacks provided and socialize with others in the gallery, so they can look at the art. The program also includes short lectures. For example, a physician may talk about the proper way to move a person in a bed. Participants have also heard lectures about self-care, chair yoga instruction, etc.

- Each participant is given an 8x10 journal so they can learn the act of visual journaling. They can use words, but the goal is to teach more of a visual art, such as watercolor or collage. They create an art journal and a visual journey of everything they're experiencing. It's also used to improve the caregivers' skill set and maybe help them find a niche in the visual arts. For every session, the caregiver is given a duplicate set of art materials that can help him/her recreate the project at home or give him/her tools to share with the person they're taking care of. It can help to create a dialogue between the caregiver and the patient. Currently, the BBAC is using a slow rollout method for this program. It has reached out to a target list of home health care providers and has offered onsite programming to Home Instead Senior Care. They have a list of government agencies that they will contact to help them spread the word. They will also contact the Area Agency on Aging to help advertise.

BBAC: Angel's Place
Angel's Place is a program for adults with intellectual and developmental disabilities who may live in a group home setting. They come to the BBAC every week for an art-making program from 10-12. Participants usually brown bag their lunch and eat in the commons so they can socialize with other students.

- Annie VanGelderen of the Birmingham Bloomfield Art Center (BBAC) shared with us a story about a physician who sits on a board for challenged high school students. He observed this group at the museum and became interested in starting a program for the students since they don't get any experience with visual arts. He is funding the program from his own family foundation.

Additional Programs to Consider for People with Memory Disabilities and Their Caregivers:

- Alzheimer's Poetry Project (available nationwide)
- Connections: Tours for Adults with Memory Loss (Kalamazoo, MI)
- CORO Health, Music First (available nationwide)
- Giving Voice Chorus (available nationwide)
- House of Memories (Denmark)
- Music and Memory (available nationwide)
- SingFit (available nationwide)

VOLUNTEERISM

The Corporation for National and Community Service (CNCS), a federal agency, is the parent organization of many programs including Senior Corp. **Senior Corp** offers three Programs to senior volunteers at least 55 years old. They include the **Retired Senior Volunteer Program (RSVP)**, **Foster Grandparent Program (FGP)** and **Senior Companion Program (SCP)**.

RSVP volunteers receive a variety of assignments including office work, disaster and blood drive assistance, running adult ESL and GED programs, assisting in schools and much, much more. Assignments offered at any RSVP project differ across projects, and types of assignments are driven by community need. The variety and flexibility of volunteer hours under RSVP is attractive to many seniors. RSVP sponsoring organizations may offer reimbursement for travel related to the volunteer assignment, and to a lesser extent, meals. RSVP often connects seniors with elementary students and there is even a reading buddy program at one project in the state, where seniors are recruited to read with students. Assisting children with math and reading are assignments that are plentifully available in the RSVP program. Some projects offer assignments to senior volunteers who speak foreign languages to tutor children who are ESL learners.

The FGP and SCP volunteer requirements are more prescribed, including meeting income eligibility requirements, as well as minimum service requirements of 15 hours per week, with fixed schedules. These volunteers generally receive an hourly stipend and are

reimbursed for meals and travel related to their volunteer assignment. Importantly, income received from FGP/SCP participation is not taxable, and is not counted as income for any government assistance programs. Foster Grandparents work in classroom settings with children who have special or exceptional needs, in order for the children to succeed in school. Senior Companions work with other seniors who are socially isolated, both at in-home and institutional/facility settings.

WHAT NOW?
IDEAS AND RESOURCES FOR PLANNING CREATIVE AGING PROGRAMS

Previous sections of this report have cited empirical evidence that creativity is essential to healthy aging of the mind, body and spirit. It has also shown some of the many interesting and inspirational ways that creativity can be introduced into everyday living. Many programs that are already in place and proven to be successful have also been introduced. So far, so good… but what's next?

Decision-makers who influence those in the field of gerontology, a caregiver or family member who helps within the aging population, or simply a person who's ready to bring more creativity into one's life and the lives of those that they cross paths with on a regular basis, may be questioning if it is possible to set up a program to take advantage of the positive creative programs.

Yes, it is possible and this section of the report will guide readers to some of the many resources that are available. Please keep in mind that there are countless programs that have already proven themselves to be successful. Readers may find just one or two that match the kind of program they are looking to develop. If that is the case, readers may wish to contact these programs for ideas, support, and potential partnership. Many are eager to help because they also want to improve the quality of life for our aging population.

As a report on creativity in aging and in appreciation of the wide range of possibilities, new unique program ideas are certainly welcome to the arena. Development lessons may be learned from other organizations, but new challenges are to be expected. Several of the resources listed here offer step-by-step guidelines for starting from scratch. These guidelines may be easily adapted to serve unique program/activity concepts.

Whether the program being researched is creative movement or media, written or spoken, of a healing nature or just plain old fun, readers may wish to consider the resources with proven templates included in this report as the journey begins in developing a successful program.

