

Chapter 1 : Senior Exercise Ideas for Activity Directors | CalorieBee

Move to Music sessions focus on fun, well-being & building a sense of calendrierdelascience.com programs for older adults and Elders are available for groups and individuals at seniors' residences, day programs, care facilities and community centres.

Incorporating music into the schedule makes moving about more fun and less of a chore. There are many types of programs you can do to encourage your people to dance. Live music will always bring people out. Put an ad on craigslist that you are seeing volunteer musicians. Contact the music department at the local high school—a high schooler could practice their music for your seniors and gain experience in front of a crowd. Pick a theme or a genre of music to make the event special and different from the last event you held. Plan a line dance or a square dance. You could even choose a theme and choose songs from any genre that fit. Cinco de Mayo, Mardi Gras, Halloween: Your seniors will be swinging and swaying their way to fitness. Even people in a wheelchair, or those who cannot stand up to dance, can still chair dance. Zumba is a very popular dance exercise program. It can be done from a chair! Check out this Zumba Gold: Also, check out this Latin Chair Salsa Workout! Giant Games A giant outdoor chess set Source If your group gravitates toward board games, then you can help make the game physical by buying or making a giant version of a favorite game. If chess is a favorite, then make it a social event and a physical one by getting a giant chess set. Using styrofoam, you can make your own big chess set. An oversize Chinese checker board can be used by up to six players at once. With six players around a big round table, you can see how much fun this will be. You could make the game board yourself, using a sharpie on a canvas tablecloth, by tracing the circles of the cups you will use as pieces. Nearly any game that is a favorite in your senior center can be made into a giant version with a little effort. It can be an activity making the giant game! Walking Source Walking has proven to have extraordinary benefits for seniors: Plan walks as a group. Making walking a social event will help to encourage people to participate. Plan a special walk, like a nature walk where you point out specifics about the plants or birds along the way. Perhaps you could make it a trip to a local park. Again, you can add music to make it a special event. Yoga Seniors Love Yoga! Yoga is a wonderful way to increase balance, flexibility, mobility, and strength. It is a relaxing and enjoyable exercise that is sure to become a favorite for your seniors. Watch some clips of chair yoga programs and you will quickly see how it would be a great addition to your weekly schedule. Balloon Activities Source Where there are balloons, there is fun. That is simply a fact. A good old game of balloon volleyball will always cause laughs. Just line up chairs facing each other with a "net" between it can be just a ribbon. Then play volleyball with a balloon but with no three-hits rule. You can also play a game of Keep It Up, and time each person as they try to keep their balloon in the air the longest or longer than their last time , or just have them all go at the same time, and see who is the last to drop it. Water Aerobics Source If your facility has a pool, then water aerobics is something you should do regularly. Motion in the water is much easier, since the water helps you. Exercising in water has low impact on your joints, but the impact it makes on your physical health is amazing! If you are planning a water aerobics class, be sure to have enough help on hand to make sure it is done safely. While many seniors may not be able to get that hoop going at their waist, they can try it on their arms smaller hoops are handy for this, too. Bending over to pick up the fallen hula hoop is also good exercise! Chair Aerobics Chair Exercises: Sit and Be Fit There are several videos available with chair exercises. You can use a video on days the leader is not available, and add new videos from time to time with new moves to keep things interesting. The most important thing to remember is to keep things fresh and not to do the same thing every day. You have to keep them interested. Use music, or talk or sing throughout the exercises. I especially like the Sit and Be Fit DVDs , especially the ones like the one below which show both a standing and a sitting exercise routine. This video would serve the needs of all levels of physical ability in your group. Chair Aerobics for Everyone: Boxing Chair Aerobics for Everyone - Chair Boxing Chair boxing is an activity that will appeal to the men in your group - men who often skip exercises! However, even the ladies will have a blast punching away during this routine. It breaks down the moves clearly and concisely. I love this video because it is something completely different.

Creative Movement for Older Adults: Exercises for the Fit to Frail You will receive an email whenever this article is corrected, updated, or cited in the literature. You can manage this and all other alerts in My Account.

