

THE AVINITY FOUNDATION RECEIVES GRANT FROM MINNESOTA STATE ARTS BOARD

Richfield, MN - (02.04.16) - Minnesota State Arts Board funds will support programming at Mainstreet Village of Richfield and Edendale Residence of Eden Prairie

The Minnesota State Arts Board has awarded the Avinity Foundation a 2016 Partners in Arts Participation grant of \$25,000. The grant will be used to bring arts programming to residents in two of Avinity's Twin Cities senior living communities; Mainstreet Village of Richfield and Edendale Residence of Eden Prairie.

Avinity will partner 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 these senior living communities tell their life stories through the disciplines of music, dance, visual arts and theater. The artists will engage their older adult students in experiential learning activities through immersive three-day camps or eight-week classes. Each program will culminate 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.

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."

The Artful Aging programming will begin in March with a songwriting camp led by award-winning COMPAS musician, Charlie Maguire. Maguire has written more than 800 songs and recorded seven albums. For more than 10 years he made regular appearances with Garrison Keeler on public radio's *A Prairie Home Companion*.

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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