The National Center for Creative Aging (NCAA)
NCAA is an organization that studies the impact of creative expression and healthy aging. They support the development of creative programs and initiatives that demonstrate positive effect on the aging process. The program started 4 years ago with 40 state art agencies participating. This has yielded many programs across the country, developed new grants, implemented training, and created a network for artists. They've also developed and fostered partnerships with their state agencies on aging. They're making the case to the aging field that arts are important and critical for building sustainability.

The NCCA website offers a variety of resources including their Directory of Creative Aging Programs in America, a comprehensive glossary, and more, including

- **NCCA Creative Caregiving Initiative**
    - A free web-based resource equips caregivers of all levels with creative activities that are proven to improve quality of life for both the individual needing assistance and the caregiver.
    - With a menu of 10–30 minute practice sessions, caregivers learn how to incorporate creative activities into their daily caregiving routine.
- **NCCA Online Artist Training: A Self-Paced Introduction to Planning and Leading Arts Programming for Older Adults**
    - A training program designed to provide knowledge, tools and skills necessary when working with people of all abilities and backgrounds, regardless of experience in the field.
    - With an estimated completion time of 12 -15 hours, this free on-line training is presented as a series of ten lessons.

Creativity Matters: The Arts and Aging Tool Kit was written by Johanna Misey Boyer for the National Center for Creative Aging, National Guild of Community Schools for the Arts and the New Jersey Performing Arts Center.
This resource starts with the history of creativity in aging studies and goes on to teach about the normal aging and learning processes. It looks at challenges from the perspective of aging service providers and members of the art community. The use of effective practices, program design, marketing, implementation and program evaluation are presented. Further instruction is provided on communicating with a variety of stakeholders including elected officials, funders, partners, and policymakers.

Bringing the Arts to Life: A Guide to the Arts and Long Term Care
This 150+ page e-book is designed to assist staff at long-term care communities. It is an easy-to-read guide that outlines the why and how to "engage older adults in meaningful art endeavors, with particular focus on involving outside arts groups that visit the community."

The e-book outlines

- How to get started, for both LTC Communities and Artists
- Necessary training for LTC Community Staff and Artists

- How to develop programming, including
    - Best practices
    - Challenges of actual implementation
    - Funding
    - Evaluation
    - Sustainability
- Examples of activities, and
- Resources, forms and sample plans.

It is peppered with information about successful programs and organizations that are eager to help.

FUNDING CREATIVE AGING PROGRAMS AND GRANTS

OVERVIEW

Throughout Michigan, creative aging programs--both new and well-established—are funded in many ways -- from bake sales, craft bazaars, and dinner-themed fundraisers, to receiving donations or writing grants to foundations or national, state and local arts organizations. The **Holt Rehabilitation Center's** residents in Holt, Michigan, raise funds to invite musical groups to perform. The **Traverse City Senior Spelling Bee** uses donated space such as the library or local senior center to hold the bee and receives donated pencils, stationary, bottled water and modest gift certificates from local restaurants or businesses as prizes. Many colleges offer a reasonably priced older adult lifelong learning day for a small price where 15 or more different classes are offered and three may be chosen to attend by each older adult—this is like going back to college without really going back to college!

Local

Oceana County Commission on Aging hosts a German student every year to live in their community and assist at the senior center. At the end of the year, the student works with staff to host an international dinner and fundraiser for the center where creative programming is offered.

Birmingham/Bloomfield Arts Council (BBAC)
The BBAC holds two fundraisers a year where all of the funds raised go to outreach programs. The BBAC also has an earned revenue stream from other classes, so there is money set aside to run the programs. The **Dick Blick Art Supplies** donates around $1,000 in supplies each year to the BBAC. The BBAC continues to seek out new foundations for funding new dollars to help run the programs and works with local news agencies and magazines to get the word out about their programs.

Michigan

Michigan Council for Arts and Cultural Affairs (MCACA) is a statewide granting agency and one of 56 state arts agencies in the nation. With the support of the Governor and Legislature, MCACA receives funding from State general funds with some additional funds received from the National Endowment for the Arts. **In FY 2017, MCACA received $9.7 million to award in grants to Michigan local and state arts organizations**. Eighty percent of Michigan's arts organizations have some sort of program that works with older adults. Interested organizations can apply to the MCACA for either large or small grants as well as professional development funds. The MCACA awards **large grants of up to $30,000**, **which must be matched dollar for dollar when applying**. **Smaller grants up to $4,000 are awarded through decentralized third party local programs called Regional Re-Granting Agencies. These grants may be matched by cash, in-kind, or a combination of both.** Grantees range from large organizations like the Detroit Institute of Art to small ones like the Copper Country Suzuki Association in Houghton. **Professional Development Grants of $1,500** are also available so people can learn to do the work, such as bringing in experts, attending conferences, or other educational opportunities.

Grant Review Process

Grant applications go through a peer review process. In 2017, MCACA had 26 review panels, which follow set guidelines to score the submissions. All adjudication takes place publicly with 700+ people in attendance this year. MCACA received 1,300+ applications with 1,068 grants made in arts programs. These involved 78 of Michigan's 83 counties. There were also 633 grant applications received directly by MCACA for general programs and 504 awards were made.

