



art
with
elders

Some Exciting News to Share

Art With Elders uses the power of art, creativity, and community to enrich the journey of aging.

A Message from the Executive Director

Dear Beloved Friends and Family of Art With Elders,

I was amused recently by the following headline, **Do this once a month and extend your life by up to 10 years. No gym required.** I guess the headline wasn't particularly surprising. What seems, however, like just another quick and easy false-promise advertisement for some ridiculous vegetable powder capsules or the latest new fad exercise routine highlighted in some grocery checkout rag, was actually featured on the front page of a reasonably reputable news feed and accompanied by reliable sources and notations.

I read the next few lines, "Most people don't pick up a coloring book, paintbrush, poetry collection or museum membership for the health benefits — but maybe it's time to start. Research shows that art experiences, whether as a maker or a beholder, transform our biology by rewiring our brains and triggering the release of neurochemicals, hormones and endorphins."

In response to a growing body of evidence that art can radically improve both physical and mental health in effective and measurable ways, more health care practitioners are prescribing arts engagement as part of treating a wide array of conditions, including: obesity, heart disease, chronic pain, dementia, Parkinson's disease, loneliness and depression."

Continuing with a grin, two thoughts in quick succession crossed my mind. First, "Wow, that's it! Here it is - the proof we've been waiting for - at last!! I wonder if our grant writer, Graham, has seen this yet." My second thought, "...Duh!! Well of course..." Most of you receiving this newsletter have been deeply touched by Art With Elders, and like me, are already well-aware of the healing and restorative power of the creativity we engender.

For over 30 years, AWE's students have spent time each week engaging in creative activities like those described above, building community around them, enriching our lives through them, and we now know, actively promoting their own good health. We

and our AWE students represent the living, breathing empirical data that these healthcare professionals are just now decoding through studies like the one referenced for this article.

Now, when we pick up our brushes to create our next masterpiece or engage with one of our exhibits of students' work, let's not only celebrate the creative processes and products for their beauty and inspiration alone, but perhaps we should also revel in the fact that all this work is good medicine for our bodies, minds and souls!

Please visit the following link for the full article. Enjoy creating and allow me to wish you all a fabulous Pride month! <https://www.cnn.com/2024/05/31/health/art-live-longer-wellness/index.html>

P.S. - Just before this newsletter went to press, Thursday June 20 at 11am, Laguna Honda Hospital was notified that the long-awaited recertification process has finally concluded. This means that these special partners can finally begin the process of refocusing on providing the important health care so many of our San Franciscan neighbors depend upon!! Hooray!!!!!!!!!!;)



All the very best,

Mark Campbell
Executive Director

Exhibit Survey - Raffle for Dance Performance Tickets

We need your support! If you have visited one or more AWE exhibits, please fill out our [brief survey](#) for a chance to win 2 tickets to the **7pm, Sat. July 20, 2024** performance of the **Peninsula International Dance Festival**. The Festival will feature 250 dancers and musicians performing traditional cultural works from Armenia, China, Congo, Greece, India, Philippines, Spain, Mexico, Peru, USA and more. Raffle winner will be randomly selected on **Sat. July 6** from the list of completed surveys.

A promotional banner for the 2024 Peninsula International Dance Festival. The background is a vibrant image of dancers in traditional costumes. On the left, the text reads: "2024 Peninsula International Dance Festival", "Saturday, July 20, 7 p.m.", "Sunday, July 21, 2 p.m.", "Learn More", and "GET TICKETS". At the bottom left, it says "San Mateo Performing Arts Center" and "600 North Delaware Street San Mateo".

2024 Peninsula International Dance Festival
Saturday, July 20, 7 p.m.
Sunday, July 21, 2 p.m.

Learn More
GET TICKETS

San Mateo Performing Arts Center
600 North Delaware Street San Mateo

Upcoming Exhibit

AWE with STAGES at Genentech

50 works from our 31st Annual Exhibit will be featured in this exhibit hosted by **STAGES** (Strengthening Ties Across Generations).

Genentech South Bay Campus – Tue. Jul. 9 – Thu. Aug. 8, 2024

The STAGES group promotes an age-friendly work environment at Genentech. It provides opportunities for experienced employees to network, mentor new employees, receive information and resources for changing lifestyles (such as retirement planning) and participate in collaborative diversity events and programs. STAGES is active in South San Francisco.



