
Welcome Art Museums!

As you come in, please add to the chat:

- + Name
- + Museum
- + Location
- + Something beautiful you can see outside of your window or in your space

Please have paper or a notebook and pen available





Creative Aging Foundations for Art Museums

**E.A. Michelson Philanthropy
Vitality Arts Project for Art Museums**

Day One: July 19, 2022

You are viewing Antonia-Lifetime ...'s screen



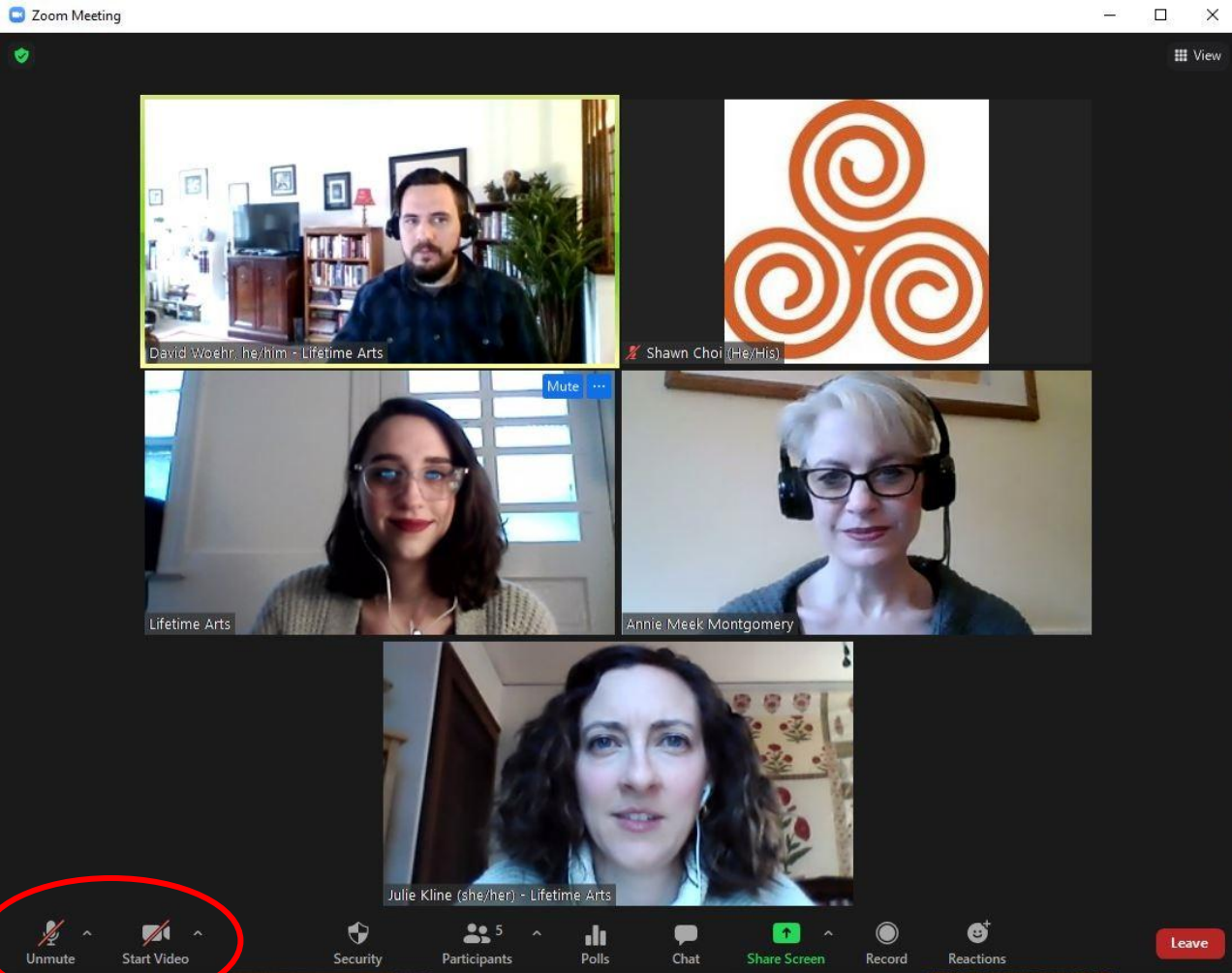
View Options ▾



Mastery & Social En

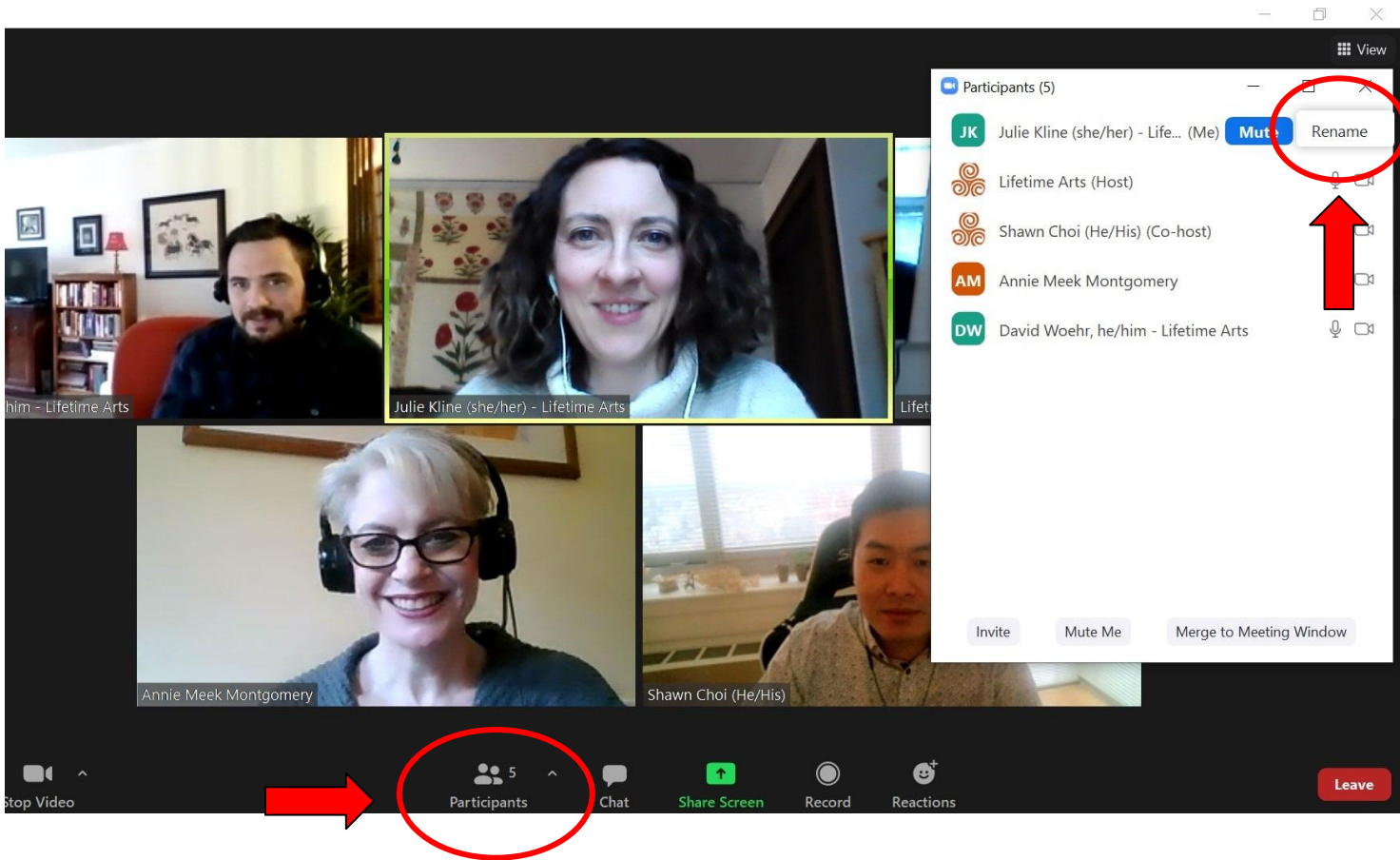
Through these creative aging
adults can learn something ne
in-depth—and make friends in





You can **mute/unmute** and/or **start/stop** your video by clicking the two icons in the bottom left of your screen.