Grant Deadline

The MCACA grant deadline for future fiscal years is June 1. The requests go through a peer review process and the Governor's Council makes the award announcements in September. The projects begin in October. Grant Assistance Workshops are held in various cities around the state. The grant workshop schedule is usually released in March. The workshop tells what funding is available, reviews grant writing basics, and is a great opportunity for networking. A power point describing this process can be found on the MCACA website listed below.
http://www.michiganbusiness.org/community/council-arts-cultural-affairs/

The MCACA has a newsletter with over 4,000 subscribers and also has listservs to join. People can go on the MCACA website to learn about programs in their regions. The website can also connect individuals with the regional re-granters to see what's available in each of the Governor's Prosperity Regions. For example, the **Saginaw Arts and Enrichment Commission** has information about programs in eight counties around the bay. They also have information about how to apply for mini-grants. Any organization can apply to the MCACA to bring programs to older adults. They can assist with outreach programs or with bringing artists or programs to specific areas. Another example is the **Very Special Arts (VSA),** which has extensive programs on the east side of the state; the Artists Creating Together (ACT) is active in Grand Rapids.

National

National Endowment for the Arts (NEA)

The **NEA** is an "independent federal agency that funds, promotes, and strengthens the creative capacity of our communities by providing all Americans with diverse opportunities for art participation." They also support folk and traditional arts through the **NEA National Heritage Fellowships.** These fellowships recognize the recipients' artistic excellence and support their contributing contributions to the nation's traditional arts heritage. A number of awardees have been from Michigan.

The NEA promotes arts learning and works to make art accessible to older adults and people with disabilities. A study conducted by Dr. Gene Cullen has been pivotal in addressing the benefits of arts and creativity for older adults. The study--done in the early 2000s with older adults--looked at a choir in the DC area where the average age of the participants was 80. The results showed, in part, that participants had fewer falls and needed less medication. As a result, the NEA awarded thirteen grants across the country to continue this important research; it supports local communities through regular grant awards, too. NEA Grant programs include

- **The Art Works** is the main grant field, which awards grants to any art discipline, museums, visual arts, and performing arts. Grants range from $10,000-$100,000 and must be matched by other funding. Most grants are under $50,000.
- **Our Town Grants** are awarded on the principle that the arts create community and help foster economic development and community engagement. Partnership with the city or a civic organization is required. Art Prize in Grand Rapids is an example of a project that received an Our Town Grant.
- **The Creativity Connect** grant deadline is in the spring. This grant is devoted to connecting arts with other sectors such as business, aging, science, and technology. The program is so popular that the NEA was only able to fund 5% of the 2016 applications.

Additionally, the NEA has long supported the field of creativity and aging and has participated in multiple White House Conferences on Aging since 1981 (most recently they collaborated on the White House Conference on Aging 2015). They've also participated in a number of mini-conferences to develop ideas for the national conferences. The 2015 Summit on Creativity and Aging in America discussed how the federal government can leverage the arts to foster healthy aging and inclusive design for the growing population. They also discussed lifelong learning and the arts, the impact on health, and art in community design.

Another conference the NEA participates in is the national creative aging conference coordinated by the **National Center for Creative Aging (NCCA)** with partner organizations—**the Gerontology Society of America** and the **21st World Congress of the International Association of Gerontology and Geriatrics (IAGG).** The Creative Age 2017 conference is being held July 22-27 in San Francisco. The NEA has partnered with the NCCA to develop a toolkit to teach artists how to work with older adults. They

also teach artists how to be teachers. The toolkit is available free on their website. http://www.creativeaging.org/programs-people/ncca-online-artist-training-arts-and-aging, and the NEA provides a directory of programs and has begun partnering with other agencies to research the effect of art on development. Partners include National Institutes of Health, Department of Education, and the Department of Health and Human Services. https://www.arts.gov/partnerships

Other National Organizations Promoting the Importance of the Arts for Older Adults

- **National Institutes of Health (NIH)**
  NIH is funding arts and aging research in grant applications. For example, a study conducted by Julie Johnson in San Francisco examined a group of 11 choirs. The choirs were part of community arts schools rooted in the neighborhood and reflect music of their cultural traditions. The study compares the physical strength, balance, memory, and moods of singers versus non-singers.

- **National Academy for Science Symposium** has found that music engages the entire brain, theater fosters engagement with other people and social ties, and dance has an effect on the mind and body. The challenge comes in finding resources and making a case for funding.

Evidence-Based Wellness Programs

Federal funding, through the Older Americans Act (OAA), funds the highest-level of evidence based programs. The OAA accepted definition of highest-level evidence based is that the program meet the following criteria:

- Demonstrated through evaluation to be effective for improving the health and wellbeing or reducing disease, disability and/or injury among older adults; *and*
- Proven effective with older adult population, using Experimental or Quasi-Experimental Design; *and*
- Research results published in a peer-review journal; *and*
- Fully translated in one or more community site(s); *and*
- Includes developed dissemination products that are available to the public.

