



GET INVOLVED

Interested in supporting the creative aging movement? If you feel strongly that everyone deserves a voice regardless of their age or background, we'd love your help. We're always looking for new volunteers, teachers, artists, poets, writers and musicians. And because we're a 501(c)3 organization, your monetary contributions are tax-deductible.



— Our Partners —

Our history of service to older adults of all classes, colors and creeds reflects our dedication to inclusive, universal arts education. We've worked with a wide range of groups who have aided us in our mission, including:

Alzheimer's Association • Benedictine College •
Don Bosco Senior Center • Nelson-Atkins Museum of Art •
Rockhurst University • International Congress on
Gerontology and Geriatric Medicine • University of Kansas •
National World War I Museum

Arts & AGEing

ABOUT US

No matter who we are, we all want to belong to something greater than ourselves.

Through meaningful cultural engagement, Arts & AGEing provides opportunities for older adults to connect with their communities, share their stories and make their voices heard.

Arts & AGEing

www.artsandageingkc.org
info@artsandAGEingkc.org
816.835.6734
P.O. Box 165303
Kansas City, MO 64116

“
*Every child is an artist.
The problem is how to remain
an artist once he grows up.*”

—Pablo Picasso

WHAT WE DO

Arts & AGEing coordinates powerful, hands-on arts education, training and community outreach efforts across the Midwest.

– Arts Programs –

Our arts programs are designed for people from all walks of life, with a special focus on older adults in vulnerable or marginalized communities. Additionally, we support dedicated dementia-inclusive programming tailored to each individual and their needs. These programs draw on a wide range of art and cultural disciplines, including:

- Painting
- Sculpture
- Drama
- Dance
- Music
- Poetry
- Pottery
- Oral Histories

– Training & Advocacy –

As a leader in the field of creative aging, Arts & AGEing trains educators and volunteers from around the world to promote holistic wellness for older adults.

We don't just train teachers – we train advocates and thought leaders who spread the word about the benefits of creativity for all ages. We invite anyone who believes in the power of creativity for purposeful living and lasting wellness to join us in our mission.



HOW CREATIVITY MAKES A DIFFERENCE

Research published in *Heliyon* and *Cochrane Library* scientific journals shows that cognitive stimulation and arts engagement help maintain brain elasticity, alleviating the effects of mental decline due to Alzheimer's disease and other forms of dementia. Additionally, creative expression can help relieve stress, leading to lower blood pressure and a stronger immune system.

Many things that happen as we age – like children leaving home or losing a loved one – can make us feel isolated and lonely. According to a *PLOS Medicine* meta-analysis of 148 studies, social isolation among older adults may be more harmful than excessive drinking, smoking or obesity.



By bringing together a broad variety of cultural and artistic disciplines, Arts & AGEing helps older adults forge social ties with their peers, and build a renewed sense of purpose and connection with younger generations.

By 2030, 1 in 5 Americans will be age 65 or older – such an enormous change demands that all of us rethink long-held biases about the impact of aging on our creative abilities, self-esteem and personal agency. By helping older adults tell their stories through creative expression, we seek to reframe age as an asset, not a deficit.