Then, click the “**Rename**” button in the participants tab.

To rename yourself, click the “**Participants**” icon at the bottom of your screen.

The image shows a Zoom meeting interface with three participants. The top-left participant is Gahlia (she/her) Lifetime Arts, wearing a headset and glasses. The top-right participant is Julie (she/her) Lifetime Arts, wearing glasses. The bottom-center participant is Annie (she/her) Lifetime Arts, wearing glasses and a white lab coat. A subtitle for Annie reads: "Okay, now that didn't it didn't show up the thing so let's try it again." The toolbar at the bottom includes icons for Mute, Stop Video, Security, Participants (3), Polls, Chat, Share Screen, Record, Live Transcript (highlighted with a red circle and a red arrow), Breakout Rooms, Reactions, and a Leave button. A 'View' button is in the top right corner.

Click the “**CC**” button above for live transcripts.

The image shows a Zoom meeting interface with four video thumbnails. The top-left thumbnail shows David Woehr, he/him - Lifetime Arts. The top-right thumbnail shows a logo with three orange spirals on a white background, with the name Shawn Choi (He/His) below it. The bottom-left thumbnail shows a woman with glasses and a white top, with the name Lifetime Arts below it. The bottom-right thumbnail shows Annie Meek Montgomery. At the bottom of the screen is a control bar with icons for Unmute, Start Video, Security, Participants, a red arrow pointing to the Chat icon, a red arrow pointing to the Share Screen icon, Record, Reactions, and a Leave button.

If you have questions, please click the “**Chat**” icon at the bottom of your screen.

Introductions



Julie Kline

Director of Education
and Training



Penelope McCourty

Lifetime Arts Trainer


Lifetime Arts

Founded in 2008

A nonprofit arts service organization that offers a positive, modern, artistic and social lens through which to serve, inspire and engage America's growing population of older adults.



Lifetime Arts' Creative Aging Foundations for Art Museums

 **21% COMPLETE** Last activity on 05/05/2022 9:41 am **IN PROGRESS**

Hello Art Museums and welcome to your Creative Aging Foundations Work Space! We are thrilled to have this opportunity to work with you as part of the **Vitality Arts Project for Art Museums** made possible by E. A. Michelson Philanthropy.

In the content section below you will find:

- Lifetime Arts Staff & Trainer Bios + Full Training Description
- Live session (synchronous) agendas with links to join sessions
- Pre-work (asynchronous materials) to be completed on your own time before each live session
 - Pre-work materials are broken down into topics with resources and reflective worksheets to prepare you for the live sessions delivered via zoom

Click on the section links below to begin learning!

Lifetime Arts Portal

Content

▼ Expand All

Day 1 – Pre-work

4 Topics

▼ Expand

Day 1 – Join Live Session: July 19, 2022

Day 2 – Pre-work

4 Topics | 1 Quiz

▼ Expand

Day 2 – Join Live Session: July 26, 2022

Post-training Resources

Coaching and Technical Assistance



Community Agreements

- + Be present
- + Limit distractions in your learning space
- + Take care of yourself
- + Hold space for one another
- + Share only what you feel comfortable sharing
- + Sharing will be anonymous

Training Goal

Be prepared in all aspects of preparing for and implementing creative aging arts education programs at your museum.

