

# Art — Not Just for Kids

United Arts' Senior Arts Enrichment program enhances quality of life for aging adults.

Since 1989, United Arts of Central Florida (UACF) has served communities in Central Florida. The mission of UACF is to enrich communities by investing in arts, science and history. The organization achieves this by enhancing the quality and variety of cultural experiences available in Central Florida. United Arts, through its Senior Arts Enrichment program in partnership with Bioclinica Research, formerly known as Compass Research, will be focusing on increasing exposure to the arts for seniors. Studies have shown that exposing seniors to arts and cultural programming results in improved physical well-being and higher degrees of social inclusion. Statistically significant improvements were particularly demonstrated in three areas: perceived health status, chronic pain, and sense of community.

Outlined below are the specific programs and initiatives, which, with Bioclinica's support, will enhance the quality of life for the elderly in Central Florida.

## Central Florida Community Arts

Musical Minds Choir members are adults experiencing the early stages of memory loss, dementia or Alzheimer's disease. Choir members are accompanied by their care partners who are welcome to sing with the choir or sit back, relax and enjoy the beautiful music. Being a member of the Musical Minds Choir will provide them with an opportunity to meet others who are also living with memory loss and have some fun while exercising the brain. Research findings suggest that being part of making music (singing or playing an instrument) or



Research shows nurturing our creative side can help with wellness as we get older.

simply listening to music can be a great way to stimulate the brain and help promote brain health.

## Downtown Arts District (DAD)/CityArts Factory

Tea for Seniors, held in conjunction with churches and senior centers in downtown Orlando, will host 50 seniors at CityArts Factory for tea and an art talk given by local artists.

## Osceola Arts

We Push, We Pull clay class for seniors uses various clay building techniques, challenging students to think creatively, gain dexterity and accomplish goals while forming friendships and having fun! Bioclinica will underwrite an entire class series for eight weeks.

## New United Arts Board Members

United Arts of Central Florida welcomes six members of the new board of directors.

**Suresh Gupta** is chief executive officer and founder of homebuilder Park Square Homes.

**Samí Haiman-Marrero** is founder and president of business development and marketing firm Urbander Marketing Firm.

**Malika Harrison** serves as director of social responsibility for Orlando Magic, where she directs Orlando Magic Youth Foundation and strategies for community relations, cause marketing and philanthropy.

**Byron Knibbs** is vice president of emerging technologies at Orlando Utilities Commission.

**Maria Ruiz Margenot** is senior vice president of sales development, recruiting and training at Wyndham Vacation Ownership and founder of Fuerte!, a Hispanic employee resource group.

**The Hon. Belvin Perry Jr.** is an attorney with Morgan & Morgan and former chief judge of the Ninth Judicial Circuit.

Four new executive committee officers include: Chair **Kate Wilson**, Wells Fargo; Vice Chair **Stephanie Ghertner**, Darden Foundation; Chair of Standards & Allocations **Mark Jones**, Orlando Health; and Vice Chair of Standards & Allocations **Brendan Lynch**, Lowndes, Drosdick, Doster, Kantor & Reed.