



FOR IMMEDIATE RELEASE

**BBAC INTRODUCES “THE ART OF CAREGIVING,”
FREE VISUAL ARTS RESPITE PROGRAM FOR CAREGIVERS
OF THE ELDERLY AND ALZHEIMER’S AND DEMENTIA PATIENTS**
*Funded by \$50,000 CFSEM Grant, Newest ArtAccess Program Uses Art as a Tool
to Help Alleviate Stress, Depression and Isolation Common Among Caregivers*

BIRMINGHAM, Mich. – Nov. 1, 2016 – [The Birmingham Bloomfield Art Center \(BBAC\)](#) – a regional, non-profit art center that since 1957 has been promoting visual arts experiences and providing access to “art for all” – is pleased to announce the launch of its newest ArtAccess program, the Art of Caregiving.

The Art of Caregiving is a free visual arts respite program, specifically designed for caregivers of the elderly and individuals with Alzheimer’s and dementia, which uses art-making as a tool to alleviate the feelings of stress, depression and isolation often associated with this role.

“In Michigan, there are more than one million documented caregivers, and one in five care for someone with symptoms of dementia,” said Annie VanGelderens, BBAC President & CEO. “Caregivers in general often sacrifice their own physical and emotional needs in an effort to provide the best quality of life for a loved one. The Art of Caregiving is here to enhance the caregiver’s quality of life...to address their specific challenges in a thoughtful, creative and rewarding way.”

In addition to unique art-making projects, all Art of Caregiving programs include a session dedicated specifically to “visual journaling,” as well as an informational session connecting art-making, respite and the role of a caregiver. Each series also will incorporate time for socializing and supportive networking, and all participants will receive a take-home kit containing materials and supplies related to each session for sharing and use at home.

The Art of Caregiving, which begins Nov. 3, 2016, will run year-round at the BBAC and consists of four series annually, each divided into four art-making sessions over eight weeks. The same sessions are offered during the morning and evening, to accommodate both professional and home-based caregivers.

This free program, made possible by a generous grant from the Community Foundation for Southeast Michigan, is open to caregivers, both paid and unpaid, of the elderly and Alzheimer’s and dementia patients. All caregivers are welcomed, regardless of age, gender, race, income, geography or art-making experience. Each session will accommodate up to 20 participants. Advance registration is required.

“The BBAC is a non-profit art center dedicated to its vision of providing, ‘art for all,’” said VanGelderens. “Our ArtAccess programs are specifically designed to provide visual arts experiences to often overlooked and underserved populations.”

The Art of Caregiving will be held on-site at the BBAC, located at 1516 S. Cranbrook Rd. in Birmingham, Mich. For more information or to enroll, visit www.BBArtCenter.org or call Julie Laforet at 248.644.0866 x111.

###

About the BBAC

The Birmingham Bloomfield Art Center, supported by the Michigan Council for Arts and Cultural Affairs and the National Endowment for the Arts, has been providing, “art for all” since 1957, and is a regional art center committed to promoting visual arts experiences. Each year, more than 500 classes are offered for all skill levels and ages, preschool to senior citizens. Throughout the year, nearly 9,000 individuals are served by classes, workshops, art camps, ArtAccess programs, special events and exhibitions that are free and open to the public. The BBAC also supports hundreds of artists each year, with opportunities to teach, exhibit and sell their work. The BBAC is a 25,000-square-foot facility with

nine classrooms studios, five exhibition galleries and retail Gallery Shop. For more information, visit www.BBArtCenter.org.

About the CFSEM

The Community Foundation for Southeast Michigan is a full-service philanthropic organization leading the way to positive change in our region. As a permanent community endowment built by gifts from thousands of individuals and organizations, the Foundation supports a wide variety of activities benefiting education, arts and culture, health, human services, community development and civic affairs. Since its inception, the Foundation has distributed nearly \$843 million through more than 57,000 grants to nonprofit organizations throughout Wayne, Oakland, Macomb, Monroe, Washtenaw, St. Clair and Livingston counties. For more information, please visit www.cfsem.org.