More information can be found at: https://www.acl.gov/programs/health-wellness/disease-prevention.

All area agencies on aging (AAAs) must work toward using 100% of their OAA funding on programs that meet the above criteria. This requires the AAA staff to determine what is most needed in their service area.

Additionally, AAA local funding comes from a variety of local sources. The AAAs may use this funding to offer both the evidence-based and non-evidence based wellness programs. This can include hybrid classes, such as exercise ball/therapeutic band workouts, workouts with a video tape, walking clubs, Silver Sneakers, workout

equipment, etc. Not all AAAs use local funding for wellness programs, but since the OAA funds are limited, most AAAs supplement the funds with local funding.

RECOMMENDATIONS

1. **Marketing Campaign**
   Michigan can become known as a state that provides arts and cultural opportunities to older adults and persons with disabilities. Think:

Michigan Is the Land of Creative Seniors!

OR

Creative Aging:

Opening the Door to Health and Happiness

Topics may include:

- Importance of Creativity in the Aging Process
- Ways to Make Art an Everyday Activity
- Spots featuring profiles of famous older artists and/or Michigan born artists. Examples follow:
  - **Renowned:**
    - **Grandma Moses (Anna Mary Robertson Moses),** a renowned American folk artist. She began painting at the age of 78. She is an example of a successful artist that began a career in the arts as a senior.
    - **Gwen Frostic (Sara Gwendolen Frostic**,) renowned Michigan born artist, author, and Michigan Women's Hall of Fame inductee.
    - **Ezra Augustus Winter** was a prominent American muralist born in Traverse City, Michigan.
    - **Frederick Stuart Church**, born in Grand Rapids, Michigan worked as an illustrator and was known especially for his animal drawings.
    - **Julius Theodore Melcher,** known for being a sculptor and teacher, immigrated to the United States from Prussia and lived in Detroit.
    - **Jef Mallett**, born in Lansing, Michigan, and trained as a nurse and EMT, but in 2002, with his illustration skills, this baby boomer created *Frazz*, a nationally syndicated comic strip.

  - **Local Artists**
    - Using a campaign like *Senior Strong*, local, older artists could be identified and featured.
    - Have the Commission on Aging partner with the Michigan Arts Council to recognize a senior artist 60+ each year.

- Senior Centers, Senior Living Centers and AAAs may help in identifying local artists.
- Art-Collecting.com is a website that easily links directly to art museums, non-profit art organizations and art centers in Michigan. http://artcollecting.com/nonprofits_mi.htm
- Look to programs identified elsewhere in this report to feature participating artists.

2. State/Federal Funded Evidence-Based Programming

As mentioned in the Wellness section, MDHHS/AASA promotes activities and systems that support older adults and individuals with disabilities. AASA provides funding opportunities for several evidence-based wellness programming based upon the local AAAs' annual plans. Current examples include Matter of Balance, PATH (Stanford University's Chronic Disease Self-Management Program), Arthritis Exercise Program and Arthritis Tai Chi Programs. Some of these programs broadly address the use of creative activities (meditation, chanting, journaling, yoga, prayer, and singing, reading) as tools for relaxation and distraction for individuals coping with chronic disease. **Recognizing the proven health benefits of creativity in the aging process, Michigan's list of Evidence-Based Programming that qualifies for funding may easily be expanded to include some of the many Evidence-Based Creativity Programs already identified in this report.**

We may look to our neighbor, the State of Ohio, for an example of one such endorsement of an evidence-based program. The Ohio Department of Medicaid awarded a grant to "Opening Minds thru Arts" (OMA) to replicate the program in nursing homes throughout the state. Grant funding is awarded to qualified, Medicaid approved nursing homes in Ohio. Amounts range from $1,500 - $3,500 and are intended to cover initial training and art supplies. Long-term care facilities in Ohio can meet the mandatory requirements for the state's Quality Improvement Project by attending and implementing OMA at their site.

Like the evidence-based programs that are currently funded in Michigan, programs can be offered anywhere that people routinely gather, including senior centers, medical facilities, religious centers, senior housing and other educational venues. In areas with less dense population, it may be difficult to effectively administer and sustain these programs. Options for many of the programs that are available via video and/or on-line should be explored.

Recommendation

As was done with currently funded wellness programming in the State of Michigan, creative programming should be developed slowly and carefully as the benefits are proven. Of course, it is not the intent to dilute the pool of available funding for successful programming already recognized by the

State. A gradually increasing budget will be needed to assure sustainability of all proven activities and programming.

3. **Modification of State Licensing Regulations for Nursing Homes and Nursing Care Facilities Regarding Activities**

   Both the federal government--Centers for Medicare and Medicaid (CMS) and the Department of Licensing and Regulatory Affairs (LARA)--the licensing and regulatory arm of the State of Michigan, have set standards for operations of Nursing Homes and Nursing Care Facilities including activities.