They watched intently as he deposited several dollops of paint onto a palette, picking up his brush to mix Indian yellow and sepia with a few droplets of water. Singh dabbed the resulting golden-yellow wash onto the paper as a base layer, leaving strategic swatches unpainted to mark a tree and the bank of a pond. Soon, he deemed his class ready to select their own landscapes to paint from a stack of glossy printouts. In summary, it was a typical amateur watercolor course. The key element is that the classes teach a skill, rather than simply asking someone to construct a pre-made kit; they push for mastery instead of busywork. As recently as 20 years ago, this would have been considered a novel approach. Cohen, a pioneering geriatric psychiatrist, in the introduction to his book *The Mature Mind*. The prevailing belief was that getting older meant a decline in brain function and an inability to learn new things. Cohen, however, challenged these assumptions with a series of groundbreaking experiments. After two years, the arts group reported better health, made fewer visits to the doctor, used fewer medications, felt less lonely and depressed, had higher morale, and were more socially active. Experiments conducted in Brooklyn and San Francisco showed similar results. These findings, published in , laid the groundwork for the nascent field. Together, they identified a major issue: Today, they provide practical training and support that has allowed a wide range of community organizations to build up their own independent creative aging programs. But in their early years, they worked primarily with libraries, piggybacking off a system that already offered free resources to local communities. You know, your macaroni-on-cardboard kind of stuff. The NCCA also offers training and resources for those institutions ready to embrace the benefits of creative aging. The arts are what make these places for older adults a more interesting, meaningful place to engage in and to live in. These affordable apartment complexes feature a robust slate of art courses for residents, as well as dedicated studio and theater facilities. Lifetime Arts focuses solely on learning. Museums are often involved in this work—Meet Me at MoMA, for example, has invited caregivers and dementia patients to the Museum of Modern Art in New York for tours, and has led to measurable benefits for participants. To keep up with the rapidly aging generation of baby boomers—between and , the number of adults aged 65 and older will practically double, jumping from 37 million to 72 million—they will need more hands on deck. Two creative aging program participants at a watercolor class held at a the Jefferson Market branch of the New York Public Library. Courtesy of Lifetime Arts, Inc. How does our work affect the social determinants of health?

Chapter 3 : Move to Music with older adults | Creative Momentum

The Creative Aging movement was boosted by the groundbreaking book "The Creativity and Aging Study" of the late Gene Cohen which showed how older adults can acquire positive physical, psychological, and emotional health benefits from participating in creative activities and skills training in a social environment.

With the baby boomer wave cresting, teaching older adults really is an investment in your own future! So how do you make the transition from teaching standard classes that are geared toward any age to designing and leading classes that target older adults? Can you simply use the skills you already have? Program Design All of our experts stressed one basic program design principle: In many of the standard fitness programs offered in clubs today, the class descriptions are so specific that participants know what to expect before they enter the room. The reality is that the older-adult population encompasses a wide range of ages and physical ability levels, from active to frail. Additionally, there is great diversity in fitness goals, motivation, experience and expectations in this population. Once you get to know the basic makeup of your potential participants, you can tailor your program to their needs and levels. Alternatively, you can design a class that highlights your existing skills and then market that exclusively to older adults. Of course, as your program grows and evolves, you can start adding to your older-adult class offerings and provide specific workouts within that track. Alan says the factors motivating seniors fall into one of four categories: They want to prevent something from happening, such as cardiac disease or physical deterioration. They want to gain control of their lives, bodies and health. They want to participate in life in a meaningful way. She cites six aspects of fitness motivation for seniors: Music Volume and selection are the biggest issues when selecting and playing music for older-adult classes. Turning up your microphone will not improve the situation, especially for people with hearing aids. Big band, swing, Broadway, classical, jazz, social dance e. Depending on your class makeup, country, pop, disco, rock, Latin and Top 40 may also be well received. Health Histories Liability is of concern to all clubs, but the policies with respect to collecting health histories may differ widely between clubs. Some may collect detailed information, others may require none. Individual Touches Each of our experts does something extra to make their older-adult classes special, and you may want to start thinking about how to add your own special touch. Eckmann shares thoughts and jokes during her classes. Freeman uses a memory game in which each person has to add a word in alphabetical order while participants pass a ball back and forth. And Alan takes the time to hug his older participants, knowing that that might be their only human contact that day. The rewards of teaching this special population far outnumber any extra effort involved. This is a group of people who are grateful, consistent, loyal and supportive and who truly want to learn. Have a passion for what you do and the people you work with, and you will be successful.

Chapter 4 : Aging: What's Art Got To Do With It?

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Developmentally, infants and toddlers explore the world through movement before language is developed. All of us need to learn through movement but some people learn primarily through movement. These people are considered to be predominantly kinesthetic learners. Kinesthetic learners rely heavily on motor memory and body to enhance their learning. Up until 3rd grade students are heavily kinesthetic learners and are generally eager and uninhibited about trying movement activities. For adolescents, using a mask or a prop may make them less inhibited. Below is a list of activities that stimulate kinesthetic learning and may be useful to use in your classroom setting.

