

Kairos Dance Theatre's

The Dancing Heart Vital Elders Moving in Community™

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



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



'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

















“Our intention is to respect
and honor the elders as
artists and co-creators”

- Maria Genné

































“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































“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

















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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