

Alzheimer's Services Coalition: Creative Engagement Program Descriptions

Creative engagement opportunities for persons living with Alzheimer's disease and other dementias

In the spirit of Dr. John Zeisel's *I'm Still Here* philosophy, we recognize the important role and incredible effectiveness of nonpharmacological approaches to addressing the needs of individuals living with Alzheimer's disease and other causes of dementias. This is why the *Alzheimer's Services Coalition* was created. A diagnosis of dementia does not mean an end to being creative, involved in the activities of world, and with others in dialogue and community. Rather, it can be an opportunity for new connections, experiences, and creativity through music, art, social engagement, and the culinary arts — just to name a few!

Would you like more information about a community-based program that recognizes these needs and harnesses the social and creative capacities of persons with dementia? See below:

ORGANIZATION: Frye Art Museum

Mission/philosophy: The Frye Art Museum is a living legacy of visionary patronage and civic responsibility, committed to artistic inquiry and a rich visitor experience. A catalyst for our engagement with contemporary art and artists is the Founding Collection of Charles and Emma Frye, access to which shall always be free.

Primary contact person: Mary Jane Knecht **Title:** Manager of Adult Programs

Address: Frye Art Museum, 704 Terry Avenue, Seattle, WA 98104

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Website: fryemuseum.org **Facebook:** facebook.com/fryemuseum

➤ **PROGRAM: here:now --Arts Engagement for Individuals Living With Dementia**

Primary contact person: Same as above

For what stage(s) of dementia is this program intended: young onset or early stage to mid-stage

PROGRAM DESCRIPTION: Here:now is an arts engagement program for individuals living with dementia and their care partners to enjoy a creative and relaxing afternoon together at the Frye Art Museum. Designed for people with young-onset or early to mid-stage dementia, here:now provides opportunities to enjoy conversation, works of art, and new experiences in the Frye galleries and art studio. Tours and classes are free, but space is limited and reservations are required. The Frye also offers professional development opportunities and public programs that encourage conversation on arts engagement and dementia awareness through hands-on workshops, lectures, and forums. To register or to join the mailing list, email here:now@fryemuseum.org or phone 206-432-8211.

ORGANIZATION: [Alzheimer's Association Western & Central WA State Chapter,](#)
[Greenwood Senior Center a program of Phinney Neighborhood Center, Seattle Parks and Recreation](#)

Primary contact person: Liz Rhine **Title:** Early Stage Memory Loss Program Coordinator

Address: 100 W Harrison St, North Tower, Suite N200, Seattle, WA 98119

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Phone: 206-529-3868

Website: www.alzwa.org; <http://www.phinneycenter.org/gsc/>; <http://www.seattle.gov/parks/>
<http://www.alzwa.org/cms/esml-programs.asp>

➤ **PROGRAM:** Early Stage Memory Loss Zoo Walk

Primary contact person: Same as above

For what stage(s) of dementia is this program intended: Early Stage

PROGRAM DESCRIPTION: The Early Stage Memory Loss Zoo Walk is a weekly social engagement opportunity for people living with Early Stage Memory Loss, with the option for care partner involvement. The program takes place from 9:30 – 11 am on Mondays for 10 consecutive weeks at the Woodland Park Zoo, and provides a chance for physical activity, cognitive stimulation, and social connection. The program is open to a set number of participants living with ESML and care partners, with the support of an appropriate number of volunteers. The program is free. Pre-registration is required by calling Liz Rhine, 206-529-3868.

ORGANIZATION: Elderwise

Mission/philosophy: Our mission is to recognize and nurture the value and wholeness of older adults, regardless of their cognitive or physical ability, and to meet their need to experience life deeply in the present. Our vision is that adults have the opportunity to interact in stimulating, creative and supportive communities in all their years of life. Our care approach focuses on working from one's own essence and recognizing the essence of others, and responding to each other with love and respect.

Primary contact person: Tamara Keefe

Title: Creative Programming Director

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Website: www.elderwise.org

Facebook: www.facebook.com/elderwise.seattle

➤ **PROGRAM:** Watercolor "plus" Outreach Class

Primary contact person: Sandy Sabersky

Title: Outreach Program Director

Email: sandy@elderwise.org

Phone: 206-774-6606

For what stage(s) of dementia is this program intended: serving a range of participants—early to mid

PROGRAM DESCRIPTION: Elderwise travels to facilities serving older adults and provides a series of classes consisting of a wet-on-wet watercolor painting experience, along with community building. Details regarding timing, dates, etc. are designed to suit the host facility. At this time, we have programs scheduled at Skyline, Providence Elderplace, and Horizon House. We also contribute to the art-making component of the Frye Art Museum's here:now program.

