



Arts & Minds at Syracuse Jewish Family Service

We begin aging the minute we are born. And yet, despite the fact that we all aspire to do it, our society and each of us still holds many negative beliefs and misconceptions about getting older. Instead of reaching for the tools to disrupt this unnecessarily negative (and self-fulfilling) view, as each of us ages we tend to take on the attitude that later life is basically about decline and loss of abilities, wellbeing, and even basic humanity. No wonder that by the time we're actually old, neither we nor our loved ones have much hope that we can carry off this life stage with satisfaction, dignity and gratitude.

Art – both making and appreciating it – contradicts this stigmatizing and ageist mindset. Art is both the stimulus and the outcome of healthy, creative self-expression, and can be accessed at any age and cognitive status when given supportive tools, structured learning and socially embedded opportunity. Art can be the gateway to growth, creativity, wisdom, and the loving, purpose-driven intergenerational relationships that crown this life stage with fulfilment and hope.

Elders participating in Syracuse Jewish Family Service's Arts & Minds programs (please see the reverse side) participants – and their family members alike – often comment with surprise and appreciation on how different their later life has become since they started to think of themselves (or their loved one) as artists.

Arts & Minds: A Showcase for Creative Aging is traveling for at least the next year throughout Central New York to demonstrate the limitless power of creativity and to disrupt ageism. It is made possible through the CNY Arts Grants for Regional Arts and Cultural Engagement regrant program and administered by the New York State Council on the Arts, as well as the Leonard and Irwin Kamp Family Foundation and many individual donors and corporate sponsors.

SJFS is a 501(c)(3) multi-faceted social services agency dedicated to promoting, strengthening and preserving individual, family, and community well-being for all CNY community members in a manner consistent with Jewish values and beliefs.

To make a donation to support this work, please go online to <https://sjfs.org/donate/> or scan the QR code. Please write "Arts & Minds" in the optional note section. Thank you!



Donate

Syracuse Jewish Family Service

Arts & Minds Initiative



SYRACUSE JEWISH
FAMILY SERVICE
AT MENORAH PARK

To enroll, for information, or to inquire about bringing Arts & Minds programming to your group, family, agency or facility, contact Arts & Minds Coordinator Hannah Pietra, MS, LCAT, MT-BC, at pietrah@sjfs.org; or call 315-446-9111 x234; or email info@sjfs.org.

As the human services arm of the Jewish community, SJFS is dedicated to holistic, preventive, wellness-oriented integration of social and human services offered without regard to race or creed to all residents of Central New York. We offer a sliding fee scale for services not

OMA (Opening Minds

Through Art):

- OMA at The Jewish Home
- OMA in other settings/facilities
- OMA-thon
- OMA Volunteer Corps
- OMA-of-the-Month Club

M-Power U: Arts & Minds

A Learning Community for Early Memory Loss

Activity Companions

BeWell Learning Groups:

- Zen and the Art of Graceful Aging
- Life's Journeys: Coping with Transitions
- Zen and the Art of Caregiving
- Arts & Humanities
- Mind Aerobics

Creative Arts Therapy

Arts & Minds: A Showcase for Creative Aging