



New Hampshire
State Council on the **Arts**

CELEBRATING **50 YEARS** OF COMMUNITY,
CREATIVITY AND INNOVATION

ARTS IN HEALTH & CREATIVE AGING

- Catherine O'Brian, Arts in Health Coordinator
- & Cassandra Mason, Chief Grants Officer
- with Artists & Partners in NH Arts in Health

MISSION & PURPOSE

- The arts help heal, revitalize and transform!
- Design & visual arts play an important role in the well-being and quality of life for older people.
- “The arts improve the patient experience.”
~Gary Christenson, M.D.
- “A vibrant cultural scene is another important part of a healthy community.”
~Valley Regional Hospital



RESEARCH

“Participation in arts interventions has been linked with improving cognitive function and memory; general self-esteem and well-being, as well as reducing stress...”



From “The Arts and Aging: Building the Science” Summary of a National Academies Workshop

ARTS IN HEALTH PROJECT GRANTS

- Criteria & Funding
- Types of Applicants
- Sampling of Projects
- Strategic Partnership Grants
- www.nh.gov/nharts GRANTS



CONCORD HOSPITAL

Music for Healing and Comfort

Made possible with funding from



and the National Endowment for the Arts

Today's musician is

playing



THE CHILDREN'S HOSPITAL AT THE ELLIOT MEDICAL CENTER MANCHESTER, NH



ADAPTIVE DANCE &
THE ARTS AT CROTCHED
MOUNTAIN
REHABILITATION
CENTER,
GREENFIELD, NH

[HTTP://CMF.ORG/PROGRAMS-AND-SERVICES/HEALING-ARTS/VISITING-ARTISTS](http://cmf.org/programs-and-services/healing-arts/visiting-artists)



RESIDENTS AT HAVENWOOD HERITAGE HEIGHTS DANCING & DRUMMING WITH MUSICIAN, MICHAEL WINGFIELD



Music is the most common participatory art studied, but theater, dance and creative writing also hold promise as effective health interventions for older people.



Permission Dance for Parkinsons

NHSCA ARTS IN HEALTH ARTIST DIRECTORY

TO VIEW ARTIST WEB PAGES
&
FOR APPLICATION GUIDELINES
WWW.NH.GOV/NHARTS
CLICK ON ARTS & ARTISTS

Emily Mills



Beverly
Rush



June Latti



NH Arts in Healthcare Conference 2013

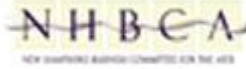
Friday, June 7 for Healthcare Leaders and Practitioners