Media Contact: Hope Brown, PublicCity PR – hbrown@publiccitypr.net; 248.346.3399



Join us for The Art of Caregiving

NO "ART EXPERIENCE" NEEDED!

The Birmingham Bloomfield Art Center is starting a new, FREE program for caregivers of the elderly & people with Alzheimer's/ dementia—whether you're a paid caregiver or someone who takes care of a loved one.

Art of Caregiving is designed as creative relief from day-to-day tasks & to inspire artistic adventures— including visual journaling, ceramics & painting!

Each session focuses on an art project, with guidance from a professional artist. All materials are provided. There will be light refreshments & time for informal socializing.

You'll go home with a kit of supplies & materials so you can make the project on your own time—or even share it with the person you care for.

The first series is on Thursdays - Nov. 17, Dec. 1 & 15. You can choose either the morning (9:30-11) or evening (6-7:30) sessions.

Please RSVP by November 15.

Each session is limited to 20 individuals.

To sign up or find answers to questions, phone or email Julie at the BBAC: 248.644.0866 x 111 or JulieLaforet@BBArtCenter.org.

It's all **FREE** but you must reserve your space in advance.

In case these dates don't fit your schedule, note that Art of Caregiving is an ongoing program & there will be three more series during January-June 2017. Send an email to JulieLaforet@BBArtCenter.org if you'd like to be on the Art of Caregiving mailing list!

Nourish the spirit through self-expression.

S M T W T F S

NOV	1	2	3	4	5
6	7	8	9	10	11
13	14	15	16	17	18
20	21	22	23	24	25
27	28	29	30		
DEC			1	2	3
4	5	6	7	8	9
11	12	13	14	15	16



**BIRMINGHAM
BLOOMFIELD
ArtCenter**

1516 S. Cranbrook Rd.
Birmingham MI 48009
BBArtCenter.org

The Art of Caregiving is made possible by a grant from the **Community Foundation for Southeast Michigan**

BBAC Website

BIRMINGHAM BLOOMFIELD
ArtCenter

- HOME
- ABOUT THE BBAC
- EDUCATION PROGRAMS
- SUMMER/FALL 2017
- 2017 SUMMER ART CAMPS
- SCHOLARSHIPS
- ART OF CAREGIVING**
- ART ACCESS @ THE BBAC
- 2017 STUDENT SHOW
- ARTIST TALKS 2017
- MICHIGAN FINE ARTS COMPETITION
- EXHIBITIONS
- GALLERY SHOP
- ART BIRMINGHAM
- FINE ART OF SUMMER 2017
- BBAC EVENTS
- MEMBERSHIP & SUPPORT
- PRIVATE EVENTS
- ARTIST INFORMATION
- ARTISTS! HOLIDAY SHOP 2017
- FACULTY LOGIN
- BBAC JOBS

A FREE HANDS-ON ART PROGRAM FOR CAREGIVERS OF THE ELDERLY

THE art OF CAREGIVING

SUMMER WORKSHOPS & FALL PROGRAM CATALOGUE
Summer Workshops still available...
[View Fall Term Program Guide](#)
[More details →](#)

ARTIST TALK – FREE
Next up – Chido Johnson on Aug 11 @ Anton Art Ctr
[More details →](#)

FINE ART OF SUMMER
Best summer event, June 22... a good time was had by all!
[More details →](#)

MICHIGAN FINE ARTS
MFAC: 91 artists & 102 works of art selected from more than 650. Come see!
[Here's the link... →](#)

Did you know? Shopping at Kroger earns money for the BBAC!
Visit Kroger.com & click on the Kroger Plus Card Symbol... Be sure to choose the Birmingham Bloomfield Art Center as your designated organization.

The Birmingham Bloomfield Art Center is supported by...
The Michigan Council for The Arts and Cultural Affairs and the National Endowment for The Arts, The Kresge Foundation, Community Foundation for Southeast Michigan & more – [click here.](#)

Type here to search

DONATE NOW! Make a tax-deductible contribution to the BBAC. [Click here](#)

GET IN TOUCH

1515 S. Cranbrook,
Birmingham, MI 48009
248.644.0866
248.644.7904
info@BBACenter.org
Map to BBAC



ART OF CAREGIVING



Join us for this FREE art-making program – no experience needed!