Left: AWE ally Hardayal Prashad of STAGES

Online Exhibit

AWE Artist Feature: Pearl Pooner



Left: "Me and My Cousin" by Pearl Pooner

Exhibits and Events

AWE Artists Featured at Ruth's Table

AWE artists Kim Ringle and Hilda Ibarra/Haicy participated in the "Radical Resilience" exhibit at Ruth's Table, 3/28 - 6/7/24.

AWE artists from our new in person class at Openhouse will display art in conjunction with the "Pride Party" event at Ruth's Table, 5-8p, Thu. Jun. 27, 2024. Come out and join the party! Exhibit will be on display through 7/26/24.

Below: "*Crab Grass*" by Kim Ringle and "*Existence*" by Hilda Ibarra/Haicy



AWE at the Arts and Healing Festival hosted by Little Brothers Friends of the Elderly

AWE offered a free hands-on art workshop and tabled with SF Disability and Aging Services, Community Living Campaign, and Margaret Graf of Senior Power. Sat. Jun. 8, 12-5p, 21st and Irving St. SF, CA



AWE Exhibit at Rhoda Goldman Plaza

Exhibit of AWE artists at Rhoda Goldman Plaza. Open to the public, the show runs Apr. 7 – Jun. 20, 2024, 2180 Post St, SF, CA



Left: At the show opening event
Above: AWE at RGP artist Connie Manning



AWE at RGP taught by Artist Instructor Andrew Mills

AWE at the Aging and Thriving Expo

AWE tabled at the Aging and Thriving Expo, a resource fair focused on building community for LGBTQ+ older adults. The event was organized in conjunction with the Curry Senior Center, TurnOut.org, and the SF AIDS Foundation. Mon. Apr. 29, 2024, 11a – 3p, 555 Larkin St, SF CA. Dance performance by Ensamble Folclórico Colibrí



AWE with Senior Power, DAS, & CLC at the Inner Sunset Flea Market

AWE tabled and provided a free art workshop at the Inner Sunset Flea Market. We were honored to share a space with Senior Power, the Community Living Campaign, and SF Disability and Aging Services. Sun. Apr. 14, 10a-4p, 9th Ave. and Irving St. SF, CA



AWE with the Lowell High School Community Awareness Club

At this intergenerational workshop, students from **Lowell CAC** met with AWE Open Studio artists to discuss the importance of art and creativity in living life to its fullest. 4/8/24



Please visit the **AWE Exhibits Schedule** on our website for more info and follow us on **Facebook** and **Instagram** to be notified about our latest activities.

Welcome to Our Newest Artist Instructor

Natalie Quek



Natalie is a visual artist, writer, and graphic designer based in San Francisco. Originally from Seattle, she earned a degree in Studio Art and Urban Sustainability from Scripps College, which she intended to lead into a career in architecture. Instead, she has come to realize that she is more of an artist than an architect, and is now thrilled to be returning to her roots and joining AWE! She credits her late grandmother, who was a painter, fashion designer, and art teacher in Singapore, with inspiring her to draw and paint at a young age. Natalie has previously assistant-taught art classes at Pratt Fine Arts Center in Seattle. In her free time she enjoys writing music, reading in the park, and road biking. Learn more about Natalie at <https://www.nsquek.com/>



Thank you Donors

Please consider making a donation

Your gift makes a huge difference in the lives of our students!

Art With Elders appreciates all of our supporters. Together we are truly changing the lives of hundreds of Bay Area seniors. We strive to open hearts and minds to new worlds, new discoveries, new joys, and subsequently, fresh meaning in life.

Thanks again to all of our donors for making this work possible!



AWE Staff and Artist Instructors

Row 1 L-R: Crystal Booth, Yvette Brown, Mark Campbell, Insio Che, Yan Chen, Mei Mei Everson, Keesje Fischer, Santiago Gervasi. **Row 2 L-R:** Sergio Giovine, Dmitry Grudsky, Virginia Jourdan, Dulama LeGrande, Min Lee, Hugh Leeman, Megan Majestic, Natalie Quek. **Row 3 L-R:** Andrew Mills, Darcie O'Brien, Miranda Putman, Betty Rothaus, Maïté St. Clair, Patrick St. Clair, Jason Varner, Stephanie Vlahov



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