Chair Dance Have your students sit in a chair where they have room to reach forward with their arms and legs without obstruction. Sit facing your class, or sit in a circle with them. Begin a series of slow, relaxed motions and ask the class to follow each motion. Flow smoothly from one motion to another; include arms, legs, feet and trunk. Include gentle stretches by reaching to touch the floor, or as far as you can up in the air: Include suggestions to breath deeply when reaching up, and exhale deeply when reaching down. This relaxation exercise stimulates the circulation, increases alertness, calms the mood in the room and prepares students for learning. This activity can take 5 minutes or less one or two!

Name Ball Toss Have your students form a circle. Have 4 or 5 medium sized, different colored foam balls ready, placed behind you in the circle. That student will throw to a 3rd student etc. The last student will throw the ball back to you. Repeat the ball toss, having the students throw to the same students in the same order, again saying the name of the person to receive the tossed ball this time they need to remember the original order! When you get the ball back tell them they will repeat the ball toss, same sequence but without saying the name of the recipient who will have to anticipate it is coming to them without a verbal cue! The next progression would be to add a second ball of a different color after the 1st ball has been passed to 4 or 5 students. There will be 2 balls moving around the circle in sequence at once. To make it more challenging yet, add more balls as the students get better at tracking the balls. You end the activity by putting the balls away behind you when the ball reaches you at the end of a sequence, one at a time.

Brain Gym This is a specific activity set created by Paul E. Information on this program may be accessed at <http://www.brain-gym.com>. Tell them to do this as quickly as possible. Tell the students to use a part of their body to write a letter i. Planes of Space Explain the planes of space to your students horizontal, vertical, sagittal. Have them write their names in the plane of their choice. Repeat having them use a different plane. This can be done in partners, small groups, or as a whole class. If the student does not own a story about his name, he can make one up. At the end of sharing the story the student will give a gesture that reflects his name. The group will come together in a circle and demonstrate the gesture one at a time going around the circle. The students can initially say their names with the gesture, and then it can be done silently.

Gallery Dance Have your students find a partner. Provide your students with colored crayons or Cray pas each with one color. Tell them to draw their name gesture see above on a large sheet of paper such as butcher-block paper. They will do this with their partner who will be drawing their own name gesture at the same time on the same paper. They should fill up the space, and can repeat the gesture drawing as much as they want. After minutes ask them to stop, and to look at their product. Explain that they will work with their partner to create a moving sculpture or dance that depicts their drawing. Then divide the class in half, keeping the pairs together. One half will be the audience while the other half performs their movement sculpture--all at the same time they will need to be spread out! This can be tiring for the performers so limit the viewing time.

Up-Downs Ask the children to stand up if they relate to an activity, then sit back down. Stand up if you like to ice skate.

Human Knots Have a group of about 6 students stand in a circle holding hands. They may not switch hands or break the handhold. It is fun to have music on during this activity. Progression of Human Knots Do the same activity as above but require that the students must always keep their feet in motion while they are doing the activity.

Melt Downs Have your students stand. Explain that you will count down from 10 to 0. However they want to end up on the floor is fine. Then count up to 10 while they come to standing. They

should take the full time allotted to achieve the final position. Then tell them they have 8 seconds to do the same thing, then 6 seconds, etc.

Human Statues Have the students work with a partner. Join several Statues together to form a sculpture. Have them invite someone in, and have that person explore the space also.

Shape, Movement, Shape Play some music. Instruct the students to walk around and create shapes with their bodies to the music. When the music stops, hold that shape as a sculpture.

Rhythm Clapping Dance Pair up students to learn the clapping part of this dance. Students will clap their hands together in a palm up, palm down fashion. After the clap the student slides their hands apart maintaining the palm up, palm down position. The counts are as follows: Start with 2 kids working together, then form a group of four small circle, then combine the groups of 4 and keep adding groups until everyone is in 1 large circle.

Exploring the kinesthetic quality of stretch: Have the students hold the tubing with their hands gripped on top of the tubing. Have them all take a step backward; continue to step backward one step at a time until tubing is stretched as far as it will go. Have various small numbers of students around the circle move a step or two forward while the rest maintain the stretch, this will form different shapes. Have all students go back to the stretched circle. Have all the students return to holding on. When it is at the maximum stretch have all of the students release the tubing at the same time on the count of 3 to see what will happen. It will collapse back into itself; will not zap anyone. This is an exercise for trust building!

