


Meet the Artists

- **Regina Delaney** of Exeter is an Irish harper, singer and dancer, as well as a registered nurse, and she combines these fields to bring music to the elderly and infirm in a purposeful way. She focuses in training on ways in which music can be used throughout the day in both individual care plans and in public spaces at The Morrison. 
- **Leah Carey** is a writer from Littleton, who uses guided writing exercises and other expressive activities to help individuals and groups explore and give voice to their own experiences as part of a healing journey. She offers sessions for residents and staff, volunteers and family so that a full picture of life at The Morrison is painted. A final performance piece will be presented for residents, staff, family, friends and the public. 
- **Bobbie Herron** of Penacook uses the Saori style of weaving that incorporates improvisation and uses no predetermined pattern. Her workshops allow people with even severe disabilities and deficits to feel a sense of accomplishment and community. A woven banner will be created as a permanent installation, and will be unveiled in a public ceremony on Friday, August 20. 
- **Jeanne Limmer** of North Conway is a dancer, choreographer and movement educator. Jeanne had an extremely successful visit to The Morrison during the initial Arts & Health for Seniors series; in her residency she plans to use simple movement exercises with residents and to include daily movement and relaxation sessions for staff as well as reflection times when they can discuss integrating movement exercises into daily care routines. 



The Arts Alliance of Northern New Hampshire is a nonprofit network working to promote, support and sustain culture, heritage and the arts in northern New Hampshire and to link the arts and humanities with regional initiatives in education, health and community and economic development. For additional information, visit www.aannh.org.



The Morrison assisted living and skilled nursing facility, located on Terrace Street in Whitefield, is a 501(c)(3) non-profit nursing home. The 57-bed long-term care and skilled nursing facility, with 24 assisted-living beds in Sartwell Place, offers comprehensive long- and short-term nursing care, rehabilitation care, social services, recreational activities and therapy in a homelike environment. The Morrison is an equal opportunity provider and employer. For more information, go to www.morrisonnh.org.



We are fortunate to have received partial funding for the Arts & Health for Seniors program through a grant from the New Hampshire State Council on the Arts' Arts in Health Care program and the National Endowment for the Arts.

Arts & Health for Seniors at The Morrison



A Partnership of The Morrison and the Arts Alliance of Northern New Hampshire

Bringing the arts to residents, staff & families

About the Arts & Health Project

The Arts Alliance of Northern New Hampshire is partnering with The Morrison to develop a long-term Arts & Health program. We're starting with a project that will bring four artist residencies to the nursing home and assisted living facility between June and September 2010. The residencies will include hands-on workshops and performances for elders and their care providers as well as staff training and several public events. Our plan is to develop sustainable arts programming that will continue after the residencies, and to provide a training site and model for other nursing home facilities to encourage them to incorporate the arts in residents' daily lives.

Background

For the past three years, the Arts Alliance has been developing a North Country Arts & Health for Seniors program, with both planning meetings and regional residencies in which artists have presented single programs at nursing homes and senior centers. The program grew out of the conviction that art in its many forms is essential to the health and well-being of individuals and can offer a positive experience even to those who live in the most challenging situations.

The Morrison was one of the participants in last fall's Arts & Health for Seniors series, and staff quickly noticed that the music, dance, and storytelling activities presented by the visiting artists engaged the residents and produced beneficial and lasting results.

Executive Director Roxie Severance saw how the arts made a positive difference not only among the residents, but also among the staff. A partnership between the Arts Alliance and The Morrison was the next logical step.

We Welcome Your Participation

There are many opportunities for local artists, community and family members, volunteers, and staff at nursing homes, senior centers, assisted living facilities, hospice and adult day-care programs to participate in the Arts & Health for Seniors program through workshops and public presentations. You can attend one session or several, depending on your time and interests.

Contact Eileen Alexander at the Arts Alliance, 837-2275 or eileen@aannah.org or Wendy Colby at The Morrison, 837-2541 or sartwell@morrisonnh.org for more information.

Project Goals

- To provide high-quality, hands-on, sensory arts experiences for residents of The Morrison that promote motor and cognitive skills and increase their connection to one another
- To offer training for staff and volunteers to allow them to continue arts-based work
- To utilize a nationally recognized evaluative process that will improve data gathering and documentation and create a baseline for ongoing evaluation for the Arts & Health for Seniors program
- To encourage participation among staff of other nursing homes, senior centers, hospice/home health agencies, families of patients and clients and local artists interested in work in the arts/health field
- To broaden appreciation and understanding of the value of the arts to elders among health-care providers and the public
- To offer a model for replication and ensure the continuation and expansion of arts in health care in the North Country

Anticipated Outcomes

- There will be increased understanding of – and commitment to – arts/health initiatives among participants, including long-term support of The Morrison's program.
- Clinical outcomes will reflect the connection between arts participation and health, possibly including increased interaction and communication among residents.
- Interested local artists will receive training and mentoring from the artists in residence, and will be better prepared to work in North Country health-care sites.
- More staff and volunteer training programs in health care will include hands-on arts.

Artist Schedule:

Regina Delaney: June 18th, 24th & 25th, August 11th & 12th

Leah Carey: June 30th, July 7th, 14th, 21st & 28th (public performance 2pm, July 28th)

Bobbie Herron: August 17th, 18th, 19th & 20th (public installation unveiling August 20th)

Jeanne Limmer: September (Dates TBD)

"Jeanne Limmer's fall program for the residents of The Morrison was wonderful and amazing. She used such simple gestures, but was able to elicit so much joy and participation from residents."

--- **Louise Glover, Community Volunteer**