

GRANT FROM MINNESOTA STATE ARTS BOARD NURTURES CREATIVITY IN SENIOR LIVING

Richfield, MN - (10.06.16) - Minnesota State Arts Board funds support Artful Aging at Mainstreet Village of Richfield

Thanks to a 2016 Partners in Arts grant of \$25,000 from the Minnesota State Arts Board, residents of Mainstreet Village of Richfield, an Avinity senior living community, are able to express themselves through art.

The Avinity Foundation has partnered with COMPAS, a non-profit arts education organization, to provide arts based experiential learning opportunities to residents. *The Art of My Spirit: Telling Our Stories with Artful Aging* initiative enables professional artists to help residents of Avinity senior living communities tell their life stories through the disciplines of music, dance, visual arts and theater. The artists engage their older adult students in experiential learning activities through immersive three-day camps or eight-week classes. Each program culminates with a community celebration in which the residents can showcase the artistic process and their completed works. The purpose of this project is to help older adults express themselves, their memories and their stories through art forms that may otherwise be inaccessible.



The most recent artful aging experience gives residents the opportunity to create memory tiles from clay in a class led by COMPAS artist, Anne Krocak. The three-day, six session class has residents recording important moments in their life story and then transferring those moments into art, first as a pencil sketch and then as a three-dimensional clay tile. The residents' final pieces of art will be displayed at Mainstreet Village beginning Friday, October 7 at 1pm.

COMPAS' Artful Aging education is the latest component of Avinity's new robust programming model called Avinity U. The goal of Avinity U is to offer experiential, lifelong learning opportunities that nurture the whole person - body, soul and spirit.



Jennifer Zarth, Avinity's vice president of philanthropy and programming explains the importance of Avinity U in the lives of residents, "Many studies show that active minds and bodies slow the aging process, promote wellbeing of the whole person and enable older adults

to live more independently. At Avinity, our mission is to promote a youthful spirit in every older adult we meet and the unique programming of Avinity U allows us to do just that.”

This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.

About Avinity Senior Living

Avinity, formerly Twin City Christian Homes, owns and manages senior living communities throughout the Twin Cities and greater Minnesota, including Buhl, Hermantown, Hibbing, Hoyt Lakes, McGregor, Park Rapids and Proctor. Avinity combines extensive management experience with a compassionate faith-based environment to create exceptional communities where aging is all about living well. Older adults can thrive in their social, spiritual and personal lives, and their families can have peace of mind knowing their loved ones are safe, secure and well cared for.

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