Have the students put the cord around their ankles and spread their legs apart too play Chinese jump rope. Form several small groups of students. Ask them to form shapes with the bungi cord—a triangle, a square, an octagon. Have them work together to go from a 2 dimensional shape to a 3 dimensional shape. The circle or tube is made with 1 seam of 3 zigzags holding the cut ends of the Lycra together. Have 8 people move to the inside of the Lycra tube circle. Try these exercises with them: Then have them all walk sideways to their right while leaning back in the Lycra. If a child says he needs out, pay attention! Too much stimulation of this sort makes some people sick to the stomach, but most kids love it!

Now have them move their body in relation to the dowel body moves, stick stays still. You will tie 1 scarf about 2 inches from the end of each dowel. Have students form a circle, then turn to their right so they are facing the back of a person ahead of them. They will start by holding the dowel in their right hand at their right hip, with the scarf dangling in front of them on the end of the dowel they must space themselves appropriately. They will walk forward and move to a count of 8 beats as follows: Students create poses inside the bag to create a colorful sculpture. Start with one student crating a lycra sculpture, then add other lycra sculptures one at a time to the existing sculpture, making sure each sculpture touches another in at least one spot to create a large colorful sculpture. Start with one student who begins with a movement, then poses. Students add to the sculpture one at a time until there are participants who are touching in some way to connect the sculpture. A second sculpture will be created by adding the 4 students 1 by 1 in the negative space, with these students connected to each other by touching in at least 1 spot.

Chapter 5 : What Older Adults Want

Auto Suggestions are available once you type at least 3 letters. Use up arrow (for mozilla firefox browser alt+up arrow) and down arrow (for mozilla firefox browser alt+down arrow) to review and enter to select.

Please search to see local options: Find Senior Living Near You: Find Senior Living in your area: We all age, but how should we age? Pioneers of creative aging movement say that the key to embracing the process of getting old and enjoying our longer lives is through the arts. For more than a decade, this emerging positive practice has been transforming and improving the lives of thousands of older adults worldwide. Since then, more institutions all over the world are now focusing on developing and enhancing creative aging programs to improve the lives of older adults and their community. This annual gathering brought together advocates, artists, researchers, entrepreneur and world leaders to talk about the important role of arts and creative activities in fighting ageism and keeping people connected, spirited, and healthy as they age. They exchanged ideas about how various art forms such as poetry, music, weaving, storytelling, dancing and painting can make the lives of aging people around the world better and how being engaged in each can help them go through the challenges of aging. Some thought provoking studies and groundbreaking innovations shared by international experts also gave a glimpse of the challenges creative aging is facing and positive policies some countries were able to implement. The following are some of the ideas and experiences shared in the international convention. Art helps lower loneliness and depression and boosts morale and dexterity of older people in an Aging City. Taiwan is one of the fastest aging nations in Asia. With the burgeoning aging population, the need for more programs and facilities for the well-being of older adults is ballooning. Since , their art-making and performance arts programs helped around 60, older adults in the country. It also increased their morale and helped improve their hand dexterity. Because of art, older adults were able to discover new roles in their society. This gave them the confidence to live with dignity, boost their mood and have healthier family relationships. Some were also able to increase their income through the arts they make. Creative aging in the US remains only for the privileged. One of the studies presented at the conference revealed that there is a wide gap between the rich and poor, and the educated and less educated when it comes to participation of older people in the arts. People also choose their creative arts depending on their socioeconomic attributes. Older adults who choose to practice jewelry making and needlework are usually those who have lower educational attainment while those who take creative writing and photography as their hobby are mostly college graduates with high income. Older adults who are involved in social dancing usually live in high-income households compared to people, who sing, play instrument or paint. Despite the demarcation, data showed that older adults in the lower socioeconomic groups benefit and excel more in creative arts than high-income groups. Different creative art forms have a different effect on wellbeing. How do we measure the wellness that creativity gives to older people? In the same presentation, Chang also shared the relationship between creative arts and its effects on the wellness of older adults. She found that different art forms affect older people differently. Older adults who scored well in word recall are mostly those who make jewelry, quilt, sew, weave, knit, and other hand works. Older adults who dance are usually those who are positive and confident about their health. Getting personal can lead to proper solutions. Policy advisors and social gerontologist came together to transform Hague into an age-friendly city fostering independence, social connections, and respect for older residents by providing access to more than activities for aging adults. The Hague deputy mayor, Karsten Klein gave a glimpse on how they did it in an interview for an article. In his city, they launched a program where social welfare volunteers and workers visited every year-old adult in their city and asked them what their major problems are and what will make them happy. If not, some in the higher ups would propose they need more housekeeping services to make their lives better, when in fact, their problem was isolation. As it turns out, the feelings of isolation and lack of purpose cannot be solved by efficient housekeeping, but by providing a venue for social and creative aging programs that older adults can engage in. The cultural and historical diversity of participants should be considered in using Art Therapy techniques. Art therapy techniques for older people in the US may not apply to the same generation of older people in other countries

