



# Syracuse Jewish Family Service

Holistic care for all ages. Building well-being, reframing aging, and creating community since 1891.

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[www.sjfs.org](http://www.sjfs.org)

**Syracuse Jewish Family Service (SJFS)** is a nonprofit agency dedicated to helping individuals and families of any faith and age in Central New York. SJFS offers a variety of programs and services that address multiple areas of wellness to enhance quality of life, including the Arts and Minds Initiative.

## Arts and Minds Programs

**OMA (Opening Minds Through Art):** In each OMA session, an elder with dementia is partnered with a younger volunteer who will support the elder throughout a step-by-step art project. OMA can be facilitated as a series or a standalone event. SJFS is available to bring the OMA program to skilled nursing facilities, regional senior housing, community centers, and more. Subscribe to **OMA-of-the-Month Club** to receive monthly packets containing materials and instructions for an OMA project to be completed at home with a caregiver.

**Arts & Minds Volunteer Corps:** Register for a training and join our volunteer corps! We offer free trainings on the basics of dementia, the philosophy of OMA, and methods and skills for facilitating OMA and other arts-in-dementia activities.

**M-Power U: Arts & Minds:** This weekly 4 hour social and learning group provides stimulating and creative activities to promote well-being and independence for people who are experiencing *mild memory loss or mild cognitive impairment*. The art forms used vary each week and include writing, art, music, and more!

**Creative Arts Therapy:** Music therapy and mental health counseling combined with creative arts modalities is offered to facilitate the therapeutic process and enhance healing. SJFS therapists can bring music therapy and other therapeutic arts practices to your site. Individual therapy sessions are offered in person at our office or in your home, or remotely.

**BeWell Learning Groups:** Our staff offers a variety of wellness-and arts-based classes. We will work with you to identify the topics of greatest relevance to your population and offer them at the duration/ frequency of your choosing.

**Activity Companions:** SJFS brings companionship and recreation through visits tailored to your loved one's interests and abilities. Companions serve clients in their homes in the community and/or their residence in other senior facilities.

**Be A Host - Arts & Minds: A Showcase for Creative Aging:** Disrupt ageism by hosting our travelling showcase at your facility! The showcase features a selection of artworks by the elder artists of SJFS's arts-in-aging programs.

# Celebrate the joys and benefits of engaging in the creative arts wherever YOU are in the greater CNY community!

Are you a...

- Skilled nursing facility, senior residence, or senior center?
- A library or community center?
- A service organization, family group, or student group?
- An older adult living in the community?
- A family member of or caregiver to an older adult?
- A current or future professional in elder services, or an interested community member who wants to volunteer?

## Consider contracting with us or enrolling today!

We can build an ongoing program for you or come for a few sessions – or even a one-time event (large or small). Pay as you go or arrange for multiple-service discounts – or participate in our grant-sponsored partnerships and enjoy significant cost savings!



**Flower Mandala;  
MPU Arts & Minds, 2018**

**Please contact us  
to explore the possibilities:**

**Hannah Pietra, MS, LCAT, MT-BC, CLC  
Arts & Minds Coordinator and Clinician  
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## Arts & Minds GOALS

1. To promote the social engagement, autonomy, health and wellbeing and dignity of people with and without dementia by providing opportunities for artistic engagement and creative self-expression.
2. To provide staff, families, and community or pre-professional volunteers of all ages with opportunities to build and sustain intimate relationships with people with and without dementia.
3. To disrupt societal and internalized ageism by encouraging the artistic output of people with and without dementia and publicly sharing and celebrating their artwork in various venues in our community.