

RESOLUTION NO. 2009-169

Adopted by the Sacramento City Council

March 24, 2009

APPROVING ETHEL HART TRUST FUND PROJECTS FOR FISCAL YEAR 2008/09

BACKGROUND

- A. The Statement of Purpose and Guidelines for the Ethel MacLeod Hart Trust Fund Advisory Committee, as approved by City Council, outlines the mechanism and criteria used for funding projects by the Trust Fund. The Advisory Committee identifies and recommends for funding various projects to benefit older adults. In accordance with the guidelines, projects eligible for funding must be city sponsored and/or operated facilities, programs or services. Funds may not be used for ongoing operations.
- B. The Hart Trust Fund Advisory Committee recommends allocating funds for the following two projects: a) Creative Aging Initiative (\$26,040); and b) United Lu Mien Exercise Program in the amount of (\$3,060) as described in Exhibits A and B.

BASED ON THE FACTS SET FORTH IN THE BACKGROUND, THE CITY COUNCIL RESOLVES AS FOLLOWS:

Section 1. The following new Ethel MacLeod Hart Trust Fund Projects for FY 2008/09 are approved: a) Creative Aging Initiative; and b) Senior Information and Assistance Project for a total amount of \$29,100.

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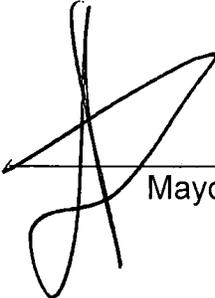
- Exhibit A - Creative Aging Initiative
- Exhibit B - United Lu Mien Exercise Program

Adopted by the City of Sacramento City Council on March 24, 2009 by the following vote:

- Ayes: Councilmembers Fong, Hammond, McCarty, Pannell, Sheedy, Tretheway, Waters, and Mayor Johnson.
- Noes: None.
- Abstain: None.
- Absent: Councilmember Cohn.

Attest:


Shirley Concolino, City Clerk



Mayor Kevin Johnson

ETHEL MacLEOD HART TRUST FUND
PROJECT ALLOCATION – 2009

PROJECT: Creative Aging Initiative

FUNDING PROPOSED: \$26,240

Program Background

“Creative aging is a new paradigm that articulates the idea of seeing older people for their potential rather than their problems. Creativity strengthens morale in later life, enhances physical health, and enriches relationships...through creativity, the expertise gained with aging has the potential to offset the complications of aging. Engaging in artistic activities is an excellent, effective way to nurture the creativity in everyone, especially those rich in life experiences.” (*Monograph, Americans for the Arts, Creativity Matters: Arts and Aging in America, September 2008, pp.2-3*)

Increasing research shows that involvement in artistic activities can help older adults live longer, healthier lives with more vital cognitive functioning. In order to share this research and foster interest in developing new arts opportunities for elder Sacramentans, Older Adult Services applied for and received a grant in 2008 from the American Society on Aging to conduct a day-long workshop. The professionally led training session, which was held in October and conducted in collaboration with Sacramento Metropolitan Arts Commission (SMAC), was attended by 50 local professional teaching artists from a wide range of disciplines. Attendees learned about the value of arts experiences for older people as well as effective teaching approaches for work with this population. Nearly all who attended expressed an interest in developing arts programming – performance, visual or literary - for seniors.

Many older adults are tentative about participating in arts activities for a variety of reasons. They may define themselves as being without talent, or no longer having the physical agility, coordination or eyesight to succeed at them, or feeling shy or intimidated at the prospect of being an awkward beginner learning a new skill. Through a “Creative Aging” initiative, the Older Adult Services–SMAC collaborative seeks to inspire and encourage elders to become involved in a series of artist residencies or classes in four to five arts disciplines at locations convenient to them.

Project Description

1. *Creation of an educational performance piece.* Four professional artists, one each in visual arts, music, theatre and dance, and 3-4 older adults with an interest in those disciplines will create a 30-45 minute educational performance piece that addresses the values of and fears about participating in the arts as an elder. The piece will include ways of including the audience of elders in hands-on participatory samples of each art form to stimulate interest and reassure the audience about their ability to successfully engage in arts activities. The 3-4 “lay” older adults included in the creation of the performance piece will serve as co-collaborators, contributing insight

and input on attitudes and approaches to the subject from the viewpoint of an elder, and performing the finished piece with the professional artists.

2. *Rehearsal and performance.* The co-creators will rehearse the piece and perform it for ten gatherings of seniors at sites identified by Older Adult Services, with an anticipated total audience of 300+. The performers will also promote the upcoming series of classes offered by professional teaching artists in all the disciplines and answer any questions the audience has about them.

3. *Workshops in theatre, dance, music and visual arts.* Professional teaching artists, selected through a regional RFP call for artists and chosen for their expertise in both their art form and their experience as teachers, will conduct a series of classes targeted for older adults at Hart Senior Center and other Parks and Recreation Department community centers. Transportation will be offered to seniors from other parts of the city to make classes as accessible as possible. There will be a minimal fee for participation and fee waivers for those seniors for whom the fee poses a barrier to participation. Classes will be offered in a variety of configurations to meet the interests and needs of the seniors. Some classes may meet only 4 times; others may have as many as 12 meetings. Most classes will be an hour and a half long. A minimum of 100 older adults will participate in classes.

4. *Culminating event.* Classes will end in a culminating event that includes an exhibit and performance in a central location such as Hart Senior Center.

Funding Requirements

1. Creation of performance piece	
Artist fees for planning mtgs.	\$1500
Seniors' fees for planning	\$ 900
Artist fees for rehearsals	\$ 400
Seniors' fees for rehearsals	\$ 240
Sub-total	\$3,040
2. Performances	
Artist performance fees	\$3,000
Seniors' performance fees	\$1,400
Gift cards for prize drawings	\$ 500
Sub-total	\$4,900
3. Residencies – Artist Fees	
Visual Arts residencies	\$1600
Dance residencies	\$1600
Theatre residencies	\$1600
Music residencies	\$1600
Sub-total	\$6,400

4. Miscellaneous	
Art supplies	\$2,000
Marketing	\$2,700
Transportation	\$3,000
Administration	
SMAC artist selection/orientation/facilitation of curriculum	\$3,000
SMAC administration of artist contracts/payments	\$2,000
Sub-total	\$11,700
TOTAL	\$26,040

ETHEL MacLEOD HART TRUST FUND
PROJECT ALLOCATION – 2009

PROJECT: United Lu Mien Exercise Program

FUNDING REQUIRED: \$3,060

Project Background

As a result of language, cultural and transportation barriers, older adults from the local Mien community rarely participate in programs offered at city operated community centers and Hart Senior Center. The local non-profit organization United Lu Mien sponsors a weekly social gathering of Mien elders at the Sacramento Mutual Housing Association facility on Lemon Hill Avenue. Transportation is provided for seniors who live in other facilities or their own homes, and the program typically has 50-60 participants each week.

Project Description

In order to address the fitness needs of Mien elders in a culturally sensitive environment, an instructor with familiarity and experience leading exercises for this population will lead a one-hour session as part of the weekly gathering of Mien elders at the Sacramento Mutual Housing Association facility.

Funding Requirements

Weekly 1-hr sessions for two years (104 weeks) \$3,060
@ \$30/session