This new, FREE program is for caregivers of the elderly & people with Alzheimer's/dementia—whether you're a paid caregiver or someone who takes care of a loved one.

Art of Caregiving is designed as creative relief from day-to-day tasks & to inspire artistic adventures—such as visual journaling, ceramics, painting, jewelry & more.

Each session focuses on an art project, with guidance from a professional artist. All materials are provided. There will be light refreshments & time for informal socializing.

You'll go home with a lot of supplies & materials so you can make the project on your own time—or even share it with the person you care for.

It's all free but you have to reserve your place in advance.

Each session is limited to 20 individuals.

THE NEXT SERIES STARTS IN SEPTEMBER, DATES TBA.

To sign up or if you have questions, contact Julie at the BBAC:

248.644.0866 x 111 or JulieLaforet@BBACenter.org.

In Michigan there are more than one million documented caregivers, some whose profession it is and others who care for a family member. Caregivers often sacrifice their own physical and emotional needs in an effort to provide the best quality of life for a loved one.

The Art of Caregiving is a free visual arts respite program, specifically designed for caregivers of the elderly and individuals with Alzheimer's and dementia, which uses art-making as a tool to alleviate the feelings of stress, depression and isolation often associated with this role.

The program is set up for a series of four art-making sessions over about 8 weeks. Each session focuses on an art project with guidance from a professional artist. The BBAC provides all the materials. "Artistic adventures" will include visual journaling, ceramics & painting, plus time for light refreshments & informal socializing. Participants will receive a take-home kit containing materials and supplies related to each session for sharing and use at home.

IT'S ALL FREE but you must reserve your space in advance.

For more details, contact Julie Laforet at the BBAC - 248.644.0866 x 111 or JulieLaforet@BBACenter.org.



The Art of Caregiving is made possible by a grant from the **Community Foundation for Southeast Michigan** with support from **Blick Art Materials**.

Community Foundation
FOR SOUTHEAST MICHIGAN

Blick Art Materials



Search C&G Website

Warren, MI 83° F



Access all 19 print editions



- NEWS SPORTS A&E LIFESTYLES OBITUARIES BUSINESS CALENDAR GAMES LOGIN



Trending Bids come in too high on splash pad — Shelby Township

BIRMINGHAM

BBAC reaches out to caregivers with free program

By Tiffany Esshaki

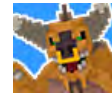
SCORE! PREP SPORTS SCOREBOARD

BASEBALL

Table with 2 columns: Team Name, Score. Rows: GPW University Liggett (0), Saline High (12), More Prep Scores (6/15/17)



Play games for free on our site!



Man or Monster



Rat Fishing

Find more games here

YOU MAY ALSO BE INTERESTED IN

BIRMINGHAM — Those born around the time when the Birmingham Bloomfield Art Center was founded back in the 1950s are just starting to reach their golden years.

And as one of our country's largest generations, aging boomers means there's an unprecedented need for caregivers to help them thrive as seniors. It's a thankless job, and it becomes even tougher when the person in care is fading into Alzheimer's disease or dementia.

"The role of caregiving is increasing. So many of us know a loved one or friend who has taken on that role, and sometimes we forget to ask about the healthy person — how they're doing," said Annie VanGelderren, president and CEO of the BBAC.

For years, the BBAC has offered art access classes for those in need of the healing and transformative power of art therapy. The class, Meet Me @ The BBAC, is a partnership with the Michigan Chapter of the Alzheimer's Association and the Museum of Modern Art to give individuals with early and midstage Alzheimer's disease, along with their caregivers, the chance to connect creatively with specially tailored art projects.

Now, the BBAC is going a step further with a new offering called The Art of Caregiving, aimed at the caregivers in our community who give so much to those with memory issues.

"They're taking on all that stress and the emotional needs of the person they're caring for. Everything is on their shoulders," VanGelderren said. "So often those people forget about their own self care."



