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

WHO ARE WE?

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

WHAT IS THE ROLE OF EDUCATION AND OUTREACH?

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

![Art Sparks Logo]
SETTING THE STAGE - OUR JOURNEY WITH ELDERS!

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

ORIGIN OF ART SPARKS

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

FIRST STEPS

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

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

THE PILOT

- Create print materials
- Advertise
- Recruit
- Registration

POWER OF PHOTOS

The second iteration
TRAINING

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

IT’S TIME TO START

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

WEEKLY FORMAT - A

Look at art – the catalyst for conversation
Time Slips – What’s happening in this painting?
- Smells, textures, sounds, feelings
- Honoring what they say as they say it!
- No wrong answers
- Does not rely on memory
- Capture and reinforce vocabulary
WEEKLY FORMAT - B

- Socialize
- Care partner bonding time
- Sharing time

WEEKLY FORMAT - C

- Making Art
- Care partner too!
- Relevant to art they were just seeing!

SENDING HOME

- A way to carry their art home
- Something to do at home
- Send-off with a smile
- Gather artist and volunteers to reflect
- Final post survey on the last day.
WHO HAS HELPED US ALONG THE WAY?

Advice, Training and Promotion
- Central MN Council on Aging
- Alzheimer’s Association
- ACT on Alzheimer’s Volunteers
- Artists in waiting
- RSVP
- Colleges

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

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

WHAT HAVE WE LEARNED?
- Arrival and departure are critical
- Training is critical
- Volunteers are critical
- Little things matter
  - Parking
  - Facility, temp, sounds, cleaning crew, lighting, bathrooms
  - Flexibility
- Observation and reflection are key to improvement.
- Will add a pre-interview to learn a bit about those participating before they arrive.
What we are doing is important, valued, needed, worth doing!!

MOST IMPORTANTLY!

FOR MORE INFORMATION

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