



ARTS FOR THE AGING

ANNUAL REPORT 2022





"Arts participation can improve health, decrease depression and loneliness, and increase participation in other kinds of activities. It also has been shown to decrease anxiety, which affects cognitive performance and decision-making, and lower the risk of dementia. Using the arts to engage with aging effectively provides life-long learning, increases social engagement, decreases loneliness and isolation, and improves frail health and memory loss at home or in care facilities."

Arts + Social Impact, Americans for the Arts. Retrieved 12 September 2022.



ARTS FOR THE AGING

Named a

MODEL PROGRAM

in **lifelong learning** and **creative aging**
by the **National Endowment for the Arts**

**NATIONAL
ENDOWMENT** for the **ARTS**
 arts.gov

Dubbed

TRAILBLAZER



Maryland
DEPARTMENT OF AGING

by the
**Maryland
Department
of Aging**

Named one of the
best DC area
small charities



by the
Catalogue for Philanthropy

WINNER

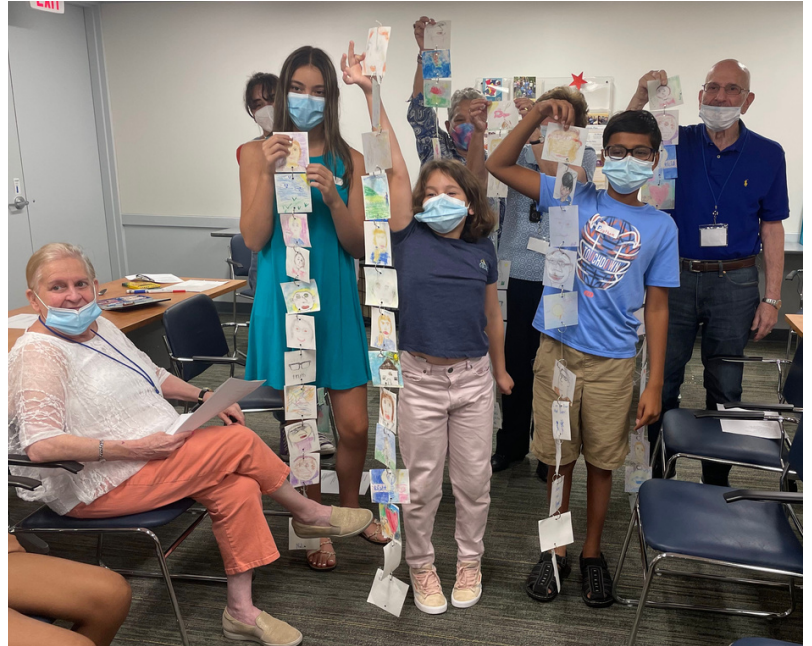
of the **Nonprofit Village Impact Award** for
enacting **social change** through **collaboration**
and **sustainable** management practices



CONNECTIONS 2022

Arts for the Aging underwent dramatic transformation with the continuing development, expansion, and reinvention of programs and operations helping us navigate the impact of the Covid-19 pandemic. We adapted to a hybrid model offering therapeutic arts workshops both online and in-person in Greater Washington, DC, and we grew our internal capacity to fund and deliver more programs with greater sustainability, inclusivity, and accessibility.

Arts for the Aging engages older adults and caregivers with diverse abilities and backgrounds in health improvement and life enhancement through regular participation in the arts. Our vision is to demonstrate excellence in multidisciplinary, participatory, and inclusive arts programming in collaboration with teaching artists and in partnership with museum, cultural, and academic institutions.