➤ **PROGRAM:** Elderwise Adult Day Program

Primary contact person: Cayce Cheairs

Title: Day Program Coordinator

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Phone: 206-774-6606

For what stage(s) of dementia is this program intended: those able/willing to be in a small social group and participate in a 4-hour structured program

PROGRAM DESCRIPTION: Elderwise offers an enlivening experience in a structured program with a curriculum including arts, movement/exercise, conversation and shared community, enriching those in the group and potentially providing respite for care partners. The program includes lunch and snacks, serves a max of 8 participants per day, and operates Mon to Fri from 10am until 2 pm at our First Hill location. In the planning phase is a Saturday Raku pottery experience for participants and their family members.

ORGANIZATION: Taproot Theatre Company

Mission/philosophy: Taproot Theatre Company creates theatre experiences to brighten the spirit, engage the mind and deepen the understanding of the world around us while inspiring imagination, conversation and hope. Our stated mission, defined in the mission statement above, is clearly evident in all of its parts as we engage with our ESML students in the classes we offer for them.

Primary contact person: Pam Nolte **Title:** Community Liaison

Address: Theatre: 204 NE 84th St., Seattle, WA 98103 Mailing: P.O. Box 30116 Seattle, WA 98113

Email: pamn@taproottheatre.org

Phone: 206-529-3671

Website: www.taproottheatre.org

➤ **PROGRAM:** Taproot Theatre's Acting Studio residencies

Primary contact person: same as above

For what stage(s) of dementia is this program intended: Early Stage

PROGRAM DESCRIPTION

At this time, Taproot Theatre provides a variety of theatre classes for individuals experiencing the effects of early stage memory loss. Programs are designed based on the needs of the host organization. TTC anticipates offering additional classes in its own facility in the Greenwood neighborhood in the future.

ORGANIZATION: Phinney Neighborhood Association (PNA)

Mission/philosophy: The PNA's mission is to build community. That applies to all who are involved with the many different programs and services the PNA offers. Through its Greenwood Senior Center (GSC), the PNA offers a number of creative and innovative programs for people living with dementia and their care partners keeping them engaged throughout their lives in community. This includes the Alzheimer's Café program and the Gathering Place, along with a number of special arts and wellness based programs Support groups and individual and family counseling is also provided by the GSC social worker.

Primary contact person: Cecily Kaplan , GSC Director and Carin Mack, Social Worker

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Phone: 206-297-0875

Website: www.phinneycenter.org/gsc

Facebook: Phinney Neighborhood Association

➤ **PROGRAM: Alzheimer's Cafe**

Primary contact person: Cecily Kaplan **Title:** Director

For what stage(s) of dementia is this program intended: Early to Mid Stage. Also for their care partners.

PROGRAM DESCRIPTION

This simple and yet profound program provides a supported social environment at a neighborhood café and restaurant. Connections are made and an opportunity for normalcy takes place. Our Alzheimer's Café takes place the 2nd Tuesday of the month at 3:30 - 5 PM at Ampersand Pantry and Café and also quarterly for dinner at 4:30 – 6:30 PM at Tutta Bella in Wallingford.

➤ **PROGRAM: The Gathering Place**

Primary contact person: Carin Mack Title: Social Worker

For what stage(s) of dementia is this program intended: Early Stage

PROGRAM DESCRIPTION: This weekly enrichment program for people living with early stage memory loss is modeled after the Brookdale Institute model and provides the following:

Activities that build on strengths while engaging mind and body; A support system beyond the family; Enhanced confidence and ability to speak-up; Structure, meaning, purpose and social connection; Creative expression through visual arts, theatre, improvisation, voice and music.

ORGANIZATION: [Seattle Parks and Recreation](#)

Mission/Philosophy: Creating community through people, parks and programs.