Agenda:

- + Impacts of Aging & Ageism
- + Group Work: Ageism
- + Break
- + Creative Aging Arts Education Model
- + Break
- + Older Adult Learners and S.A.F.E. Planning
- + Creative Aging in Museums
- + Q&A and Wrap-up



Impacts of Aging and Ageism



Check in With Yourself

What age do you feel like on the inside today?



Why is Everybody Talking About Aging?

By the year 2030:

- + 71.5 million or 20% of the U.S. population will be aged 65+
- + Number of people aged 85+ will **DOUBLE**

(U.S. Census Bureau, 2017)



Equity and Older Adults

- + In 2010, people of color made up 20 percent of the nation's total 65+ population
 - This percent will **double** by 2050

(Espinoza, n.d.)

Problem: Social Isolation

- + Can shorten life expectancy by 15 years
- + 50% increased risk of dementia, heart disease, and stroke
- + Higher rates of mental health issues
- + Increased for immigrants, LGBTQIA+, BIPOC older adults



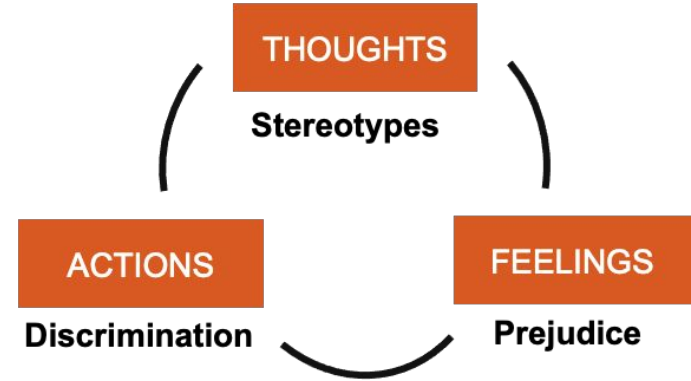
Ageism Defined

Ageism refers to:

Stereotypes → how we think

Prejudice → how we feel

Discrimination → how we act



Directed towards people on the basis of age



Ashton Applewhite

“ It’s ageism, far more than the passage of time, that makes growing older harder for all of us.

Positive Aging Attitude Improves Health!

Ageism Impacts:

- + Cardiovascular Health
- + Physical Function
- + Alzheimer's Disease
- + Excess Annual Spending

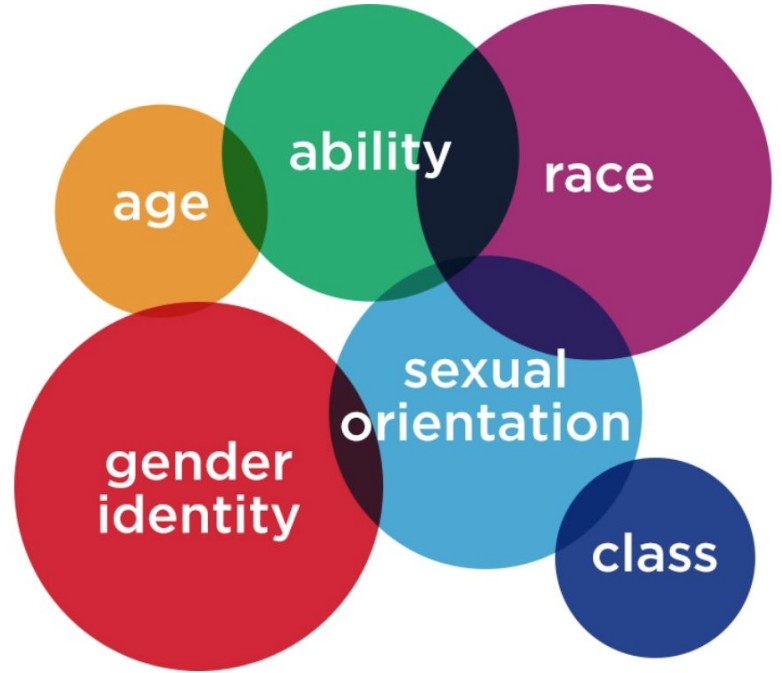
Positive Aging View:

- + Better Hearing
- + Better Memory
- + Less Mental Illness

Intersectionality

“ What happens when we think about how ageism intersects with other forms of disempowerment like racism and patriarchy, and heterosexism?