“ this is what Raquel Stephenson, a professor at Lesley University found out when she worked in Estonia. When she worked abroad, only then did she understand how important it is to understand the culture and history of different societies to know what kinds of art therapies apply to their aging population. She also made them jot down their cultural influences that made who they are. As a result, participants coming from different generations boomers, millennial, Generation X and countries had very different answers from one another. Sound Diet is vital to brain health. She showed in the conference how hearing loss impacts brain health greatly. Playing and performing music. Bilingual speakers, who frequently switch between two languages, exercise their attention skills better than those who know only one language. Switching mode is an exercise for our brain enabling us to focus better on a stream of speech when we are in a noisy place. Computer music training games. As a living example, the Goddard House Assisted living community shared their experience on building, growing and sustaining their community farm. Since then, the gardening kept the residents active. Gardening gave older people a reason to get up every day to tend to their plants. When they harvest their cabbages, potatoes, and herbs, it brings them unparalleled happiness in seeing the fruits of their labor. Some residents, who did farming all their life, seem to have no memory loss when it comes to tending their patches. Farming also improved the quality of life and socialization for older adults. When Goddard House partnered with the local school, grade school pupils would visit and help residents harvest vegetables. Residents would help them make a fresh vegetable salad that they would eat together with the class. VoicingElder, a virtual reality storytelling platform, can help older adults reminisce and tell their stories with the use of virtual puppets that can copy their movements and expressions. Kinetic imaging professor Semi Ryu developed this virtual simulation to encourage older people to comfortably tell their stories to people through a fun and engaging way. When older people tell stories, they are usually full of feelings, memory, and wisdom. Most elders are best at telling their story rather than writing it. VoicingElder changes this by bringing the oral tradition of storytelling back in history. To operate VoicingElder, an older adult will be given a headset and controls like a puppeteer. He then will control the avatar on the projected screen by doing gestures, speech, and movement while telling a story. From their hands, head to their eyebrow movements, the avatar will copy everything the older adult does. This can help them shape their own life history in an engaging way and record it for their families and friends to watch. The platform can greatly help older adults communicate with their families and caregivers better and also help the latter understand the history of the person using it.

Chapter 6 : 5 Upbeat Songs To Inspire Dancing For Older Adults

This study examined the impact of dance and movement training on the life satisfaction of older adults. Members of the experimental group participated in weekly dance and movement classes for 8 months.

Throughout history, artists have known that art provides benefits for both the creator and viewer. Current studies in the fields of art therapy, music therapy, and other creative modalities confirm that art can affect individuals in positive ways by inducing both psychological and physiological healing. We know that, in general, exercising our creative selves enhances quality of life and nurtures overall well-being. We all are creative—“not just a select few. Recent clinical research validates what some professionals and others who work with older adults have known for years—that making art is an essential, vital component of activities that offer a wide range of health benefits. Several studies show that art can reduce the depression and anxiety that are often symptomatic of chronic diseases. The result can be either despair or wisdom. When older adults pursue activities that are based in meaning, purpose, and honesty, they can attain the wisdom and integrity about which Erickson writes rather than experiencing longing and despair. Therapeutic art experiences can supply meaning and purpose to the lives of older adults in supportive, nonthreatening ways. Neurological research shows that making art can improve cognitive functions by producing both new neural pathways and thicker, stronger dendrites. Thus, art enhances cognitive reserve, helping the brain actively compensate for pathology by using more efficient brain networks or alternative brain strategies. Making art or even viewing art causes the brain to continue to reshape, adapt, and restructure, thus expanding the potential to increase brain reserve capacity. According to Bruce Miller, MD, a behavioral neurologist at University of California, San Francisco Medical Center, while brains inevitably age, creative abilities do not necessarily deteriorate. Although the final results from his groundbreaking study initiated in are not yet tabulated, positive significant outcomes continue to be documented. Such activities offer a wide range of benefits, including the following: Additionally, expressive art exercises constitute innovative interventions to promote self-expression and improve communication with others. Prior to that experience, he would silently sit in the back of the art room, observing and listening as others shared their work. When asked whether he wanted to say anything about the collage he had made or whether he wanted to give it a title, he told the group members that the title said it all: The daughter contracted an art therapist to visit Anne once a week in the home to do art with her—“something her mother had always wanted to do but, for whatever reason, had not done. In their weekly sessions, she and the art therapist painted, listened to music, and laughed together. The paintings now serve as a cherished legacy for her daughter. The daughter used one of the paintings to create a card in remembrance of her mother, which she sent out to friends and family. After receiving the diagnosis, he had become depressed and gave up painting. His wife contacted an art therapist who came to their home to assist him with painting again. At first, John was reluctant to respond to the therapist. During the sixth session, he drew the entire simple composition on the paper, choosing and mixing his colors, and painted the picture by himself. During that session, the art therapist noticed that he was holding his brush differently and making a variety of brush strokes on the paper to create texture and depth. His hand and arm were remembering how to move, how to paint. That particular art class provided a breakthrough for John. Rather than his wife inquiring when the art therapist could return, as she always did at the end of each session, John asked the question himself. Prior to that session, John had been enduring the sessions for his wife but not really for himself. Later, he admitted that he had tolerated the classes because his wife thought they helped. But his experience changed, and he recognized that it had. He was painting and once again experiencing pleasure in the creative process. In addition, he said artistic pursuits provided a good reason to get up each morning. These three examples are indicative of some of the ways that art can be implemented in working with older adults. Expressive art exercises are not designed simply to fill a time void. Finding meaning and purpose is important at any age but even more so as we become older. In a parish workshop on expressive art, the leader asked why art is important. Both art as therapy and art in therapy offer outlets for expression. Artists, art educators, and healthcare workers usually incorporate the former approach into their work. This method primarily emphasizes the value of the creative process itself. This

