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## 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*





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## Creative Aging Foundations for Art Museums

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

**Day One:** February 7, 2023

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



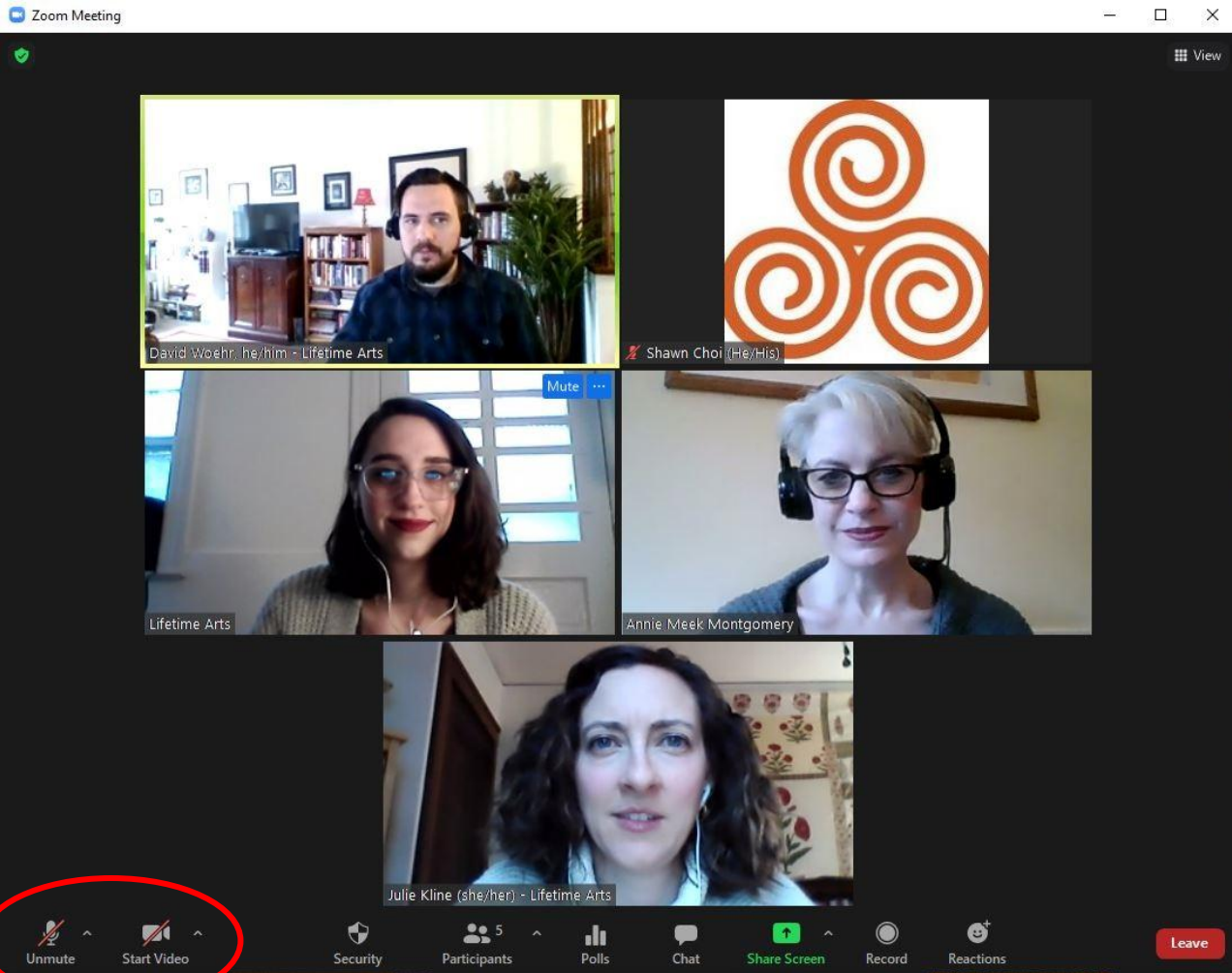
View Options ▾



## Mastery & Social En

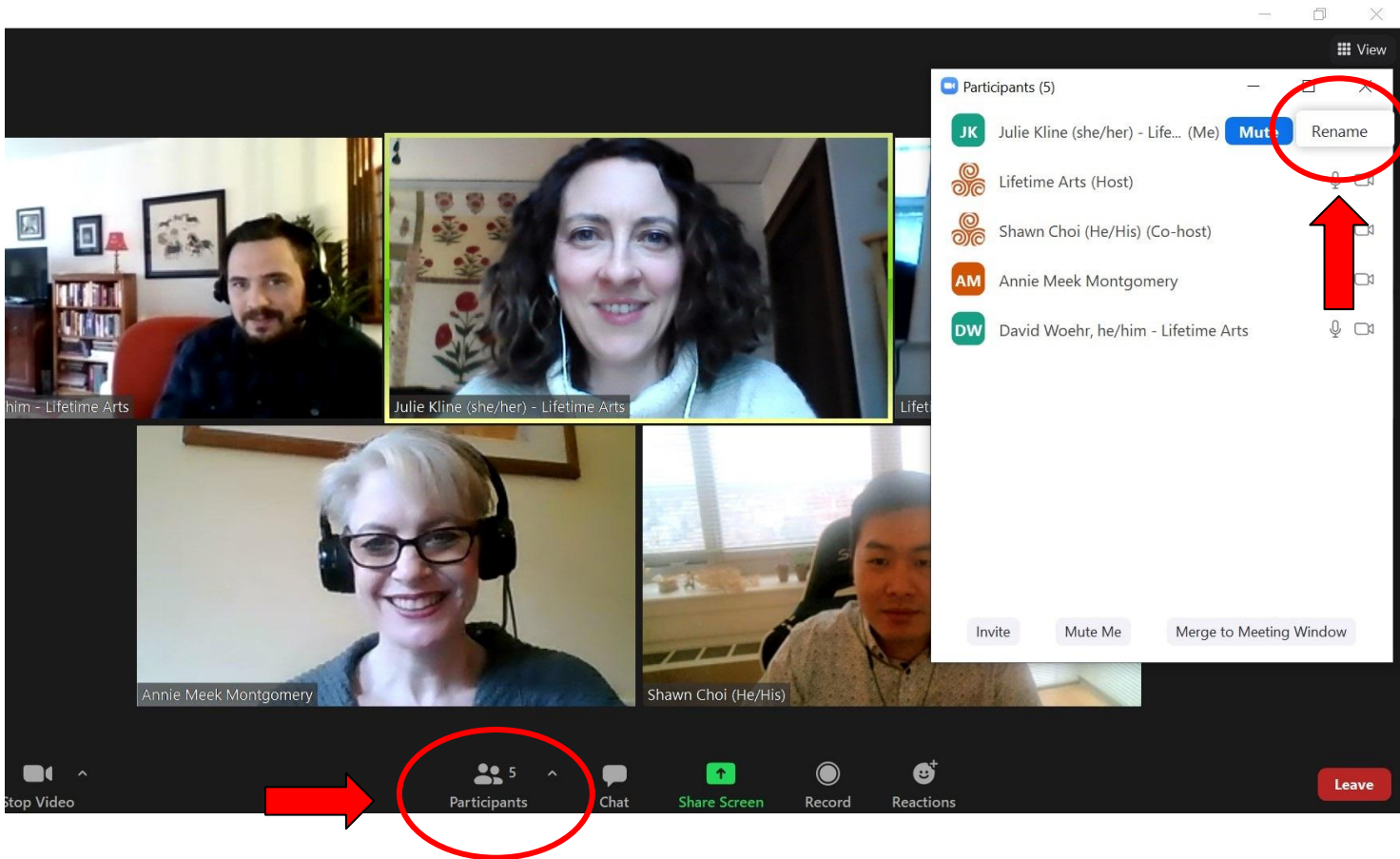
Through these creative aging  
adults can learn something ne  
in-depth—and make friends in





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 middle-left thumbnail shows a woman with glasses and a microphone, with the name Lifetime Arts below it. The middle-right thumbnail shows Annie Meek Montgomery. The bottom thumbnail shows Julie Kline (she/her) - Lifetime Arts. At the bottom of the screen is a control bar with icons for Unmute, Start Video, Security, Participants, a red arrow pointing right, a red circle around the Chat icon, a red arrow pointing left, Share screen, Record, Reactions, and a Leave button.

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

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## E.A. Michelson Philanthropy





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## Introductions



**Vinny Mraz**  
Lifetime Arts Trainer



**Lynda Monick-Isenberg**  
Lifetime Arts Trainer

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# 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.



# Creative Aging Foundations for Art Museums (Feb 7 & 14)

0% COMPLETE Last activity on 01/25/2023 2:24 pm

Hello Art Museums and welcome to your work space! We are thrilled to have this opportunity to work with you as part of E.A. Michelson Philanthropy's *Vitality Arts Project for Art Museums*.

In the content section below you will find:

- Pre-work to be completed on your own time before each live session (live sessions delivered via Zoom)
  - Pre-work for Day 1 will take approximately 30 minutes
  - Pre-work for Day 2 will take approximately 90 minutes
- Lifetime Arts staff & trainer bios + full training description
- Live session agendas
- Post-training resources
- Coaching and technical assistance information and scheduling

Click on the section links below to begin learning!

Content

▼ Expand All

## Lifetime Arts Portal

Content

▼ Expand All

- Day 1 – Pre-work ▼ Expand  
4 Topics | 1 Reflection
- Day 1 – Live Session Agenda & Zoom Link: February 7, 2023
- Day 2 – Pre-work ▼ Expand  
4 Topics
- Day 2 – Live Session Agenda & Zoom Link: February 14, 2023
- Consultations and Technical Assistance ▼ Expand  
9 Topics
- Post-training Resources



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## Community Agreements

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

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## 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



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## Impacts of Aging and Ageism



## Check in With Yourself

**What age do you feel like on the inside today?**



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## 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)





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## Diversity, 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.)