– Kimberlé Crenshaw



Natural Physical Changes During Aging

Potential Physical Change	Potential Result
Nervous system slows down	Balance problems & slower reflexes
Muscle & lung tissue changes	Decreased lung efficiency
Sensory losses	Vision & hearing loss
Bone loss	Decreased strength, speed & endurance
More medications	More adverse side effects
Changes in sexual function	The capacity for sexual activity & response is retained well into old age

Ageism in Museum Settings

- + Are there images of older adults in marketing?
- + How far away do older adults have to park?
- + Are your exhibition plaques written in large fonts?
- + Are you utilizing all assistive services: listening devices, etc.?
- + Are older adults only seen as patrons and ticket buyers?
- + How can older adults participating in art programs combat ageism within your museum?



Breakout Group Discussion Topics

- + How do you envision your ideal older age?
- + Where have you experienced or witnessed ageism?
- + Where have you witnessed ageism in your museum?
- + How does art-making and learning combat ageism?



Break



Lifetime Arts

Solution: Assets-Based Approach

Deficits - Based Approach

- + Disability
- + Problem
- + Period of decline

Assets - Based Approach

- + Active
- + Potential
- + Age of opportunities
- + “Re-wirement”



What is Creative Aging?

Arts education for older adults.

Using the arts to improve the quality of life for older adults through creative expression and social engagement.

Creative Aging Areas of Practice

Arts Education Programs

- + Goals are:
 - Instructional
 - Sequential skill-building
 - Art creation
- + Participants **self-select** to participate

Therapeutic Programs

- + Goals include:
 - Wellness
 - Recovery
 - Rehabilitation

Case Study: Therapeutic Model

The MOMA Alzheimer's Project

- + Exchange ideas about art and artists
- + Intellectual stimulation
- + Make connections
- + Access personal experiences and long-term memories
- + Participate in a meaningful activity that fosters personal growth





Case Study: Arts Education Model

Fleisher Art Memorial

- + 12 week series
- + 2 hours each session
- + Registration based
- + Skill based learning
- + Social engagement connected to art making

The Creativity and Aging Study

- + Led by Dr. Gene Cohen at George Washington University in 2006
- + Took place over 3 years
- + Conducted in NYC (Brooklyn), Los Angeles & Washington, DC
- + Age range: 65-103 years old
 - **Control group**—participated in usual activities
 - **Intervention group**—participated in professionally conducted arts programs



(Cohen, 2006)

The Creativity and Aging Study

Results:

- + Less medication
- + Fewer doctor visits
- + Elevated mood
- + More independent functioning
- + Less depression, loneliness
- + More activities



Mastery & Social Engagement

Through these creative aging elements, older adults can **learn something new**—or more in-depth—and **make friends** in the process.

Creative Aging Arts Education Components

A creative aging program:

- + Is an art class (visual, performing, literary or music)
- + Is taught by a professional teaching artist
- + Has at least 8 sessions that are at least 90 minutes in length
- + Includes skill-building and sequential learning
- + Has a planned culminating event



The Culminating Event

- + Honors the work of the participants
- + Has a clear vision
- + Is appropriate & participant driven
- + Encourages visibility & voice
- + Builds opportunity for social engagement with larger community
- + Encourages sustainability



Best Practices in Creative Aging

- + The goal is to have at least 10 participants in each class
- + Registration is required
- + Class can be free or fee-based
- + Participants should be encouraged to come **every week**

Adaptations for Remote Delivery

+ Number of sessions

- In-person: 8 sessions
- Virtual: 4-6 synchronous sessions

+ Session duration

- In-person: 90 minutes
- Virtual: 45-65 minutes

+ Class size

- In-person: 10 people minimum
- Virtual:
- Manageable teacher-to-student ratio

+ Culminating Event

- Still possible!
- Examples:
 - Public Zoom events
 - Virtual galleries
 - Podcasts

Case Study: Museum of Contemporary Art, Tucson

- + Leveraged current programming
- + Surveyed community to assess interest in art from
- + Recruitment on social media with relevant groups
- + Equitable learning and artmaking





20/20/20 Break





Older Adult Learners and S.A.F.E Planning & Practice

What's Different About Adult Learners?