   The relevant federal rule---F249--stipulates that the facility's program of activities be directed by a qualified professional. The facility is in compliance with this requirement if they employ a qualified professional to provide direction in the development and implementation of activities in accordance with resident needs and goals, and the director has monitored and evaluated the residents' participation. CMS has also offered guidance on non-traditional activity programming:

   > Activities are relevant and valuable to residents' quality of life. In a large-scale study commissioned by CMS, 160 residents in 40 nursing homes were interviewed about what quality of life meant to them. The study found that residents "overwhelmingly assigned priority to dignity, although they labeled this concern in many ways." The researchers determined that the two main components of dignity, in the words of these residents, were "independence" and "positive self-image." Residents listed, under the categories of independence and positive self-image, the elements of "choice of activities" and "activities that amount to something," such as those that produce or teach something; activities using skills from residents' former work; religious activities; and activities that contribute to the nursing home.

   The report stated that, "Residents not only discussed particular activities that gave them a sense of purpose but also indicated that a lack of appropriate activities contributes to having no sense of purpose." "Residents rarely mentioned participating in activities as a way to just 'keep busy' or just to socialize. The relevance of the activities to the residents' lives must be considered."

   According to the study, residents wanted a variety of activities, including those that are not childish, require thinking (such as word games), are gender-specific, produce something useful, relate to previous work of residents, allow for socializing with visitors and participating in community events, and are physically active. The study found that the above concepts were relevant to all residents who appeared happier and less agitated in homes with planned activities.

   The set of regulations governing licensed facilities is readily accessible at the website for the State of Michigan.

http://w3.lara.state.mi.us/orr/Files/AdminCode/1615_2016-008LR_AdminCode.pdf

Of specific interest here is R 325.20712 -- Diversional activities -- shown on page 35 of the code. It reads:

> R 325.20712 **Diversional activities.**
> Rule 712. (1) A home shall provide an ongoing diversional activities program that stimulates and promotes social interaction, communication, and constructive living.
> (2) There shall be a qualified staff member and such additional staff as necessary to plan, conduct, and evaluate individual and group activities. Individual and group activities shall be available 7 days a week.
> (3) There shall be adequate recreational and therapeutic areas, equipment, and supplies to conduct ongoing recreational and therapeutic activities.
> (4) Adequate storage space shall be provided for equipment close to the space utilized for such activities.
> (5) A patient shall be provided diversional activities suited to the patient's needs, capabilities, and interests as an adjunct to treatment to encourage the patient, insofar as possible, to resume self-care and normal activities.

Recommendations

The wording used is very general. Given recent research and a new understanding of the importance of creativity in the aging process, it will be very important to share suggestions about creative aging programming with LARA since a new project is beginning to streamline and re-work the administrative rules for Article 17 which includes nursing homes and homes for aged, but the homes for aged will be in Phase II of this project. Terms used should better reflect the notion of incorporating art into the daily activities of living. It may also be desirable to develop a definition of “a qualified staff member”. Salli Pung, the state long-term ombudsman, shared that improvements in long-term care facilities’ activities can promote better health and higher quality of life and therefore supports adding new language in the state’s administrative rules to support these concepts for more meaningful activity delivery and individualized programming. http://mltcop.org/

4. Collaboration and Partnering Opportunities

The Michigan Council for Art & Cultural Affairs (MCACA) has generated a Strategic Plan for the period 2015 thru 2019.

The goals for year four of the plan include:

- “MCACA will look at programs for individual artists to specifically address quality of life issues for an aging population.”
- “MCACA will look at programs for individual artists to specifically address quality of life issues for those with disabilities population.”

Projected results include "Michigan is known for providing its communities of people with disabilities and senior citizens with ample arts and cultural learning opportunities."
As year four of the MCACA plan, (October 1, 2017, thru September 30, 2018), quickly approaches, the State of Michigan and MCACA may consider comparing notes and strengthening the common goals for serving our aging population through creative programming.

"The National Certification Council for Activity Professionals (NCCAP) is a credentialing body which sets standards and criteria for those working to meet the leisure needs of those in their care. NCCAP sets the following goals as means to achieve its mission:

- Provide opportunities for and/or information about educational offerings thereby enabling its members and potential members to pursue professional development.
- Educate on behalf of its membership on issues regarding credentialing in the political and industry spheres." http://nccap.org/

They work as valued members of the long-term care continuum and their stated goals align with actions recommended within this report. **It is recommended that the CSA support efforts by the NCCAP to update their teaching materials for activities directors to be up to date with the current trends toward supporting creative aging.**
(Please note that the website currently shows two certified instructors in Michigan.

- Cathie Coleman, Southfield, 2483438787, cathclmn@aol.com
- Diane Zide, Whitmore Lake, 734-276-0032, dzide@botsford.org.)

CONCLUSION

Regularly participating in creative programs has been proven to greatly benefit older adults. It is critical that Michigan's older adults have easy access to creative programs that will support living a quality life with dignity and respect. Due to the importance of the SAC's research on creative aging, the SAC recommends to the CSA that this report be shared with the Governor, Legislature, aging network, schools, faith-based organizations, and others statewide to promote the benefits and to encourage continued support for current programs and the development of new ones.

