Kairos Dance Theatre's

The Dancing Heart Vital Elders Moving in Community_{TM}

The Dancing Heart

Engages the creative, cognitive and

physical needs of elders through the

artistic process of dance and storytelling.

Each week we offer:

90 minute playshop

45 -60 minute evaluation with Kairos & Wilder Staff



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Objectives

 Improving elders' flexibility, energy, balance, memory recall & desire to interact

 Transforming elders' beliefs about their physical abilities

Objectives

- Offering a new vision of elders emphasizing their vitality and ability
- Helping older adults redefine their artistic gifts



'Leisure Activities and the Risk of Dementia in the Elderly'

-Einstein College Study

Einstein College found:

"That dancing is literally at *the top of the list* of leisure activities that appear to play a part in delaying the onset of Alzheimers' disease."

-Dr. Cohen



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'The Creativity & Aging Study'

-Dr. Gene Cohen, Susan Perlstein, Jeff Chapline, Jeanne Kelly, Drs. Kimberly Firth and Samuel Simmens

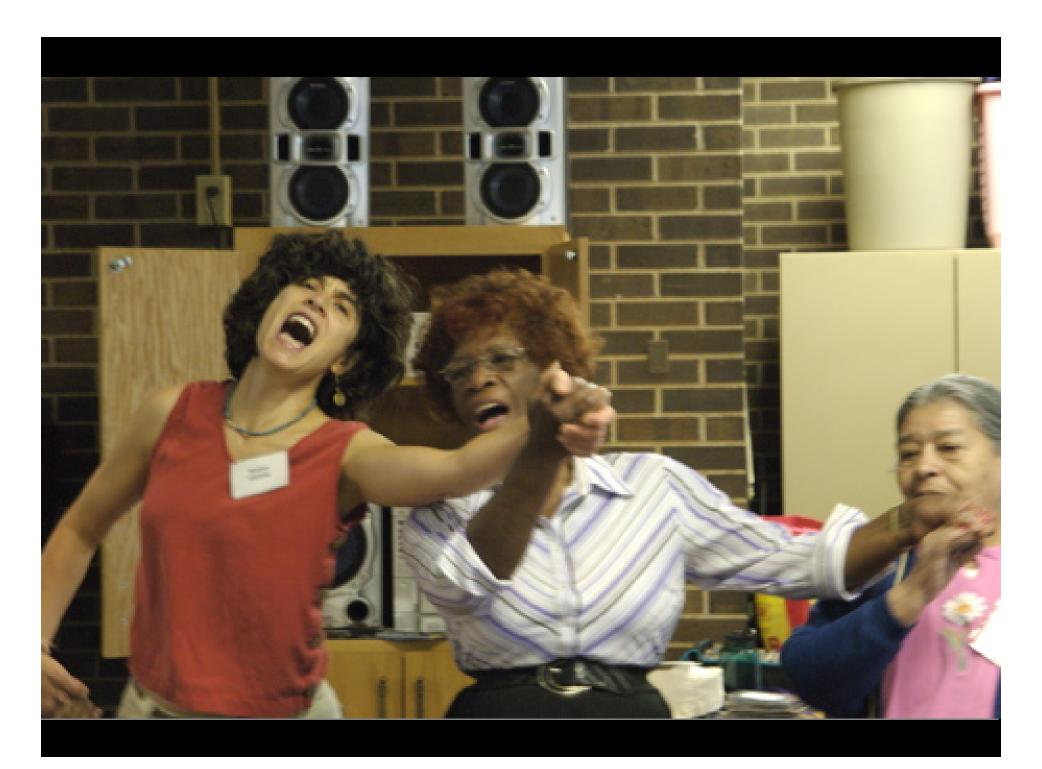
The Study Found:

- Fewer falls
- Decrease in doctor visits and use of medication
- Decrease in loneliness and depression
- Increased involvement in community activities

The Dancing Heart: Vital Elders Moving in Community Memory Loss Program

Amherst Wilder Adult Day Health Services
- Memory Loss Program

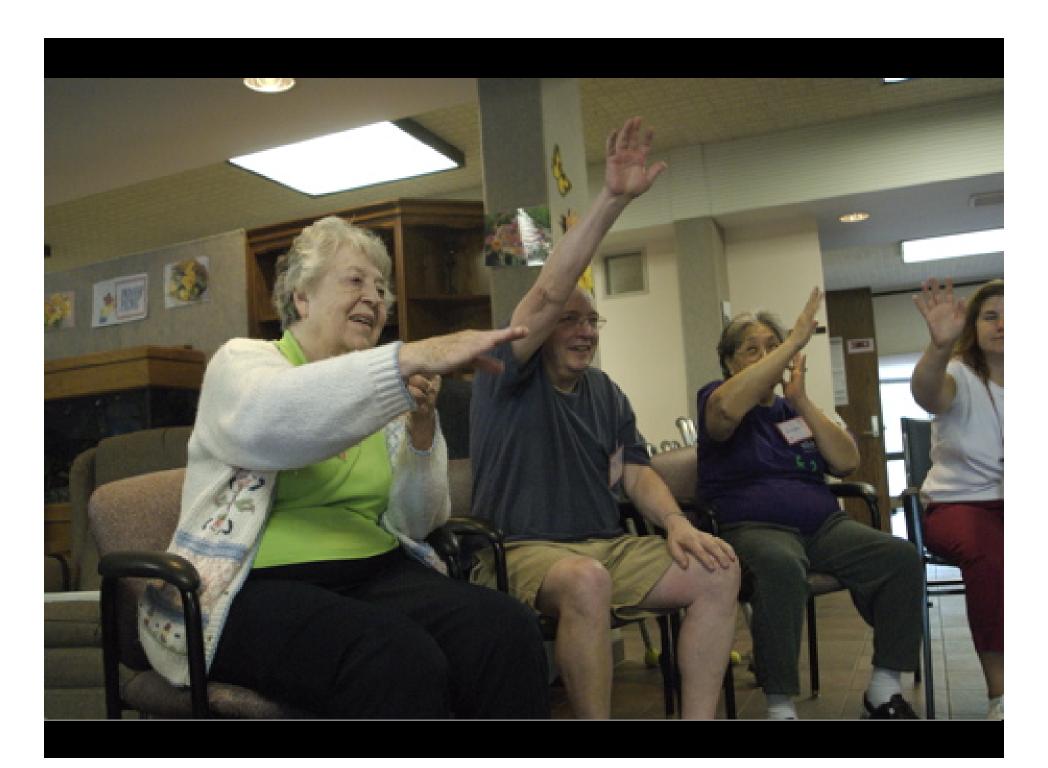
St. Paul, MN



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"Our intention is to respect and honor the elders as artists and co-creators" - Maria Genné

































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"As I grow older I hear a song differently. When I was young I was up on my feet. Now I dance with my hands, my shoulders, arms and spine."
-Noma Genné, 90



















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"It keeps your blood running and gives you energy and something good to think about. Looking at one another dancing is a lot of fun."

- Ocie Mae Young, 91







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Wilder Staff found...

43% of participants showed:

1. Increase in cognitive functioning

2. Improvement in balance

Dancing Our Stories

Dance with Storytelling for Older Adults

A training for artists and caregivers to learn ways to vitally engage older adults in the artistic process of dance and storytelling.

The Dancing Heart: Vital Elders Moving in Community

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