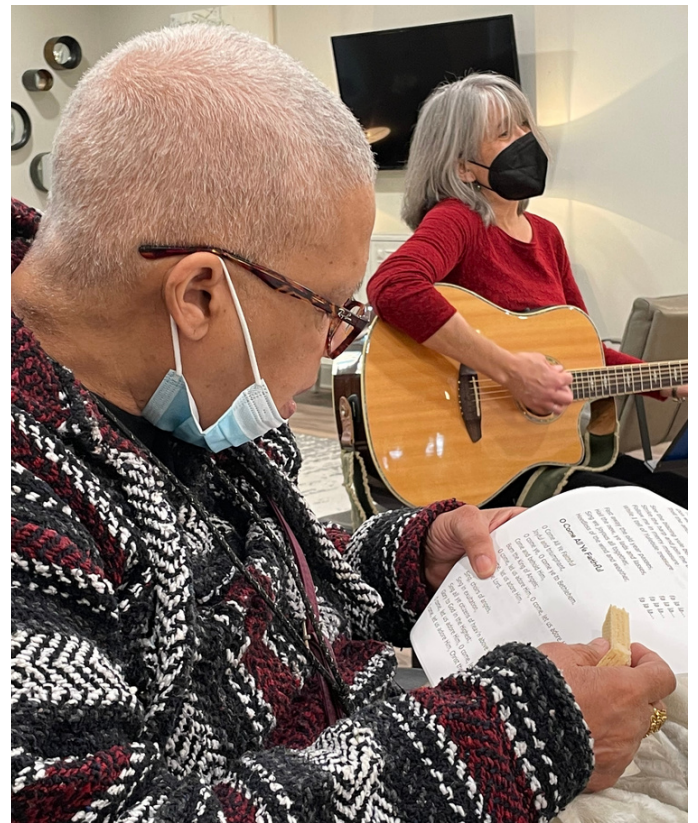
Participants in our summer 2022 intergenerational program, "Weaving Words and Movement Into Art," in partnership with the Jewish Council for the Aging of Greater Washington Heyman Interages Center and the Samuel J. Gorlitz Kensington Club

Our clients are organizations like community and residential care settings serving older adults and caregivers impacted by isolation, health, and accessibility needs. Our community partners are collaborators in program design or delivery and include museums, cultural, and academic institutions. Our customized visual, musical, performing, literary, interdisciplinary, and intergenerational arts programs are designed to inspire empathy and respect, foster communication and belonging, and promote social connection.



Curriculum

Our faculty of paid, professional teaching artists is trained in our creative aging best practices and programming to support healthy aging and caregiving. Curriculum includes: dance (healing movement, tango, improvisation), music (cello, drumming, guitar, piano, opera, multi-instrumental), creative writing, expressive arts, visual art (drawing, painting, collage/mixed media), art history, storytelling, poetry, musical theatre, creative movement, theatrical improvisation, digital photography and videography, theatrical playwriting, inter-disciplinary programs, trainings for artists, museum outings, and intergenerational workshops.



Left: A participant at Iona Senior Services, Washington Home Center painting a mask in a "Creative Mask Making" workshop led by teaching artists Paula Cleggett and Nephelie Andonyadis

Right: A participant at Bauer Park, Montgomery County Housing Opportunities Commission singing along with teaching artist Wendy Lanxner in "A Winter Holiday Sing-Along"



