



Institute on Aging

Helping Bay Area Seniors Live Independently

## Creative Aging with CEYA

### IOA's Center for Elders & Youth in the Arts (CEYA)

CEYA is a non-profit professional visual and performing arts program, teaming elders, youth, and professional artists in collaborative, educational projects. CEYA is available to elder service sites, housing communities, schools, local arts and community groups, and individuals, and provides an outlet for connecting seniors, youth, and artists to their communities through challenging creative projects.

### How Can CEYA Help?

Growing older raises questions and concerns. Reflection and creative processing is a wonderful tool for exploring issues and insights, and passing wisdom on to others through collaborations, performances or exhibitions. With art, one can:

- Learn to use creativity to examine life through oral history and writing projects
- Channel feelings through constructive and engaging poetry, painting, and performance
- Better tolerate many aspects of aging by staying connected to the community
- Deter depression and facilitate healing by engaging in art making following medical setbacks

### What Programs Does CEYA Offer?

**Elder Sites or Schools:** Residential living facilities, senior service sites, and schools are all invited to request a CEYA project. Over a 12-month period, a typical project lead by a professional CEYA artist delivers 46 sessions (1.5 hrs each), once per week at elder sites and youth sites where appropriate. Year-round projects conclude with an event celebrating the work accomplished. The 12-month fee is \$4,200 for non-profit organizations and \$7200 for for-profit organizations. CEYA provides services to schools for free for the first 3 years. CEYA also matches the site contribution through fundraising efforts of it's own.

**Home Projects:** One-on-one CEYA projects are available for seniors in there home. The artist helps launch the participant on a plan of constructive, challenging, and empowering creative work. The fee is \$1155 to \$1275 for 12 sessions which are 1.5 hours each.

**Corporate Art Lending:** Artwork from CEYA's archive of painting, poetry, and creative writing provide attractive, evocative and educational displays promoting positive aging. The Corporate Art Lending program also provides needed revenue which funds community programming.

**To learn more about CEYA services and programs and how you can get involved please visit our website: [ceya.ioaging.org](http://ceya.ioaging.org) or call (415) 447-1989 ext. 534**