



You're invited to attend

OMA-thon 2024

November 17, from 2 pm—4 pm
at Menorah Park

4101 East Genesee St., Syracuse 13214

Celebrate creative aging ★ Build meaningful relationships with older adults ★
Disrupt ageism

What is OMA?

Opening Minds Through Art (OMA) is an award-winning, evidence-backed intergenerational art-making program for older people, often those living with dementia. Elders (artists) are paired with volunteers (*e.g.*, students, family members) who facilitate the creation of a piece of art. Relying on imagination, rather than memory, and strengths, instead of lost skills, OMA's elder artists experience the joy of creative expression while engaging with others across the generations. Volunteers gain ease interacting with older people, particularly those with dementia, while enjoying the benefits of forming a close bond with an elder.

What is OMA-thon?

A fun and social opportunity to experience our signature arts-based program and see for yourself the power of creative arts-in-aging — by playing the role of an “elder artist,” a “volunteer facilitator,” or an observer.

If you opt to volunteer as a facilitator and get trained, you will have the option to join SJFS's Arts & Minds Volunteer Corps, and/or to subscribe to *OMA-of-the-Month Club* with your loved ones. In addition, works created at OMA-thon will be included (with artist permission) in “Arts & Minds: A Showcase for Creative Aging” SJFS's traveling art show circulating throughout CNY (next year at Hancock International Airport!) to showcase the accomplishments, benefits, and methods of our Arts & Minds initiative.

Sign me up! I want to attend OMA-thon!

Name : _____

Address: _____

Telephone Number: _____ Email Address: _____

Please check which 1 of the following 3 roles you wish to play at OMA-thon, and use the Friends of the Family envelope to return it to us. Or, sign up online at <https://sjfs.org/OMA-thon/>

- 1. I want to play the role of an “Elder Artist.” (You do not need to be either an elder or an artist—this role is open to anyone who wants to learn and experience the benefits of OMA first-hand); **OR**
- 2. I want to play the role of “Volunteer Facilitator.” No experience or art background is necessary. Anyone may volunteer for the 2-session (3.5-hours in all) online training and then assist an “Elder Artist” to make an artwork: students, relatives, friends, professionals and more are welcome! **Volunteers must** attend two 1.75-hour online training sessions with SJFS staff before the event on the basics of dementia, the OMA philosophy, and methods and skills for facilitating OMA.

Please indicate which date you want to attend for one Part A, and one Part B training:

Part A:(pick one)

Part B (pick one anytime after your choice of Part A)

Tues, Sept 10 at 5 pm

Thurs Sept 12 at 5 pm

Tues Oct 8 at 5 pm

Thurs Oct 10 at 5 pm

Tues Nov 12 at 5 pm

Thurs Nov 14 at 5:0 pm; **OR**

- 3. I just want to come celebrate creative aging and be an “Observer.”

We will confirm your OMA-thon registration and be in touch with Zoom links for training and more information.

Questions? Please contact Hannah Pietra at pietra@sjfs.org, or at 315-446-9111 x130.

OMA-thon is made possible by ongoing support from the Leonard and Irwin Kamp Foundation, CNY Arts, Excellus BCBS and many more. Your additional gifts help us do even more — please donate online at www.sjfs.org/donate/