MILESTONES

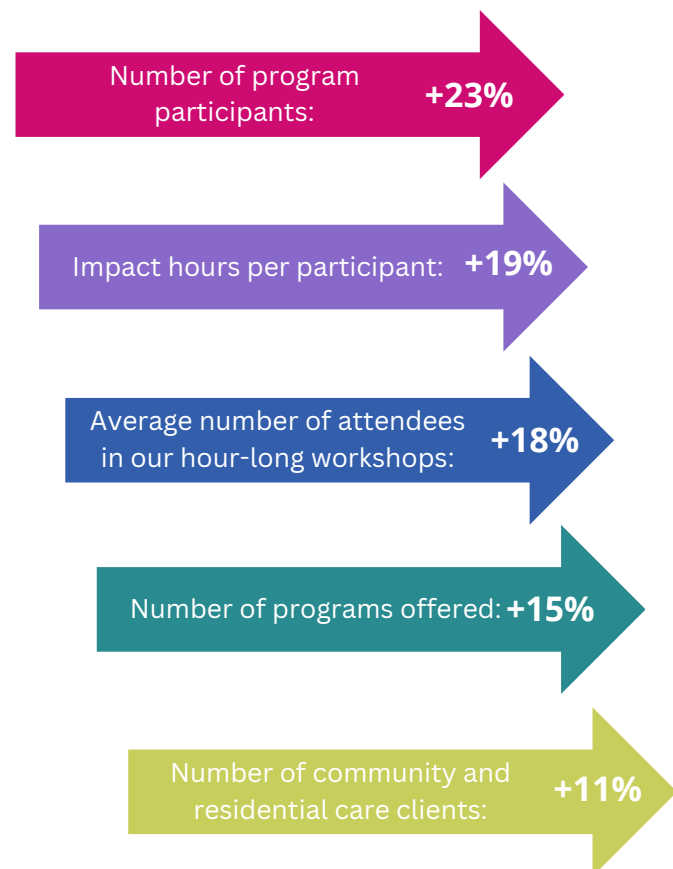
Expanded Programming

We resumed our signature in-person arts workshops while balancing continuing needs for virtual programs with community-based and congregate care settings in Greater Washington, DC—bringing more equitable access to best-practices in creative aging. Our hybrid program delivery model included in-person, virtual, and telephonic programs, trainings for teaching artists and for caregivers, and mailable *heART Kit* formats. We were back to in-person programs with 75% of our pre-pandemic clientele. Among dozens of clients and community partners, we welcomed vibrant new service reach with East River Family Strengthening Collaborative (DC); and in Montgomery County, Maryland, the Housing Opportunities Commission, Department of Housing and Community Affairs, and Department of Health and Human Services.

Partnerships

Our partners were museum, cultural, or academic institutions providing mutual enrichment as we shared creative aging philosophy, curricula, methodologies, and new genres of art and culture with each other. Increasingly utilized as a thought leader in the industry, we consulted on methodology for organizations that wished to expand their audiences to include older adults and their caregivers.

We co-created and conducted nine collaborative programs with the Phillips Collection and the Smithsonian Institution's *See Me* and *See Me en Español* initiatives (National Museum of African American History and Culture, National Portrait Gallery, American Art Museum, National Museum of American History). We led presentations with both museums on our practices for recent National Organization for Arts in Health conferences.





Workforce Development

Arts for the Aging customized trainings in our nationally recognized creative aging best practices for artists, to industry partners, and for professional and family caregivers. We trained 10 new teaching artists with diverse disciplines, abilities, and backgrounds and in collaboration with the DC Commission on the Arts and Humanities' *Create and Thrive!* project. We offered monthly professional development in our teaching artist institute to our artistic faculty. These included addressing the personal and professional challenges faced by our teaching artists during the pandemic, and integrating visual art inspiration into multidisciplinary workshops through our museum partnerships.

Cultural Equity

We centered program practices in diversity, equity, inclusion, accessibility, and belonging (DEIAB). We aim to combat cultural disparities in health and aging. With our board leading the way, we are implementing an organizational cultural equity assessment. We adopted DEIAB-focused mission, vision, value, and belief statements. We prioritized collaboration with more teaching artists, clients, and partners from, or reaching, historically marginalized communities. We deepened our multisensory and multidisciplinary approaches with closed captioning and audio descriptions in pre-recorded programs and trainings.

Our teaching artists, staff, and volunteers were trained to increase knowledge, skills, and attitudes that can welcome greater diversity. We supported clients through tech-friendly methods aimed at increasing program enrollment and building social connection. We hosted online programs to which we invited all our community and residential care clients and their participants—connecting with, and scaling to accommodate, more participants across Greater Washington DC.