Saturday, June 8 for Artists and Arts Organizations

at Concord Hospital

www.nh.gov/nharts

www.concordhospital.org

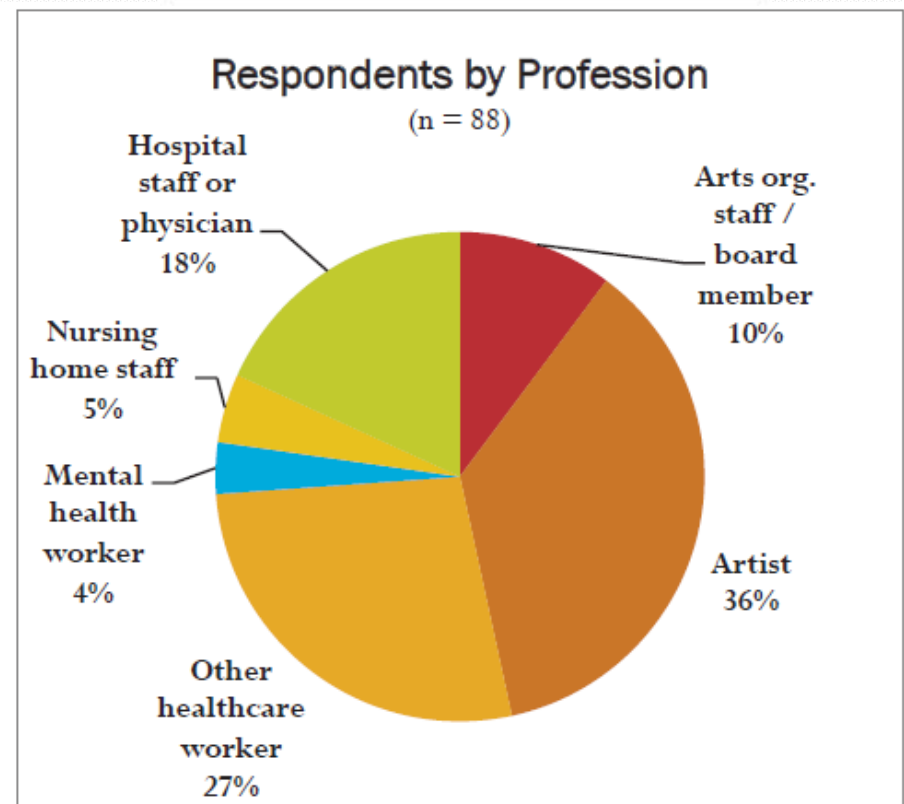
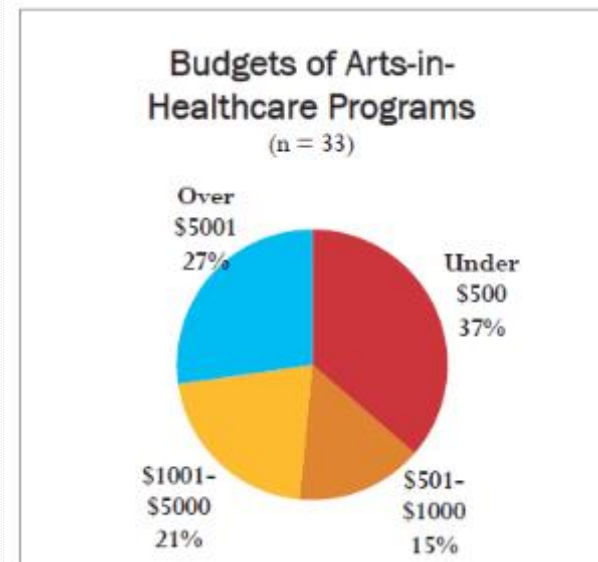


- Two-day conference coordinated by Catherine O'Brian, NHSCA
- Alice Kinsler, Manager of Therapeutic Arts and Activity Services at Concord Hospital



NH ARTS IN HEALTH SURVEY

- “[We need] more education for top administrators and for activity directors.”
- “We need to continue to market the successes of this program and collect data.”



CHALLENGES

- *REACHING SMALL, RURAL HEALTH SITES
- *FINDING & TRAINING ARTISTS IN RURAL AREAS
- *FUNDING
- *DESIGN OF CONSISTENT EVALUATION TOOLS
- *IMPROVED RESEARCH DESIGN
- *BETTER COST BENEFIT ANALYSIS



SOME HEALTH & PSYCHOSOCIAL BENEFITS FOR ARTS FOR OLDER ADULTS

- *Heightens Self Awareness
- *Sharpens Cognitive Skills
- *Increases Short & Long Term Memory
- *Decreases Confusion
- *Elevates Emotional Well-Being
- *Reduces Anxiety
- *Improves Ways of Coping
- *Enhances Self-Control
- *Decreases Social Isolation
- *Improves Coordination
- *Decreases Pain



OPPORTUNITIES & INTERSECTIONS WITH ARTS EDUCATION WORK



“Photography is unique among the arts in that it is completely accessible to persons with motor, cognitive and sensory challenges.” ~David Kontak, OT Technology Lead at Crotched Mountain