method assists individuals in tapping into and expressing their imagination and creativity. Art in therapy integrates art and clinical psychology. This method, employed by a trained art therapist, pursues therapeutic objectives for the identified client or the group as a whole. This method uses therapeutic art activities to address specific treatment objectives. In addition, these interventions facilitate the mind-body connection that supports healing and recovery both psychologically and physiologically. Artists, art educators, healthcare workers, and others who are interested in working with older adults through various art media can be trained in classes or workshops to use art as therapy. Similar specifically designed art activities may serve as therapeutic interventions for those individuals diagnosed with chronic diseases. In *Successful Aging*, John W. Rowe, MD, and Robert L. Kahn, PhD, discuss three aspects of successful aging: Expressive art activities promote active engagement in life. They keep us engaged in life in positive, healthy, and fulfilling ways. Case studies, observations, testimonials, and articles regarding the significance of integrating art in our work with aging populations are beginning to proliferate around us, both in the United States and abroad. This is an exciting time with current, stimulating research that supports the inclusion and enhancement of art activities into programs for older adults. Experts remain hopeful that encouragement and the passion of those working in this area will continue to support additional research related to the importance of incorporating art into programs for older adults. Personal experience suggests that engaging in this distinctive, gratifying work is as meaningful and fulfilling for healthcare workers as it is for the individuals with whom they work as they discover and explore the creative process together.

Chapter 7 : Dancing Through Dementia: What is Dance/Movement Therapy?

Aerobic activity helps older adults burn off calories, lower blood pressure and cholesterol levels, maintain joint movement, improve heart health, and increase energy levels overall. Building.

Sukovaty is a certified personal trainer with undergraduate studies in exercise physiology and credentials from the Aerobics and Fitness Association of America and the American College of Sports Medicine. Dancing for aerobic exercise is fun and can improve memory. Dancing is an effective way to add aerobic exercise to your weekly routine. There are many dance exercise DVDs that you can use at home, or check out your local community center for dance exercise classes that are specifically for seniors. Always check with your doctor prior to beginning any new diet or fitness program. Video of the Day Benefits Dance exercise is an aerobic activity that burn calories, works the heart muscle and is appropriate for any age and level of fitness. Dance requires constant movement at your own pace, which elevates the heart rate to pump oxygen faster through your blood. This is what makes it aerobic, or cardiovascular. Doing aerobics five to six days a week can help improve your energy levels, reduces risk of high blood pressure, heart disease and diabetes, strengthens your heart and improves your overall mood. The American Council on Exercise suggests that dancing for aerobic fitness also can help improve your memory. Types Many types of dance exercise programs are available and there are many ways you can use dance for fitness. Many community centers, churches and school programs offer senior dance exercise classes. Classes such as low-impact aerobics, salsa, jazz, tap, martial arts style dance, ballroom and even chair aerobics are easy to join since you can work at your own pace. Prior to beginning a new dance exercise class ask the instructor if you can watch or try one class for free. This will help you decide which style of class is right for you. Choose a class that provides clear instruction and is for any level. If you prefer working out at home choose a DVD that is appropriate for your skill level. Another way to use dance as aerobic exercise is to turn on your favorite music and move. Dance as Therapy Dance exercise also can be effective physical therapy for seniors. Dance therapy improves gait and balance in seniors, which can decrease your risk of falling, according to the April Science Daily. Dance therapy encourages seniors to move in different directions from everyday movement. This helps improve overall balance, stamina and walking speed which are major risk factors in falling. Dance therapy classes are offered in many hospitals and health centers. Safety When participating in dance exercise always make sure you are working at a level that is comfortable for you. Your heart rate should stay at a comfortable pace and you should never put stress on your joints or back with any movements. If you have back or joint problems have your doctor advise you on modifications. Misconceptions There are a wide variety of dance exercise programs for all ages and skill levels, but many people are afraid to try it, thinking you have to know how to dance prior to taking a class. Most dance exercise classes require no formal training and are taught in a way that anyone can do it. Many dance exercise classes offer a trial class to see if it is right for you. Prior to trying the class talk to the teacher about any concerns you may have.