Teaching artists Deborah Riley and Miles Spicer lead their "Inner Light" workshop at Iona Senior Services, Tenleytown



Sustainability

To deliver more high-impact programs to more older adults and caregivers, we strengthened internal capacity as well as our business model. Organizationally, we added or backfilled four staff positions in programming, communications, and fundraising, and we recruited three new board members to help us diversify and grow our revenue sources. In building collaborative and customized community relationships, we strengthened revenue by transitioning to a fee-based service model offering financial aid to organizational clients. Our workshops are always at no cost to individual participants, thanks to philanthropic support.



Recognition

Arts for the Aging was awarded honorable mentions from two organizations: for *Intergenerational Program Innovation* by the National Organization for Arts in Health, and for *Excellence in Chief Executive Leadership* by the Center for Nonprofit Advancement.

Members of Quicksilver, Arts for the Aging's improvisational senior dance company, in rehearsal on Valentine's Day



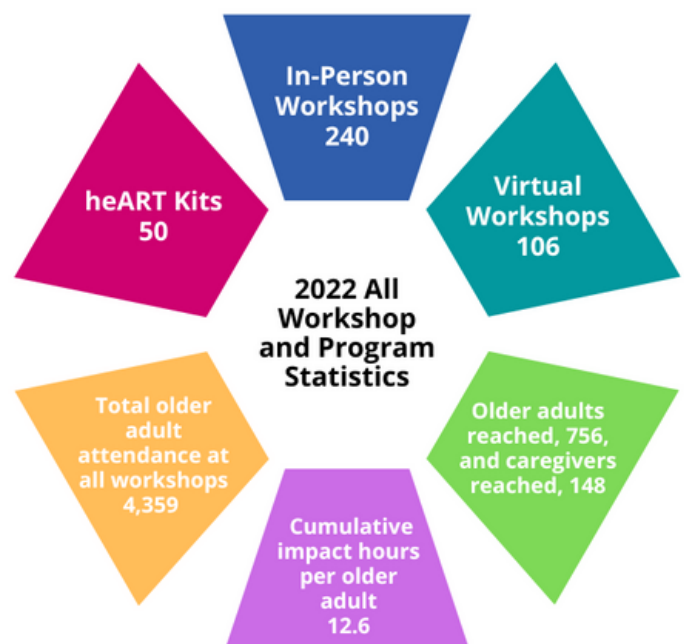
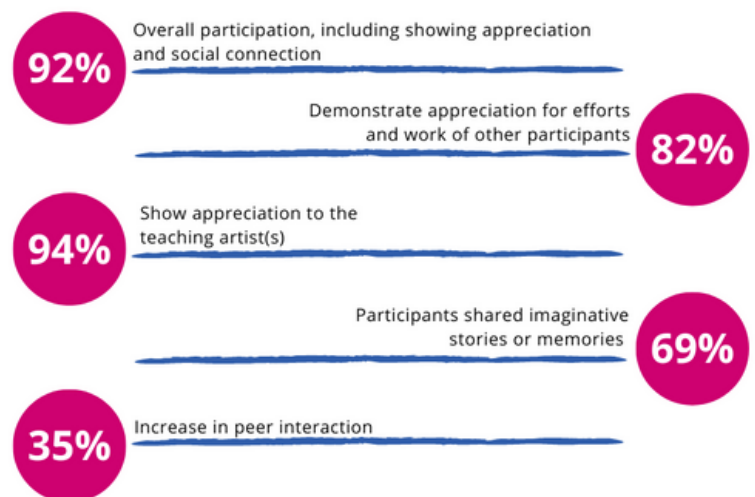


IMPACT BY THE NUMBERS

With a rapidly aging population and impact on older adult and caregiver populations, the need for creative aging programs that enhance health, wellness, and social bonds has never been greater. Research shows that regular arts participation has the therapeutic power to improve physical, cognitive, and emotional health.



