



The  
**Brenda  
Strafford** Foundation **2017 Golf Classic**  
Presented by Clark Builders

## Impact Report

On August 22, 2017, over 100 golfers hit the links under a bright blue sky at the Blue Devil Golf Club in support of the 2nd annual Brenda Strafford Golf Classic.

We are excited to announce net proceeds of the tournament exceeded our target. Over \$67,000 was raised in support of therapies that stimulate and engage seniors in positive social interactions, improve mobility outcomes and enhance quality of life for our residents and adult day program clients. Your participation – as a player, sponsor, or donor – was critical to our success. Thanks to your generosity, our staff, residents and clients are excited to introduce new and innovative activities at each of our four seniors care manors, such as the Opening Minds Through Art therapy program, and more.



# Opening Minds Through Art

Opening Minds through Art (OMA) is an intergenerational art program for people with dementia, established in 2007 at the Miami University College of Arts and Science. The mission of OMA is to build bridges across age and cognitive barriers through art. The program is grounded in person-centered ethics and founded on the fact that people with dementia are capable of expressing themselves creatively. There is a growing body of empirical evidence that creative expression improves their physical and psychological well-being.

The program is implemented in group sessions of up to 12 people living with dementia with the assistance of 12 trained volunteers working on a one-to-one basis. The art-making sessions culminate in a gallery exhibition celebrating the artists' accomplishments, while educating the public about the creative capacities of people with dementia.

In 2017, Bow View Manor (Long Term Care and Adult Day Program) and Clifton

Manor (Long Term Care) launched OMA in partnership with student volunteers from Foundations for the Future Charter Academy, University of Calgary Community Rehabilitation and Disability Studies, and Jack James High School.

OMA has enabled The Foundation's residents and clients – with or without a past history of artistic leisure skills – to be creative, free and independent while expressing themselves through painting.

Each week, as residents worked on a different art project, the volunteers helped to guide their senior partner through the project, while still enabling them to maintain their independent creative expression during the session. Not only did this result in the creation of many unique and wonderful works of art; it also promoted opportunities for genuine and meaningful intergenerational interactions that had a lasting impact on both the seniors and the volunteers.

Thanks to the support of funds raised at our 2017 Golf Classic, The Foundation's residents, clients, staff and volunteers alike have been thrilled to experience the benefits of participating in the OMA program. The Foundation looks forward to continuing its successful outcomes and introducing the program throughout our remaining sites in 2018.



Off-campus Coordinator,  
Transitions Learning Leader:  
Jack James High School

*"Jack James High School's participation in Opening Minds through Art with Clifton Manor residents has been extremely beneficial to the students and staff involved. Students have gained confidence in their ability to interact with Clifton clients, while also becoming quite fond of their specific senior. Staff have had the privilege of watching these intergenerational exchanges become increasingly important to both parties.*

*Most students come to Jack James because they have had struggles in their previous school careers. Jack James students relate very well to the struggles of the seniors, especially when it comes to feeling marginalized. Right from the beginning students had great patience with their clients. Students have learned to give a variety of explanations, to give lots of time for each step, to position tools and tables in convenient positions for their client, to accept limitations, to encourage and praise, and to celebrate the effort as well as the final product.*

*Students have come away feeling like they are valued and that they have made a difference in someone's life."*

Student, Jack James High School

*"It was interesting working with different clients each time. I learned to be adaptable as I didn't know each client very well. I found that most clients just liked to talk. I only had 2 clients actually finish the art project. I found the art project was not the most important part of OMA, allowing clients to communicate was more important."*



Student, Jack James High School

*"When I first started this program I was really terrified. I am a very quiet and shy person and I really pushed myself to step out of my comfort zone and participate in this program. After time, getting to know my senior, the most challenging part was first meeting him. From there I have become very comfortable around him and look forward to seeing him each week. I can see how enthusiastic he is when he starts painting."*



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