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LINKS

Visual and Performing Arts

- Arts for the Aging (Washington DC) http://www.aftaarts.org
- Art for Life (North Dakota): http://www.nd.gov/arts/programs/art-for-life
- Art Beyond Sight Multisensory Program for Older Adults (New York, NY): http://www.artbeyondsight.org/lfl/art-beyond-sight-multisensory-program-for-older-adults/
- Arts for the Aging (Washington DC): http://www.aftaarts.org
- Baldwin Wallace University Conservatory of Music (Berea, Ohio): https://www.bw.edu/schools/conservatory-music/
- Creative Aging Cincinnati (Cincinnati, OH): http://www.creativeagingcincinnati.org/
- Dance Exchange (Takoma Park, MD): http://danceexchange.org/
- Dancing Makes You Smarter: http://socialdance.stanford.edu/syllabi/smarter.htm
- DOROT (New York, NY): http://www.dorotusa.org/site/PageServer?pagename=seniors_programs_arts_culture_D#.WNQ2XtJMRD8
- Elders Share the Arts (ESTA) (New York, NY) http://www.estanyc.org/; http://www.estanyc.org/aging-resources/
- Hogewey “Dementia Village” (Netherlands) http://nymag.com/scienceofus/2016/09/a-time-machine-museum-helps-alzheimers-patients-remember.html
- Levine Music (Washington D.C.): http://www.levinemusic.org/
- MacPhail Music for Life (Minneapolis, St. Paul, MN): http://www.macphail.org/for-adults/macphail-music-for-life/
- Meet Me (MOMA, New York, NY) https://www.moma.org/meetme/index
- Memories in the Making (Santa Clara, San Mateo, San Francisco, Contra Costa counties, CA) http://www.alz.org/norcal/in_my_community_12758.asp
- Music for All Seasons (Scotch Plains, New Jersey): http://www.musicforallseasons.org/
- New Horizons Music (140 band, orchestra, and choral programs in the US): http://artsandaging.org/index.php?id=71%20-%20new_horizons#new_horizons
- NoHo Arts District (North Hollywood, CA): http://www.nohoartsdistrict.com
- Poetry for Life (Arizona, Arkansas, Kansas, Mississippi, Missouri, New Mexico, New York, North Carolina, Minnesota, Wisconsin, Utah) http://www.dementiaarts.com/poetry-for-life-2/

- Senior Digital Storytelling Program (Berkeley, CA): https://www.cctvcambridge.org/node/49501
- Stagebridge (Oakland, CA): https://www.stagebridge.org/
- The Seasoned Performers of Red Mountain Theatre Company (Birmingham, AL): http://www.seasonedperformers.org/
- TimeSlips (Wisconsin): https://www.timeslips.org/
- Vitality + Art (San Francisco Bay area; Minneapolis, MN): http://www.arohaphilanthropies.org/program-areas/vitality-art/

Lifelong Learning

- Art Beyond Sight Multisensory Program for Older Adults (New York, NY) http://www.artbeyondsight.org/lfl/art-beyond-sight-multisensory-program-for-older-adults/
- House of Memories (Denmark) http://www.npr.org/sections/parallels/2016/09/13/493744351/denmarks-house-of-memories-recreates-1950s-for-alzheimers-patients
- International Conference on Spirituality and Psychology (Bangkok, Thailand) http://www.tomorrowpeople.org/international-conference-on-spirituality-and-psychology.html
- Kairos Dancing Heart (Minnesota) https://kairosalive.org/the-dancing-heart/
- **Northern Center for Lifelong Learning (NCLL)**, affiliated with Northern Michigan http://www.nmu.edu/ncll/
- Senior Living Trends, College Courses for Seniors, Kimberley Fowler, June 29, 2016. http://www.aplaceformom.com/blog/1-11-16-making-education-accessible-to-seniors/

Spirituality, Wellness, and Nutrition

- Aerobic Drumming Program http://www.crawfordcoa.org/?s=aerobic+drumming
- Aging Mastery Program (AMP) https://www.ncoa.org/healthy-aging/aging-mastery-program/
- Arthritis Foundation Exercise Program http://www.arthritis.org/living-with-arthritis/exercise/
- BBC: Can Meditation Help Prevent the Effects of Ageing? http://www.bbc.com/future/story/20140701-can-meditation-delay-ageing

- Building Better Caregivers caregiving class http://patienteducation.stanford.edu/internet/bbcol.html
- Cane Fu (statewide) http://www.programsforelderly.com/abuse-cane-fu-self-defense.php
- Cardio Fitness Drumming (statewide) https://www.drum.fit; https://www.drums-alive.com/archives/course/drums-alive-basic-instructor-certificate-training-online
- Creative Aging Cincinnati (Cincinnati, OH) http://www.creativeagingcincinnati.org/
- Creative 360 (Midland) http://www.becreative360.org/course-listing/