Artist and BBAC instructor Kerry Yaklin, of White Lake, illustrated this visual journal page. She'll lead others in the same creative expression during the Art of Caregiving sessions at center. (Photo provided by the Birmingham Bloomfield Art Center)

advertisement

Advertisement for 2017 Ford EDGE SE AWD. Includes text: AVIS FORD, Click for inventory, 2017 Ford EDGE SE AWD, 36 month lease \$249/mo. Total due at signing, plus tax, title & plates, includes \$645 acq. fee. Security deposit waived. Exp. 7-31-17

The Art of Caregiving will be a free visual arts respite program that will use art-making as a tool to alleviate the feelings of stress, depression and isolation often associated with their responsibilities.

Part of the program will include visual journaling, where participants fill blank journals with images of their choosing — magazine clippings, colorful drawings, words and more — to express how they're feeling in a way that doesn't limit them to just words in a diary.

"Visual journaling is a tool to jot down their own feelings in a more creative way," explained Susan Owens, director of youth and access programs at the BBAC. "All of the art projects (in The Art of Caregiving) are approachable, and when they're done with the first few sessions of visual journaling, they'll take two more sessions in another art medium like print-making, painting, mixed media, ceramics and fibers."

Each participant in the series will receive a take-home kit of materials and supplies related to each session to use at home and continue their artwork. The first of four year-round series will begin Nov. 17. With more than 1 million documented caregivers in the state — one in five caregivers aiding someone with symptoms of dementia — VanGelderren hopes to see plenty of people taking advantage of the free classes.

"This was kind of an evolution, after several years of classes for our Alzheimer's patients, we noticed a real need for family and professional caregivers to have an outlet," she said. "We started working on this program because BBAC is definitely a place for respite, a place for creativity and a place for self-awareness in a supportive atmosphere."

To learn more about The Art of Caregiving or to enroll in the free series, visit BBArtCenter.org or call (248) 644-0866.

The Birmingham Bloomfield Art Center is located at 1516 S. Cranbrook Road in Birmingham.

◀ 10

◀ 2



ABOUT THE AUTHOR

Staff Writer Tiffany Esshaki covers Birmingham, Bloomfield Hills and Bloomfield Township as well as Oakland County Parks and Recreation and Oakland County Animal Control and Pet Adoption Center. Esshaki has worked for C & G Newspapers since 2011 and attended the University of Michigan-Dearborn and Oakland Community College. She's the recipient of several awards from the Michigan Press Association and the Detroit chapter of the Society of Professional Journalists.

[Full bio and more articles by this reporter](#)

For more local news coverage, see the following newspaper:

[Birmingham - Bloomfield Eagle](#)

[Like](#) [Share](#) You and 729 others like this.

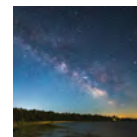
OPEN COMMENTS

MORE FROM C & G NEWSPAPERS

NEWS



DETROIT
MCC named in federal lawsuit



METRO DETROIT
Discover Michigan: Let the stars guide your travels



BIRMINGHAM
Looking Back: Birmingham's Fire Department rises from the ashes



BIRMINGHAM
Library to host annual spelling bee July 10



BLOOMFIELD HILLS
Birmingham teen honored in D.C. for nonprofit work

SPORTS



METRO DETROIT
Softball All-Star games back for 36th year



OAKLAND COUNTY
Coaches tab top players from OAA baseball in 2017



METRO DETROIT
Local boaters set to sail in the Bayview Mackinac race



BEVERLY HILLS
Country Day's Steven Mann caps final year with draft selection by Tigers



OAKLAND COUNTY
Coaches pick top softball players after another strong season

FEATURES

The Art of Caregiving offers respite through visual arts for those who take care of others

NICOLE RUPERSBURG | TUESDAY, NOVEMBER 08, 2016



Birmingham Bloomfield Art Center

Every 67 seconds, someone from the United States is diagnosed with Alzheimer's or dementia. The diagnosis doesn't just affect the person with the disease and their loved ones, but also those who provide them care, whether that be a family member or a hired professional.

