



MESA ARTS CENTER

Aging, Arts and Engagement





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The United States has as many people over the age of 65 as there are under the age of 20.

Dr. Gene Cohen

The Creativity and Aging Study: The Impact of professionally conducted cultural programs on older adults, Final report 2006

Summary of Cohen Findings:

- **Physical Benefits:**
Better health, fewer doctor visits and less medication usage
- **Emotional Benefits:**
More positive responses on mental health measures
- **Social Benefits:**
More involvement in overall activities

Creative Aging Resources List:

Cohen Research: The Creativity and Aging Study, The Impact of professionally conducted cultural programs on older adults, final report 2006 (PDF)

National Center for Creative Aging: <http://www.creativeaging.org/>

Creativity Matters AFTA Monograph, September 2008 (PDF)

Creativity Matters: The Arts and Aging Toolkit:

<http://artsandaging.org/index.php?s=TOC>

- Anne Bastings at University of Wisconsin at Milwaukee, Center on Age and Community
 - Time Slips: <http://www.timeslips.org/>
 - 2009 Next Steps Think Tank: How can we radically transform activities in long-term care? (PDF)

- Arts and Health: <http://www.artsandhealth.ie/>



Goal: uplift individual creative expression for older adults





Mature Moving Me







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Individual Artworks





Individual Artworks





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Video Component



<http://vimeo.com/tossawindt/mesa-trailer-2011>

Words of Wisdom, 2012-2013:



Individual Artworks In Progress



Completed Individual Artworks



Collaborative Banners In Progress



Completed Collaborative Banners



- Piloting intergenerational storytelling program
- voice and story structure, creative collaboration to generate story performance
 - Washington Escondido Neighborhood
 - Boys and Girls Club of Mesa





Words Of Wisdom Participants:

Today physically I feel:

Pre 77% Happy 23% Neutral

Post 84% Happy 16% Neutral

Today emotionally I feel:

Pre 70% Happy 30% Neutral

Post 90% Happy 10% Neutral

I enjoy participating in community activities:

Pre 41% Always 59% Sometimes

Post 67% Always 33% Sometimes

Dr. Cohen

Research

Physical

Benefits

Emotional

Benefits

Social

Benefits

Most Common Responses:

Improved Socialization

Improved Memory

Improved balance/body control (dance)

Improved confidence

2011-2012 Pilot Year: 588

2012-2013 Projected: 825



Evaluation Results



“I lost my fear of "doing art" and my fear of not being as good as others in the class. “

“This class was a delight. I'll remember how wonderful it felt to be free to trust my body to more. You should expect some wonderful experiences.”



“With Tessa's guidance, I have rediscovered my artistic tendencies and skills of long ago.”

“That I am able and willing to work collaboratively with others.”

“I feel so exuberant after I leave here.”



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artsandaging.org/index.php

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CREATIVITY MATTERS THE ARTS AND AGING TOOLKIT

Welcome to the *Creativity Matters: The Arts and Aging Toolkit* Web site. Designed for the arts and aging services fields, this resource explains why and how older adults benefit from participating in professionally conducted community arts programs and offers detailed advice and examples on program design, implementation, and evaluation.

[Get Started »](#)

We want to hear from you »

- Send us an e-mail
- Join our mailing list
- Request more information
- Take our survey

Connect with community arts education providers.
National Guild for Community Arts Education
Phone: 212.268.3337

Receive technical assistance in program development and educational services and join the national network.
National Center for Creative Aging

Join the New Jersey Creative Aging Network for professionals in aging services, artists and arts organizations.
New Jersey Performing Arts

Start | Spotify - The Nak... | Creative Aging.p... | I:\Outreach Educ... | Web links resour... | Inbox - Mandy.B... | Creativity Matt... | 10:25 AM

- Not ALL Partnerships are successful.
- Engage Teaching Artists trained and skilled in working with older adult populations.
- Offer experiences for your audience.
- Make it accessible.
- Meet and meet often with your artists, partners and constituents.





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Contact Us!

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Thank
you!