Chapter 8 : Creative Dance for All Ages: Planning Creative Dance Lessons

Dance students in York University's Faculty of Fine Arts have received specialized training to lead weekly dance activity classes for more than seniors at partner institutions across the GTA.

Shake it all about! Allow whatever movement happens freely as you play with your child. Sing the song at least three times. You really want to get into the fun! Ideas for furthering this activity with older children: On the first two lines of the song, follow this pattern: See if your child will follow your movement, and talk about what the middle is. I sing this song to my nine month old and use a small wooden egg-shaped maraca to shake high, middle, and low as I sing the song, and he LOVES it. Abbey likes to sing the song to him, too. Knee Garden Sit with your child with your legs straight out your body will make an L shape, bending at the hips as you sit. Pretend to have seeds in your hands, and tell your child that their legs are a garden plot full of rich soil, and that you want to plant seeds with them. You can talk about the shape, color, size of the seeds if you like, or you can just get to planting! Repeat for the other leg, and then plant more seeds on both legs. Hip, Thigh, Knee, Calf, Toes. Motion as if you are covering your legs with soil. Then comes the rain. Pull your legs up your abs will definitely engage! You can use this rhythmic chant if you want: Boom-boom, boom-boom, boom-boom, and the rain falls down. After the rain falls, use your fingers to pretend that seedlings are popping up through the soil of your legs and growing high up above your head. Talk about what type of plants you have grown. I usually grow trees or flowers. Abbey likes to grow beanstalks and strawberry plants. Dancing with Scarves If I overwhelmed you with the first two activities they seem much more complicated in text than in real life! This one is really simple. Make a large enough space in your living room, play space, or outdoors. Ribbon wands work well for this too. Let them dance to the music. Me Mothering, and Making it All Work and Natural Parents Network, in order to share her experience and inspire others to live an authentic life and seek peace in parenting. Amy enjoys sewing, selling Silly Bear Handmade cloth diapers and eco friendly home goods at her Etsy shop, and is a passionate and compassionate breastfeeding advocate.

Chapter 9 : A Found Sound Band in Kindergarten

Dance/Movement Therapy and Aging and/or Dementia Dance/movement therapy with older adults who have sustained neurological insult: A demonstration project.

Next Staying active can keep you feeling and looking your best at every stage of your life. An active lifestyle is especially important for senior health because regular exercise can help prevent heart disease, diabetes, and certain forms of cancer, and it can also reduce pain associated with arthritis. By improving balance, flexibility, endurance, and strength, older adults can stay healthier longer. The National Institute on Aging is a great resource for learning more about the exercise benefits for seniors. Just remember to check with your doctor before beginning a new exercise program.

Work In Aerobics Aerobic activity helps older adults burn off calories, lower blood pressure and cholesterol levels, maintain joint movement, improve heart health, and increase energy levels overall. Building endurance may take some time, depending on your health and activity level. Try starting with 5-minute cardio sessions a few days a week to raise your heart rate. From there, work toward eventually completing 30 minutes of aerobic activity on most days. Moderate endurance exercise for seniors includes walking briskly, tennis, and swimming; more intense aerobic activities include hiking and running.