- CORO Health, Music First (available nationwide) http://corohealth.com/products/musicfirst/
- Dakim Brain Fitness (statewide) https://www.dakim.com
- DOROT (New York, NY), University Without Walls Program that offers free or low cost classes via telephone. Classes include arts, history, current events, games, holidays and more. http://www.dorotusa.org/site/PageServer?pagename=seniors_programs_arts_culture_D#.WNQ2XtJMRD8
- EnhanceFitness (statewide) http://www.projectenhance.org/enhancefitness.aspx
- Express Yourself Artshop (Midland) http://www.becreative360.org/artshop/
- Faith, Spirituality, and Aging: http://www.pbs.org/wgbh/pages/frontline/livingold/etc/faith.html
- Fit after 50 (statewide) http://fitafterfifty.com
- Geri-Fit® group strength training exercise program https://www.ncoa.org/resources/ebpchart/
- Giving Voice Chorus (available nationwide) https://givingvoicechorus.org/
- Healthy Eating for Successful Living (statewide) https://www.ncoa.org/resources/program-summary-healthy-eating-for-successful-living/
- How to Reverse Aging with Your Mind (YouTube) https://www.youtube.com/watch?v=E1r5HHuW_Vc
- Matter of Balance (statewide) http://www.aaawm.org/healthy_aging/a_matter_of_balance
- Navigating the Aging Process (statewide) http://www.nap411.com
- National Senior Games Association, http://nsga.com/
- Oceana County Council on Aging programs (Oceana County) - wheelchairs that are designed to be used on sand to enable participants to visit Lake Michigan; German exchange student assists with international dinner and fundraiser http://www.oceanacoa.com/events/
- PEARLS (statewide), http://www.pearlsprogram.org/Training/PEARLS-Toolkit.aspx
- Powerful Tools for Caregivers (statewide), https://www.powerfultoolsforcaregivers.org
- Prevention Magazine, *Think Yourself Healthy*, January 2017 http://www.prevention.com/premium/mag-archive (by subscription) or Michigan Electronic Library (also other related articles in this issue)
- Religion and Spirituality in the Elderly http://www.merckmanuals.com/professional/geriatrics/social-issues-in-the-elderly/religion-and-spirituality-in-the-elderly
- Schoolcraft College Continuing Education (Livonia, MI) http://www.schoolcraft.edu/continuing-ed/cepd
- Senior Olympics http://www.michiganseniorolympics.org/default.asp?OrgID=15&menu=15215

- Serenity Yoga & Breathwork, Bobbi Silverstone, certified in Yoga, Breathwork and Holistic Coaching (Gladstone, MI) http://serenityyogaandbreathwork.com/
- Silver Sampler (Marquette) http://www.uppermichiganssource.com/content/news/Marquette-Senior-Center-kicks-off-Silver-Sampler-series-409700475.html
- SingFit (available nationwide) http://singfit.com/
- Slow Down Aging – The Best Anti-Aging Tips (YouTube) https://www.youtube.com/watch?v=qqUmLcilay0
- Southfield Park and Recreation (Southfield) www.cityofsouthfield.com
- Spirituality and Aging: https://www.nap411.com/family/spirituality-a-aging/spirituality-a-aging
- Spirituality and Medicine: https://depts.washington.edu/bioethx/topics/spirit.html
- Tia Chi and Yoga Classes at Valley Area Agency on Aging, Genesee County http://www.valleyaaa.org/
- Time for Tai Ji (workshops available in Michigan with Mr. Chris Campbell and video modules) http://www.powhow.com/classes/time-for-taiji-studio
- Transitional Keys (available nationwide) http://www.transitionalkeys.org/
- Walk with Ease (statewide) http://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/
- Wii Bowling Games http://www.valleyaaa.org/
- Yoga (available nationwide) http://yogameditationhome.com/beginners-yoga-morning-routine/
- Yoga with Claudette (Detroit, MI) http://www.detroit-yoga.com
- YOME: Your Home for Yoga (statewide) http://yogameditationhome.com/beginners-yoga-morning-routine/
- Zumba Gold (statewide) https://www.zumba.com/en-US/trainings/zumba_gold

Michigan Programs

- Art of Caregiving - https://bbartcenter.org/art-of-caregiving/
  Bay College Bay West LIFE (Learning is ForEver) - https://www.baycollege.edu/Around-Campus/Bay-College-West-Campus/Bay-West-LIFE.aspx
- Bay de Noc Community College Bay Sages - https://www.baycollege.edu/Around-Campus/Bay-Sages.aspx
- Community Action Agency and Human Resources Authority (Menominee, Delta, Schoolcraft Counties) - http://mdscaa.org/?1=node/11
- Connections: Tours for Adults with Memory Loss – Kalamazoo Institute of Arts http://www.kiarts.org/page.php?menu_id=264
- Gather at the Gallery - http://www.alz.org/gmc/in_my_community_63288.asp
- Gerontology "Art of Aging" Conference - www.iog.wayne.edu/seionrs/art-of-aging.php
- Meet Me @ the BBAC - https://bbartcenter.org/access-programming/meet-bbac/
- Michigan Humanities Council - http://www.michiganhumanities.org/