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## 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



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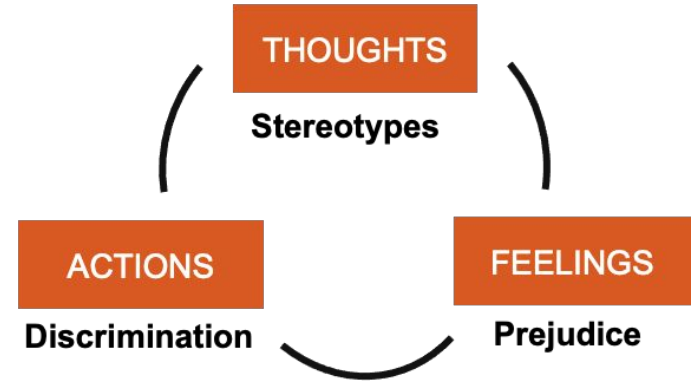
## Ageism Defined

**Ageism refers to:**

Stereotypes → how we think

Prejudice → how we feel

Discrimination → how we act



Directed towards people on the basis of age



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## Ashton Applewhite

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

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## Positive Aging Attitude Improves Health!

### Ageism Impacts:

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

### Positive Aging View:

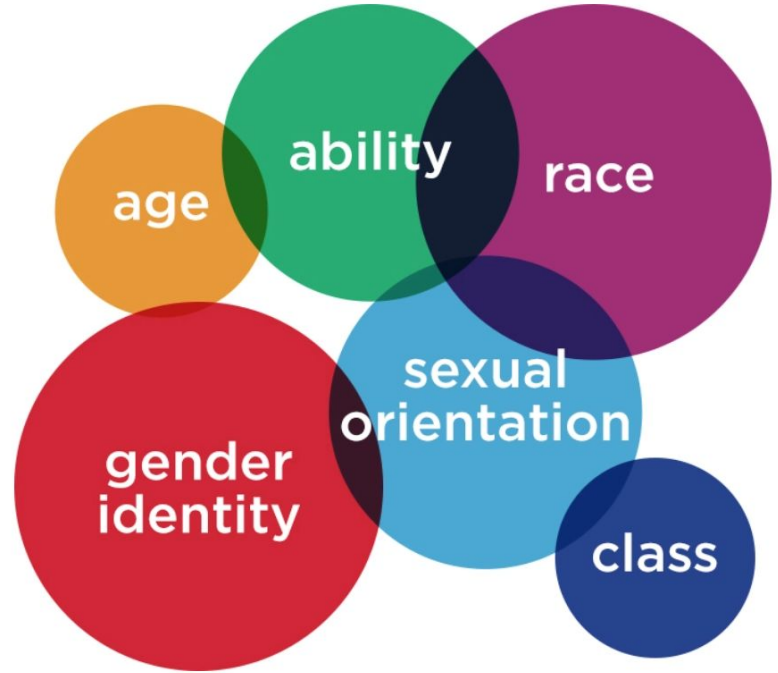
- + Better Hearing
- + Better Memory
- + Less Mental Illness

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## 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

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## Ageism in Museum Settings

### **Accessibility**

- + Distance to travel
- + Handrails
- + Font size
- + Assistive listening devices

### **Visibility**

- + Marketing
- + Images
- + Surveying
- + Engagement in Programs





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## 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

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## Solution: Assets-Based Approach

### Deficits - Based Approach

- + Disability
- + Problem
- + Period of decline

### Assets - Based Approach

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



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## 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.

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## 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

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## 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





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## 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

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## 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), San Francisco & Washington, DC
- + Age range: 65-103 years old
  - **Control group**—participated in usual activities
  - **Intervention group**—participated in professionally conducted arts programs



(Cohen, 2006)



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## The Creativity and Aging Study

### Results:

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



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## Mastery & Social Engagement

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

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## 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



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## 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



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## 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**

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## 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



**20/20/20 Break**





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



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## 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

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## S.A.F.E Planning Components

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

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## Skills

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





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## Assessment

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

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## Feedback

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





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## Engage

Tie intentional social engagement opportunities to the artmaking.



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## Creative Aging in Museums

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## 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



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## 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



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## 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

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## Q&A Session



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## Day 2 Pre-work

### Via the Lifetime Arts Portal:

- + Day 2 Reflection Worksheet
  - Determine your particular institution's needs and preferred breakout group discussion for Day 2 Live Session on February 14
- + Resources on the topics below:
  - Responsive Creative Aging Programming
  - Program Implementation
  - Creative Aging in Museums

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## 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

CDC 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>



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## 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](mailto: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 & 45))
- + Queens Library, Queens, NY; Credit: Queens Library (Slide 26)

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## Media Credits

- + 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 & 43)
- + 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 39)

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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 40)
- + The Neon Museum, Las Vegas, NV; Credit: The Neon Museum (Slide 44)
- + Marine Park, Brooklyn NY; Credit: Jeremy Amar for The New York Community Trust (Slide 46)
- + Naples Botanical Garden, Naples, FL; Credit: Mary Helen Reuter (Slide 47)
- + Washington County Library Consortium, Beaverton, OR; Credit: Washington County Library Consortium (Slide 51)

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