Build Muscle With Squats The process of building muscle takes time, but the benefits are enormous for your health as a senior. Strength training requires good form to reap full benefit. Start with some basic, low-impact exercises: You can promote lower body strength by squatting in front of a sturdy chair. Keep your arms in front of you and be sure not to extend your knees past your toes as you bend to an almost-sitting position. Hold the position for a few moments, then raise yourself back to a standing position, take a breather, and repeat for two sets of 10 reps. Hold onto the sides of the chair or place a few pillows on the chair if the exercise is too challenging.

Raise Your Arms for Upper Body Strength Adding resistance with light weights or elastic bands helps develop muscle mass and upper body strength. Sit or stand with feet flat on the floor and hold weights at shoulder height with palms facing forward, then lift the weights above your head. Other beneficial exercises for upper body strength include side arm raises hold weights at your sides, palms inward, and raise your arms out to the sides and front arm raises hold weights at your sides, palms down, and raise arms to shoulder height. Aim for two sets of at least 10 reps for each of these three exercises.

Curl Those Biceps Lifting everyday objects like a suitcase or a gallon-size jug of water can become more difficult as you age. Arm curls will strengthen the muscles involved with these movements. Either seated or standing, hold hand weights down at your sides with palms facing up and elbows tucked in, then bend your elbows and lift the weights toward your chest. Hold each repetition for about 1 second, then slowly lower the arms; do a set of 10 reps, rest, and repeat another set.

Practice Push-Ups Traditional push-ups are a great way to work muscles in the arms, shoulders, and chest; however, they can be difficult to complete correctly. You can modify this exercise and still get health benefits by doing wall push-ups. Bend your arms and slowly bring your upper body toward the wall, hold for a moment, and push yourself back until your arms are straight again. Do a set of 10 reps, rest, and repeat another set.

Give Leg Raises a Go Not only do leg raises help strengthen the thigh, hip, buttocks, and lower back muscles, this type of exercise benefits balance as well. For side leg raises, stand behind a chair and hold on for better balance. Lift one leg out to the side, keeping it completely aligned from heel to hip, while maintaining a straight back and a slight bend in the supporting leg, then slowly lower the leg. For back leg raises, use the same chair for balance and slowly lift one leg behind you without leaning forward, hold for a moment, and lower the leg. Do not bend the lifted leg or point the toes, and keep the standing leg slightly bent. For each exercise, complete two sets of at least 10 reps for each leg, alternating legs between sets.

Try Toe and Chair Stands Building muscle mass and focusing on better balance can help reduce the risk of falls and broken bones. A good balance exercise for older adults is the chair stand: Start in a seated position in an armless chair. Keeping your back and shoulders straight, extend your arms parallel to the ground and slowly stand up, without using your hands. Sit down and repeat the move 10 to 15 times, rest, and then complete another set of 10 to 15 reps. You can further improve your balance with the toe stand: Stand behind the chair use it only for support and slowly raise up on your tiptoes.

After holding the position for a moment, slowly lower your heels back to the floor; repeat two sets of 10 to 15 reps. **Stretch Your Lower Body** To stretch your quadriceps, start by standing behind a chair and grabbing it with your right hand. Bend your left leg behind you and grab your foot with your left hand, making sure to keep the thigh as close to perpendicular to the floor as possible. Hold the stretch for about 30 seconds or long enough that you feel the stretch in front of the bent thigh. Release the foot and repeat on the other side. The National Institute on Aging Web site features other great stretches for the lower body, including the hamstring and calf muscles. **Stretch Your Upper Body Flexibility** is important if you want to get the most benefit out of your exercise program. Focus on arm and chest muscles by standing with your feet shoulder-width apart and your arms at your sides, then bring both arms behind your back and grasp hands. With your shoulders pulled back, hold the move for about 30 seconds, release, and repeat. Another helpful stretch starts in the same standing position, but this time, clasp your hands in front. Turn your hands so the palms face the ground and bring your arms up to shoulder height. Press your palms outward, away from the body, and hold the move for about 30 seconds, release, and repeat. This exercise benefits the muscles of the neck, shoulders, and upper back. Low-impact exercises allow for less strain on the body while still providing a means of staying physically active. Also, low-impact exercises can help older adults ease into a new workout program. Exercising in the water, whether swimming or doing water aerobics, is a good option, as are gentle forms of yoga, Pilates, tai chi, stretching, and light weight training. Remember that many exercises can be modified to accommodate low-impact needs – ask your physician or fitness expert about ways to adapt these activities. **Get Creative and Have Fun** Exercise benefits much more than just the body – you can also improve your mental and emotional health by maintaining an active life. Join a walking group so you can exercise and socialize at the same time, listen to music while you garden or work outside, call a friend and take a water aerobics class together, or join an organized club or sport.