- Northern Center for Lifelong Learning - http://www.nmu.edu/ncll/home
- Northwestern Michigan College Life Academy (Traverse City) https://www.nmc.edu/resources/extended-education/find-a-class/life-academy-classes/index.html
- Schoolcraft College Lifelong Learning - http://www.schoolcraft.edu/continuing-ed/cepd/cepd-personal-enrichment
- Silver Sampler Series, Marquette Senior Center - http://www.uppermichiganssource.com/content/news/Marquette-Senior-Center-kicks-off-Silver-Sampler-series-409700475.html
- Touring Arts Program - http://www.michiganhumanities.org/touring-grants/

Creative Aging Programs

- Aging Mastery Program – National Council on Aging: https://www.ncoa.org/healthy-aging/aging-mastery-program/
- Alzheimer's Poetry Project - http://www.alzpoetry.com/
- Art Cart – Saving the Legacy - http://public.imaginingamerica.org/blog/article/art-cart-saving-the-legacy-a-replicable-interdisciplinary-inter-generational-educational-experience/
- California Arts Council - http://www.arts.ca.gov/
  - Grant Programs - http://www.arts.ca.gov/programs/
  - Initiatives - http://www.arts.ca.gov/initiatives/
- Canadian Association of Gerontology 46th Annual Scientific and Educational Meeting (Winnipeg, Manitoba) - http://cagacg.ca/asem/cag2017/
- Creative Aging Online Artist Toolkit - http://www.creativeaging.org/programs-people/ncca-online-artist-training-arts-and-aging
- Creative Care Giving - http://creativecaregiving.creativeaging.org/
- Creative Trust Theatre for Older Adults - http://uwm.edu/news/theater-professor-anne-basting-wins-macarthur-fellowship/
- Dementia Arts Intergenerational Poetry Project - http://www.dementiaarts.com/poetry-for-life-2/
- EngAGE (Los Angeles County, Orange County, San Bernardino County, San Diego County)- http://www.engagedaging.org/
- Gerontological Society of America - https://www.geron.org/
- Hogewey "Dementia Village" (Netherlands) - http://nymag.com/scienceofus/2016/09/a-time-machine-museum-helps-alzheimers-patients-remember.html
- House of Memories (Denmark) - http://www.npr.org/sections/parallels/2016/09/13/493744351/denmarks-house-of-memories-recreates-1950s-for-alzheimers-patients
- Let your Yoga Dance®, Yoga/Meditation, http://letyouryogadance.com/yoga-meditation
- Michigan Humanities Council - http://www.michiganhumanities.org/

- Museum of Modern Art "Meet Me" (New York) - https://www.moma.org/meetme/index
- National Endowment for the Arts - https://www.arts.gov/
    - Beth Bienvenu biography - https://www.arts.gov/staff/beth-bienvenu
    - Recent Grant Information - https://www.arts.gov/grants/recent-grants
    - Partnerships - https://www.arts.gov/partnerships
- National Center for Creative Aging - http://www.creativeaging.org/
    - Online Artist Training in Arts and Aging - http://www.creativeaging.org/programs-people/ncca-online-artist-training-arts-and-aging (also click "Community" header from main page)
    - National Conference in Creative Aging (San Francisco) - http://conference2016.creativeaging.org/2017-save-the-date-the-creative-age/
- National Institutes of Health - https://www.nih.gov/
- Oxford Ohio Alzheimer's Programs - https://miamioh.edu/cas/academics/centers/scripps/community-connections/opening-minds-through-art/index.html
- San Francisco Study of Seniors in Choirs - http://www.sfgate.com/health/article/UCSF-studying-health-of-S-F-seniors-in-choirs-4901576.php
- Summit on Creativity and Aging in America - http://conference2016.creativeaging.org/2017-save-the-date-the-creative-age/

Funding

- Aroha Philanthropies (Minneapolis/St. Paul and San Francisco Bay area)- http://www.arohaphilanthropies.org/
- California Arts Council Grant Programs (California) - http://www.arts.ca.gov/programs/
- Howard and Hycy Hill Neuroscience Institute (California) - http://california.providence.org/pmi/locations/pmi-and-saint-joseph-and-main/howard-and-hycy-hill-neuroscience-center/
- Kresge Foundation - http://kresge.org/
- Michigan Council for Arts and Cultural Affairs - http://www.michiganbusiness.org/community/council-arts-cultural-affairs/
- Michigan Humanities Council Touring Grants - http://www.michiganhumanities.org/touring-grants/
- National Endowment for the Arts "Our Town Grants" - https://www.arts.gov/grants-organizations/our-town/introduction
- Pabst Charitable Foundation for the Arts (Florida) - http://www.pabstfoundation.org/
- Rosalinde and Arthur Gilbert Foundation (Southern California) – http://www.thegilbertfoundation.org/gilbert/home.html

CREATIVE AGING GLOSSARY

Effective Practice Programs: Those programs that have clearly stated goals and are relevant to the learner. Learning must be active and built upon previous course learning. Instructors must be qualified and program outcomes must be evaluated over time to ensure goals are met.

Evidence-Based Programs: Those programs are based on the continuing assessment of their long-term outcomes. Programs must show positive improvement in significant health related and functional needs. They are taught by qualified instructors using education models specific to their target participants.

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