It is the caregivers who often get overlooked when discussing issues around treatment and care for Alzheimer's and dementia patients. Annie VanGelderens, President and CEO of the [Birmingham Bloomfield Art Center](#), noticed this when the BBAC began offering an arts therapy program specifically for Alzheimer's and dementia patients in 2014.

The program – Meet Me @ the BBAC – was designed to inspire creative mind functioning in the early and mid-stages of the disease, promoting well-being and bolstering a stronger sense of self-esteem while also strengthening the patient/caretaker relationship. Patients are accompanied by their caregivers, whether a paid professional or a loved one, and they work on an art project based on what they had been shown in the beginning of the session to create dialogue and stimulate their senses.

"What we found was after a few sessions the care partners wanted to create their own works," VanGelderens explains. "We said, 'Of course you can,' and they began working alongside the person they care for. We started to notice that the

SHARE [f](#) [t](#) [in](#) [g+](#) [e](#)

Like 11

[ARTS + CULTURE](#), [HEALTH + WELLNESS](#)


[BLOOMFIELD HILLS / BLOOMFIELD TOWNSHIP, BIRMINGHAM](#)

SUBSCRIBE TO OUR NEWSLETTER

RELATED CONTENT

- [Green acres for O.A.T.S.](#)
Excerpt: O.A.T.S. has moved to greener pastures. After more than 20 years on Weidemann Drive in Brandon Township, Offering Alternative Therapy with Smiles has relocated more than 20 horses, a variety of farm animals, and an excited staff to a ...
- [Local artist is transforming lives through creative entrepreneurship training](#)
- ["All the World's a Stage" at Ferndale's Front Porch Music Festival](#)
- [Detroit Zoo heats up for Wild Summer Nights](#)
- [Beaumont Health supporting crisis text and chat](#)
- [Orion Township Public Library receives Friends donation](#)

TOP FEATURE STORIES

- [Welcome to Bat Country!](#)
 The Organization for Bat Conservation (OBC) is celebrating its 20th anniversary this year. For the last 15 years it has been located inside the Cranbrook Institute of Science, where they operated the Bat Zone since 2002 and established an animal sanctuary with 200 nocturnal animals. Now the Organization for Bat Conservation is getting a brand-new home, and with it more than four times the space.
- [Summer Camps in Oakland County](#)
- [Nationally recognized One Stop Ready economic development program adds three new communities](#)
- [5 places to find authentic Latin American cuisine in metro Detroit](#)
- [9 things to know about Oakland County's lakes](#)
- [Downtown Southfield is the Place to Be](#)

caregivers were all forming a bond through talking to each other. It's their form of respite when they come here."

She and her team realized that art therapy is not only beneficial to those with dementia, but it was also beneficial to the caregivers as well. They decided to create a program specifically for caregivers, both professionals and those taking care of relatives, called the Art of Caregiving, a free visual arts respite program for those tending to elderly patients with Alzheimer's and dementia.

"It's a growing population," VanGeldereren says. "People are living longer and the Baby Boomers are aging. There needs to be more awareness of the growing population of caregivers; they take on that load of taking care of that person, and even for professional caregivers it's still not a high-paying job and they carry on that stress. What happens to caretakers is that their lives get so wrapped up in the person they're taking care of that they forget to take care of themselves."

Caregivers can suffer from feelings of stress, depression, and isolation as a result of their roles. The Art of Caregiving seeks to alleviate that through the use of visual arts, and all participants receive a take-home kit containing materials and supplies related to each session for sharing and use at home.

"This gives them a few hours of respite so that can have the opportunity and tools to be able to meet their own self-care needs," says VanGeldereren. "With the little kit all the materials of what they did at the Art Center they can continue to explore it at home or use it to engage with the person they are caring for."

The Art of Caregiving is a series of sessions that runs year-round with four different series annually. The first series will start on November 17. The same sessions are offered in the morning and evening in an effort to be as flexible as possible and accommodate professionals and home care givers, and they run every other week except around the holidays. Each series includes sessions on art-making, visual journaling, and information connecting art making, respite, and the role of the caregiver.

Each series also incorporates time for socializing and supportive networking.

"It is our hope that eventually they will develop their own support network from these sessions," says VanGeldereren. "It's amazing how that dynamic evolves with time."