2022 Program Impact



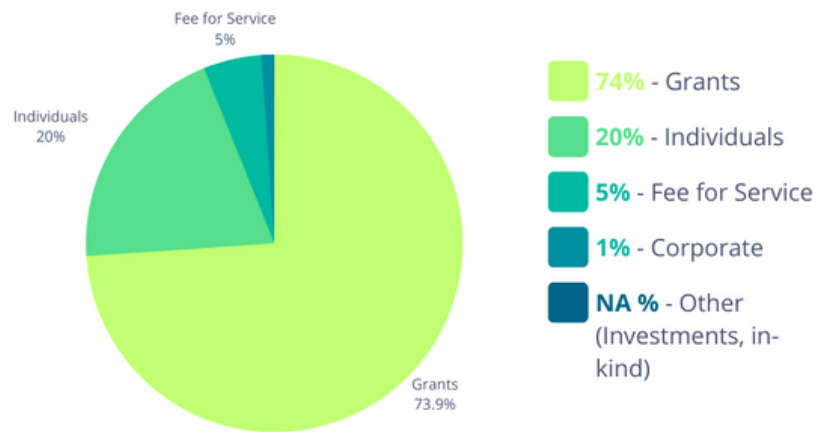


FINANCES

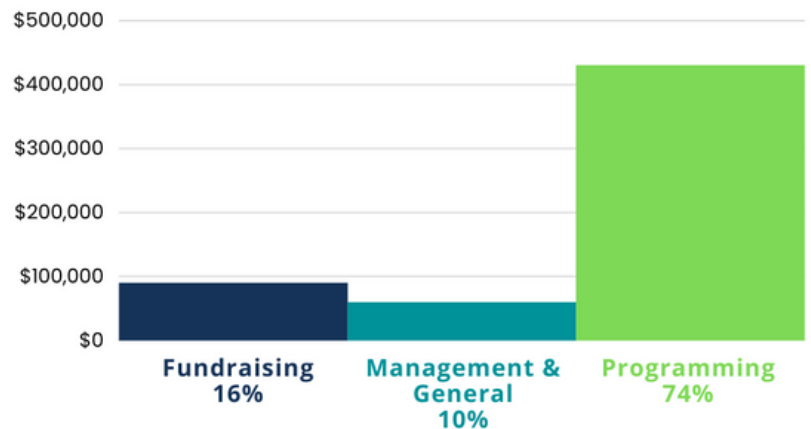
Arts for the Aging beat its budgeted income goal by 35% thanks to ramped up fundraising capacity, Covid-19 relief funding opportunities, growth in earned income, and individuals increasingly answering the call to support our mission. Institutional giving continued as the mainstay of our efforts. Diverse funding streams ensured our sustainability: a robust grants program, two annual individual giving campaigns, and fee-based services with financial aid opportunities. We engaged clients in a range of service options, from sliding scale fees addressing economic need, to partial or full-pay for groups with financial means.

Expenses came in under budget by 20%, attributed to extended hiring timelines and delays bringing back in-person programming while the pandemic continued to impact client operations. Our deficit was covered by board designated earnings from investment reserves, capped at three percent of a rolling quarterly average.

Operating Income \$531,548



Operating Expenses \$582,044



20

Institutional funders

143

Individual or corporate donors

14

Clients or community partners paying fees for service



"I loved how you made the stories today.
Letting us share with each other. Drawing it
out of all of us."

*John Henry, a participant at Greenbelt Memory Café, with Arts for the Aging
teaching artist Nephelie Andonyadis*



ARTS FOR THE AGING

LEARN MORE

Website: artsfortheaging.org

Video Library: vimeo.com/artsfortheaging

Online Program Guide: tinyurl.com/35zuzncn

Donate: artsfortheaging.org/donate



Teaching artist Annetta Dexter Sawyer leads "Moving with the World," a workshop with Greenbelt Virtual Memory Café.

Front cover: Artwork created in "The Shape of Things," a workshop with client Arcola Towers, Montgomery County Housing Opportunities Commission. Led by teaching artist Marcie Wolf-Hubbard, this visual art series takes participants on an exploration of the connections between art and nature.