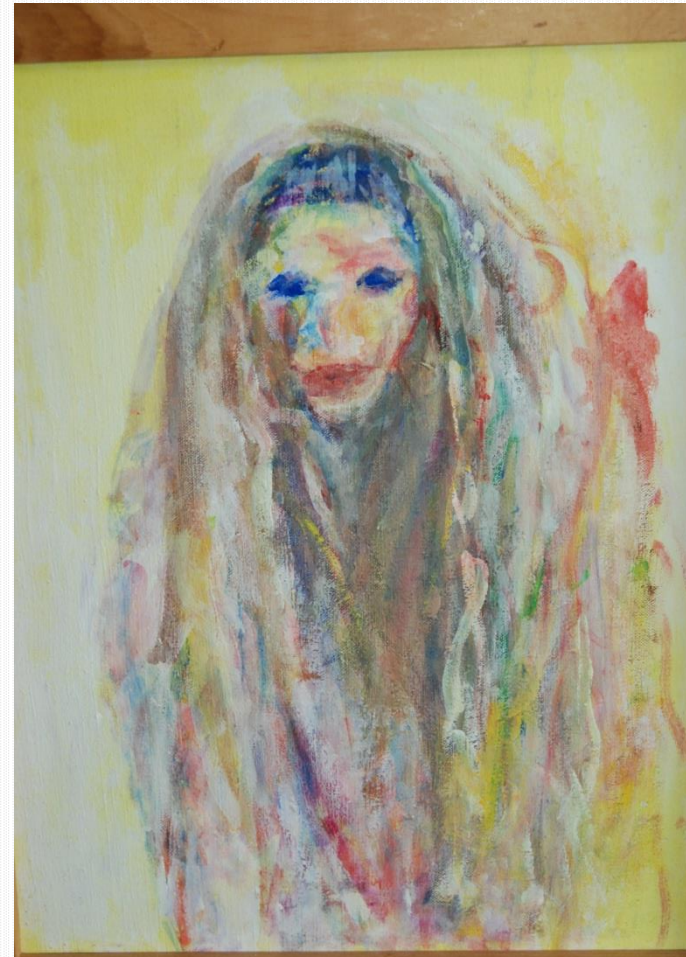


FUTURE: OPPORTUNITIES TO WORK WITH HEALTH CARE PROFESSIONALS & TEACHERS



THE ARTS ARE GOOD FOR YOU!!!

With his 2006 landmark publication “The Creativity and Aging Study: The Impact of Professional Conducted Cultural Programs on Older Adults,” Gene D. Cohen, M.D. Ph.D., demonstrated that participation in activities that foster creative engagement and skills mastery in a social environment has positive psychological, physical and emotional health benefits for older adults.



WHY? PERSONAL STORIES & INSPIRATION

- “They don’t even know that it is therapy. They are enjoying doing art and talking”
~Parent, Concord Hospital

- “Her paintings have gone from fractured, disconnected lines with no grounding, to colorful, connected works filling the whole paper. This newly developed way of making art is reflected in a calmness, clarity and interest in her daily life”
~June Latti, AIH Roster Artist



Artist **Mary Coffen**, 16 year-old patient with terminal cancer

Summer Flowers, by **Charles Laliberte** adult with developmental disabilities





NH is part of a National State Communities of Practice In Arts, Aging & Health

Community of Practice=a group of people who share a similar challenge, who interact regularly, learn from & with each other, and improve their ability to address their challenges.

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

Directory of Creative Aging Programs in America
<http://www.creativeaging.org/programs-people/cad>

NCCA Online Artist Training in Arts & Aging
<http://www.creativeaging.org/programs-people/ncca>
Online-artist-training-arts-and-aging

Artful Living



Ellen Carlson and her participatory, intergenerational NH Fiddle Ensemble includes musicians of all ages. Many members of the ensemble are older than 60. They will be playing in the Franklin Opera House on Sunday, April 19, 2-4:30 pm. Did you know that they donate the proceeds from the concert back to the Franklin Opera House?

RESOURCES

- For more information visit:
- The NH State Council on the Arts
www.nh.gov/nharts & click on Programs
- Or contact Catherine O'Brian, Arts Education & Arts in Health Coordinator, NH State Council on the Arts:
Catherine.R.Obrian@dcr.nh.gov, 603-271-0795



SPECIAL THANKS TO OUR ARTS IN HEALTH ARTISTS & CREATIVE AGING PARTNERS WHO SHARED PHOTOGRAPHS AND INFORMATION.



- Photos courtesy of several project leaders throughout the state. Organizations and individuals who submitted photos include:
- Concord Hospital, Crotched Mountain Rehabilitation Center, The Elliot Children's Hospital, Pleasant View Retirement, Dartmouth Hitchcock Medical Center, Concord Community Music School, The Arts Alliance of Northern New Hampshire, The New Hampshire Bureau of Developmental Services, and photographers, Julianne Morse & Lynn Graton
- Special thanks to artists for their amazing work in and with health care sites.

ARTS IN HEALTH & CREATIVE AGING PROGRAMS PROVIDE A RICH SOCIAL ENVIRONMENT IN COMBINATION WITH HEALING, JOYFUL, CREATIVE, ARTS EXPERIENCES.





The arts help us experience who we are as humans... and the realms beyond our senses.
-Alice Fogel, NH Poet Laureate