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Creative Care Program - Serving Seniors on the South Coast

By Michelle Borges

Since 1993, The New Bedford Art Museum/Art-Works! has been a dynamic and central part of the New Bedford and South Coast arts community. NBAM is dedicated to engaging an audience of over 10,000 people annually through relevant exhibitions, exemplary education, and creative experiences as a vital center for the arts.

One of our longest continually running art programs is the artMOBILE. Since 1995, our purple vans and experienced art educators have engaged over 33,000 youth from New Bedford and beyond with educational art activities at community parks, housing facilities, recreation centers, schools, libraries, and arts and cultural events. In April 2021, we expanded the artMOBILE and launched a new outreach program designed specifically for seniors titled, Creative Care. The goal of the Creative Care program was to reach the elderly of greater New Bedford with engaging art classes, guided field trips, exhibitions of artworks, and delivery of adaptive art projects helping to combat isolation and loneliness. This free for seniors program is made possible through our community partners and funders; The Association for the Relief of Aged Women of New Bedford, the SouthCoast Community Foundation, Coastline Elderly Services Office of Elder Affairs, and Bristol County Savings Charitable Fund.

With the artMOBILE, we have collaborated with area elderly housing facilities, Council on Aging organizations, libraries, and even offered door-to-door home deliveries of artist "care kits." These care kits feature a different arts-based project every week encouraging cognitive thinking and motor skills through quality art supplies and easy to follow lessons available in English, Portuguese, and Spanish. Seniors have the option to follow



DEVIN McLaughlin with the Art Mobile Image Courtesy Michelle Borges

along with our instruction or explore freely with the materials provided. Topics have included realistic and abstract drawing with graphite and pastels, acrylic and watercolor painting, air-dry clay sculpting, beadworking, book binding, decoupage and collage, printmaking, and mixed media projects. Any novice or expert may engage with our program and allow the arts to be part of their daily physical and mental well-being. We have delivered over 850 artist care kits since the start of the program and are gearing up for more weekly sessions this Summer and Fall 2022.

In addition to delivering care kits, Creative Care has also provided seniors with in-person collaboration through field trips, art classes, and personal exhibitions. Seniors have engaged with the Art Museum learning about local artists and New Bedford historical significance through in-person guided tours implemented by our Education Programs Manager, Michelle Borges. She stated:

We have learned so much during our pilot year.

Feedback from partners, participants, and staff has helped shape us to understand each individual senior more and more. I believe programs like Creative Care need to exist everywhere. We've had overwhelming responses from folks wanting to be part of the program. It proves the want and need for creative outlets, especially while trying to navigate and heal from a pandemic. I hope more organizations may consider investing in their seniors (Borges, 2022).



IMAGE COURTESY MICHELLE BORGES

In addition to exposure to exhibits, local artist and educator Devin McLaughlin (Instagram: @nivedart) has implemented numerous painting class sessions designed for beginner and advanced elderly creatives. Participants follow along with Devin for step-by-step instruction, learn about color theory and mixing, brush techniques, and all the intricacies of creating a successful composition. Devin encourages students to learn at their own pace to grow as artists. At the completion of these painting classes, we have invited participants to allow the Art Museum to exhibit their work in our community gallery. The People's Gallery, named just this year by our patrons, is a new exhibit space dedicated to local creatives and makers. This space is intended for "non-traditionally" trained people to have a platform to showcase their artwork and take pride and value their artistic creations. NBAM wants to create welcoming spaces that support every person in their artistic endeavors. We would like to thank all our partners, funders, staff, educators, collaborators, and participants for making Creative Care possible. We will continue to develop and transform the program to reflect the lives of our seniors. For this year, at the suggestion of participants, we intend to strengthen our artist care kits by creating videos for participants interested in exploring verbal and live visual instruction.

NBAM is located in the beautiful Seaport Cultural District in historic downtown New Bedford. Please consider visiting the Art Museum at 608 Pleasant Street. NBAM presents a rotating schedule of exhibitions, workshops, and digital experiences as a local cultural institution and is open Thursday through Sunday from 10 AM - 4 PM. Advanced booking is preferred. Visit newbedfordart.org/visit to schedule your timed tickets and stay connected with NBAM on Facebook and Instagram (@nbam_aw).



CREATIVE CARE FILED TRIP IMAGE COURTESY MICHELLE BORGES

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