This free program, made possible by a generous grant from the [Community Foundation for Southeast Michigan](#), is open to all caregivers both paid and unpaid regardless of age, race, gender, income, geography, or art-making background – meaning a person does not need to be an artist to participate.

Each session can accommodate up to 20 participants and advance registration is required. More information is available on the [BBAC website](#).

- Rochester-based OneStream Software is a global force in financial management software
- Get ready for summer fun at Oakland County Parks and Recreation
- Right Moves for Seniors Has the Right Stuff for Mom's Stuff
- Motor City Guitar is a musician's Wonderland where everyone is treated like family

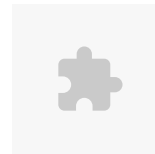
[VIEW ALL FEATURE STORIES](#)

SHARE     

Like 11

[ARTS + CULTURE](#), [HEALTH + WELLNESS](#)

[BLOOMFIELD HILLS / BLOOMFIELD TOWNSHIP, BIRMINGHAM](#)



HOME NEWS LONGFORM DINING OUT SOCIETY PODCASTS LINKS CALENDAR ABOUT US SUBSCRIPTIONS

Print Email Link Feedback Report Share

municipal birmingham/bloomfield ●●● BBAC launches caregiving program



Week of 7.10.17

Welcome to the home of Social Lights. New online reports with photos appear each week on the website and in the monthly print editions for the Birmingham-Bloomfield area and the Rochester-Rochester Hills area at the start of each month. If you want e-mail notification of when new Social Lights columns are posted to this site each Monday, sign up in the Newsletter Sign Up box at the lower right side of this home page.

Loyola H.S. Tigers Fundraiser

There have been 21 Tigers tailgate fundraisers but none have concluded as exuberantly as the 15-to-5 Tigers win over the White Sox did. However, the big winners of the night were the scholarship students at the Jesuit school celebrating its 25th anniversary next year. The event, chaired by Crystal Davidson and Matt Shell, raised more than \$200,000 for scholarships. That's because of the generous sponsors (see photo gallery) and the 800 school boosters (\$150 ticket) assembled on the pavilion behind the Detroit Athletic Club for tailgate fare, a silent auction (\$27,000) and a fun heads-and-tails raffle (\$20,000) for which 20 young men of Loyola were selling tickets.

11/11/2016 - The Birmingham Bloomfield Art Center, also known as the BBAC, a regional, non-profit art center located in Bloomfield Township, is launching the Art of Caregiving, a free visual arts respite program, specifically designed for caregivers of the elderly and individuals with Alzheimer's and dementia, to utilize art-making as a tool to alleviate the feelings of stress, depression and isolation that is often associated with this role.

The Art of Caregiving, which begins Nov. 17, will run year around at the BBAC and consists of four series annually. The same sessions are offered during the morning and evening, to accommodate both professional and home-based caregivers.

"In Michigan, there are more than one million documented caregivers, and one in five care for someone with symptoms of dementia," said Annie VanGelderren, BBAC President & CEO. "Caregivers in general often sacrifice their own physical and emotional needs in an effort to provide the best quality of life for a loved one. The Art of Caregiving is here to enhance the caregiver's quality of life...to address their specific challenges in a thoughtful, creative and rewarding way."

The BBAC has been a part of the community since 1957. It is located on Cranbrook Road just north of 14 Mile in a 25,000 square foot facility with nine classroom studios, five exhibition galleries and a retail Gallery Shop. It is supported by the Michigan Council for the Arts and Cultural Affairs and the National Endowment for the Arts, providing "art for all," and is a regional art center committed to promoting visual arts experiences. Each year, more than 500 classes are offered for all skill levels and ages, from pre-school to senior citizens.

Extras e-mail this article link to a friend print this article share Larger | Smaller

In addition to unique art-making projects, all Art of Caregiving programs include a session dedicated specifically to "visual journaling," as well as an informational session connecting art-making, respite and the role of a caregiver. Each series also will incorporate time for socializing and supportive networking, and all participants will receive a kit to take home that contains materials and supplies related to each session for sharing and use at home.