Adults:

- + Are autonomous and self directed
- + Have a lifetime of experience and knowledge
- + Are goal-oriented
- + Are practical — they want information

S.A.F.E Planning Components

- + **S**kills
- + **A**ssessment
- + **F**eedback
- + **E**ngage Socially

Skills

Schedule classes in a sequence and plan each lesson to ensure that one artmaking skill builds to the next.





Assessment

Continually evaluate each student's process and progress and tailor instruction to match the expressed needs of each learner.

Feedback

Provide opportunities for students to talk about their work and the process of the artmaking and learning.





Engage

Tie intentional social engagement opportunities to the artmaking.



Creative Aging in Museums

Creative Aging in Museums

- + New and deeper ways to engage older adult patrons:
 - Expand opportunities for docents
 - Members and donor opportunities
 - Reach new communities
 - Establish the museum as a welcoming space for older adults
- + Diversify audiences
- + New funding sources

Responsive Programming + Adjusting Your Plan

Ways to engage with your older adult community:

- + Conduct a patron survey
- + Host a focus group
- + Form a creative aging committee
- + Offer demo classes in different artforms
- + Share creative aging example videos
- + Connect programs to *who* they are and what they want to get out of programming



Case Study:

Louisiana State Museum

- + Changed Plans: Community wanted drumming and beading
- + Recruited well-known local artists & culture bearers
- + Connected to exhibitions
- + Built community extensions

Q&A Session



Day 2 Pre-work

Via the Lifetime Arts Portal:

- + Resources to review on the topics below:
 - Responsive Creative Aging Programming
 - Program Implementation
 - Creative Aging in Museums
- + Day 2 Reflection Worksheet
 - Determine your particular institution's needs and preferred breakout group discussion for Day 2 Live Session on July 26

Resources

Cohen, Gene. (2006, April). The Creativity and Aging Study: The Impact of Professionally Conducted Cultural Programs on Older Adults, Final Report. Retrieved from <https://creativeagingresource.org/resource/the-creativity-and-aging-study-the-impact-of-professionally-conducted-cultural-programs-final-report/>

U.S. Census Bureau. (2017). 2017 National Population Projections Tables: Main Series. Retrieved from <https://www.census.gov/data/tables/2017/demo/popproj/2017-summary-tables.html>

Stanford Center on Longevity's "New Map of Life":
<https://www.nytimes.com/2021/11/23/business/dealbook/living-longer-lives.html>

Espinoza, Robert. (n.d.). *Meeting the needs of elders of color and LGBT elders*. Grantmakers in Aging. Retrieved from <https://www.giaging.org/issues/diverse-elders/>



Resources

DC Loneliness and Social Isolation Linked to Serious Health Conditions:

<https://www.cdc.gov/aging/publications/features/lonely-older-adults.html>

Intersectionality Matters! With Kimberlé Crenshaw Episode 10 – Age Against the Machine: The Fatal Intersection of Racism & Ageism In the Time of Coronavirus:

+ Listen to the episode:

<https://soundcloud.com/intersectionality-matters/10-age-against-the-machine-the-fatal-intersection-of-racism-ageism-in-the-time-of-coronavirus>

+ Read the full transcript:

<https://www.aapf.org/post/transcript-from-imkc-ageism-in-the-time-of-coronavirus>

Universal Design for Learning from California State University at Northridge:

<https://www.csun.edu/sites/default/files/accessibility-ud-slides.pdf>



Resources

Art for the Ages: <https://fleisher.community/programs/art-for-the-ages/>

Best Practices in Intergenerational Arts Education Program Design (PDF):
<https://creativeagingportal.org/wp-content/uploads/Intergenerational-Programs-PDF.pdf>

Cornerstone University's Guide to Andragogy/Lifelong Learning:
<https://www.cornerstone.edu/blog-post/a-simple-easy-to-understand-guide-to-andragog>

SAFE Planning Design Elements for Creative Aging Programs Guide (PDF):
<https://creativeagingresource.org/resource/safe-planning-design-elements-for-creative-aging-programs-guide/>

Lifetime Arts Portal: <https://creativeagingportal.org/>
For support accessing the portal please email support@lifetimearts.org

[Lifetime Arts Portal registration & navigation guide](#)

Media Credits

- + Olana State Historic Site, Hudson, NY; Credit: Emily Sachar (Slide 1)
- + Heard Museum, Phoenix, AZ; Photo Credit: Mary Dashnaw (Slide 2)
- + John Michael Kohler Arts Center, Sheboygan, WI; Credit: Claire Carlson (Slide 8)
- + Jamaica Plain Branch, Boston, MA; Credit: Shannon McDonough (Slide 10 top left)
- + Queens Library, Queens, NY; Credit: Queens Library (Slide 10 top right)
- + Jewish Community Center, Staten Island, NY; Credit: Jeremy Amar for The New York Community Trust (Slide 10 bottom)

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Media Credits

- + Spring Creek Senior Partners: Brooklyn, NY; Photo Credit: Jeremy Amar (Slide 12 & 17)
- + Casket Arts Building, Minneapolis, MN; Credit: Casket Arts Building (Slide 14)
- + CDC Loneliness and Social Isolation Linked to Serious Health Conditions (Slide 18)
- + Newtown Italian Neighborhood Senior Center, Queens, NY; Credit: Jeremy Amar for The New York Community (Slide 25 & 46))
- + Queens Library, Queens, NY; Credit: Queens Library (Slide 26)

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- + Boston Public Library, Boston, MA; Credit: Boston Public Library (Slide 28)
- + Vincent van Gogh. The Starry Night. 1889; The MOMA Alzheimer's Project (Slide 30)
- + Fleisher Art Memorial, Philadelphia, PA; Credit: Fleisher Art Memorial (Slide 31 & 44)
- + Diana H. Jones Innovative Senior Center, Brooklyn, NY; Credit: Julia Xanthos Liddy for The New York Community Trust (Slide 32)
- + Louisiana State Museum, New Orleans, LA; Photo Credit: Sophia Germer at Nola.com (Slide 34 & 51)

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Media Credits

- + Newtown Italian Neighborhood Senior Center, Queens, NY; Credit: Jeremy Amar for The New York Community Trust (Slide 36 top left)
- + Pasadena Conservatory of Music, Pasadena, CA; Credit: Pasadena Conservatory of Music (Slide 36 top right)
- + Minnesota Opera, Minnesota, MN; Credit: Minnesota Opera (Slide 36 bottom)
- + Museum of Contemporary Art, Tucson, AZ; Credit: Lane Smaka (Slide 39)
- + Cuyahoga County Public Libraries, Cuyahoga County, Ohio; Credit: Cuyahoga County Public Library (Slide 40)

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Media Credits

- + Diana H. Jones Innovative Senior Center, Brooklyn, NY; Credit: Julia Xanthos Liddy for The New York Community Trust (Slide 41)
- + The Neon Museum, Las Vegas, NV; Credit: The Neon Museum (Slide 45)
- + Marine Park, Brooklyn NY; Credit: Jeremy Amar for The New York Community Trust (Slide 47)
- + Naples Botanical Garden, Naples, FL; Credit: Mary Helen Reuter (Slide 48)
- + Washington County Library Consortium, Beaverton, OR; Credit: Washington County Library Consortium (Slide 52)

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