Primary contact person: Mari Becker **Title:** Recreation Specialist

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Website: <http://www.seattle.gov/parks/>

➤ **PROGRAM:** “Remember the Hungry”

Primary contact person: Same as above

For what stage(s) of dementia is this program intended: Early Stage

PROGRAM DESCRIPTION: “Remember the Hungry” is a monthly volunteer program designed for people living with Early Stage Memory Loss. The program takes place every third Tuesday of the month, from 10 – 11:30 a.m. at Cherry Street Food Bank on First Hill. Participants repackage bulk food to prepare it for the more than 5000 people the food bank serves each week. Care partners are welcome but not required. Space is limited to six participants per session. To sign up, contact Mari Becker at (206) 684-4664 or mari.becker@seattle.gov.

Mission/Philosophy: Full Life helps adults of all ages with chronic illnesses, physical or developmental disabilities. We are a not-for-profit organization dedicated to improving people's lives and supporting caregivers. Since the 1970s, we have helped thousands of individuals preserve their dignity and avoid living in a nursing home or in isolation.

Primary contact person: Doug Harkness **Title:** Director of Communications and Marketing

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➤ **PROGRAM:** Alzheimer's Cafe

Primary contact person: Same as above

For what stage(s) of dementia is this program intended: Early to Mid Stage

PROGRAM DESCRIPTION: A community-based café experience for persons living with memory loss and their care partners. No judgment or expectations...just companionship, great food & fun! No cost, other than for items ordered from a short menu of Tutta Bella's authentic Italian pizza & more. Every second Thursday of the month, 2:30 – 4:00 p.m., Tutta Bella, 4918 Rainier Ave S, Seattle. Co-sponsored by Tutta Bella Neapolitan Pizzeria.

Mission/Philosophy: Mission: To restore health and community through the power of song. Vision: To engage older and elder adults, their families, friends and neighbors in dynamic, accessible creative musical collaborations that lift the voices, truths, stories and spirits of all who create, perform, and hear them. We work intentionally across the cognitive, physical and mental health continuum, designing inclusive programs, training professional songwriters as facilitators, and supporting creative solutions among professionals in the health, aging and social service spheres, as well as family care partners and advocates of creative aging, and the power of the arts for all. Guided by a constituent council of local elders in the locations we serve, Songwriting Works employs its 8 Principles of Creative Engagement in all areas from governance to program design, from training and facilitation to publication and performance. These 8 Principles are: Accessibility; Inclusion; Originality; Authenticity; Respect; Reciprocity; Restoration and Celebration.

Primary contact person: Judith-Kate Friedman **Title:** Founder and Director

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Facebook: www.facebook.com/songwritingworks

YouTube: www.youtube.com/songwritingworks

Soundcloud: www.soundcloud.com/songwritingworks

➤ **PROGRAM: SONGWRITING WORKS™**

Primary contact person: Same as above

For what stage(s) of dementia is this program intended: Early to Mid to Late Stage

PROGRAM DESCRIPTION: 1. Songwriting Works™ Signature Songwriting program is an evidence-based, award-winning experience comprised of a series of workshops – usually 90 mins to 2 hrs long – facilitated by a professional songwriter (certified in SW's training program). Participants engage in collectively composing, and as songs are completed performing, their own original songs in a group process based upon the premise that all people are musical, naturally creative, and have intelligence and gifts to contribute – regardless of their cognitive ability or health situation. Words, melodies, images, folkways, recipes, humor and pathos are captured verbatim in a process some describe as “song quilting” or “musical mural painting” – retaining individual's voices as part of a larger whole. Each workshop or series is designed with host site staff (and where possible constituent leaders) to ensure maximum social and health benefits and creative synergy – as staff, families, and community volunteers are invited to both support and to create together with those who have dementia. Workshops may take place in health, social service, community, religious or educational settings. Completed songs – and songwriter-participants – are celebrated in final concerts at locations where songs were composed, in larger public events, recordings and via internet/broadcast.

2. Songwriting Works MusicTeams™ program is an intergenerational community based program that engages and trains volunteers (all levels of health and cognition) in musical exercises based on Songwriting Works' method. Participants learn the health science of making music, support one another's creative explorations and learning, and become musical instigators, bringing the skills they gain in weekly “meet-ups” home to loved ones, friends and neighbors. They

then report back each week to build skills and strengthen their musical adventure, and ultimately, leadership. For more information, please contact us. We look forward to hearing from you!