Tweet G+1 Like 0

Comments (0)

0 Comments Sort by Oldest

Add a comment...

Facebook Comments Plugin

NON-PROFIT GROUPS



More Birmingham and Bloomfield Hills homeowners choose Signature to market their properties



FOLLOW US ON twitter DOWNTOWNPUBS



KATHY BROOK BALLARD 248.318.4504

GET MOBILE VERSION

Weather forecast: Currently 76°F Scattered Clouds Tomorrow High 88°F Low 71°F forecast provided by wu WEATHER UNDERGROUND

ADVERTISE HERE

Downtown Public... 2.4K likes

Like Page 7 friends like this

DOWNTOWN Register for Downtown's newsletters to receive updates on the latest news, social events and much more!



oakland confidential July 2017

GET WELL SOON: We know others will join us in wishing Oakland County Executive L. Brooks Patterson a speedy recovery after back surgery on June 1 in



Sections

News Weather Mornings Sports Community Recipe Box Healthworks Money Job Shop Contests

83°



Privacy Policy Terms of Service Ad Choices FCC Public File

Weekend Cooking School Amy's Angels Style File Entertainment Tech Talk Get Fit Made in Michigan Kids Health & Safety

BBAC Introduces the Art of Caregiving

BBAC INTRODUCES "THE ART OF CAREGIVING"

**1516 S. Cranbrook
Birmingham**

**Thursdays
January 12th, 26th
February 9th, 23rd**

FOX 2
8:50 6°



POSTED: JAN 07 2017 11:14AM EST
UPDATED: JAN 07 2017 11:14AM EST

The [Birmingham](#) Bloomfield Art Center (BBAC) recently introduced its newest program called the Art of Caregiving. It's specifically designed for caregivers of the elderly and those with Alzheimer's and dementia by using art and creativity to alleviate stress, [depression](#) and isolation.

BBAC [President](#) and CEO Annie Van Gelderen and Susan Owens, director of programs, stopped by the Fox2 News Studios Saturday morning to explain the reasons behind the program.

"In Michigan, there are more than one million documented caregivers, and one in five care for someone with symptoms of dementia," VanGelderen said. "Caregivers in general often sacrifice their own physical and emotional needs in an effort to provide the best quality of life for a loved one. The Art of Caregiving is here to enhance the caregiver's quality of life...to address their specific challenges in a thoughtful, creative and rewarding way."

Ad Content

Sponsored Links by Taboola



e Meal Kit That's So Popular Even This Foodie Loved It
Food & Wine for Plated



Devote time to innovation—not maintenance
Microsoft

The Art of Caregiving will be held on-site at the BBAC, located at 1516 S. Cranbrook Rd. in Birmingham. [Click here](#) for more information and to enroll.



DONATE YOUR CAR
- TAX DEDUCTIBLE - FREE PICKUP
- HELPS MICHIGAN'S HOMELESS

CARSHELPINGPEOPLE.ORG

Volunteers of America
MICHIGAN

248-595-7272

Readers.com

\$20.95	\$18.95	\$20.95
\$20.95	\$15.95	\$19.95
\$25.95	\$14.95	\$16.95
\$18.95	\$14.95	\$18.95
\$14.95	\$16.95	\$16.95

Popular

Hours of work by Detroit police leads to suspect in 'Chef' Doug's murder

Police: Mother raped in front of kids, 3 teens arrested

Detroit man describes scene as woman is apparently abducted in broad daylight

Detroit marijuana grow operation burned, body with gunshots inside

Off-duty Detroit police officer found unresponsive in yard

Spring 2017

BBAC Program Guide



04|10—6|24

-
-
-
-

The sky's the limit!

The only limit. At the BBAC, we do not accept that there are boundaries to limit anyone from access to art.

The BBAC invites everyone to explore art – in their own time & in their own way—and offers many paths to take...including some alternative & different approaches.



Collage created by a participant in *Meet Me @ the BBAC*, in October 2016. The project that day was based on *Evenings on the Porch* by Tommy Wilson (detail shown at left).

The Art of Caregiving

While programs for individuals with Alzheimer's & dementia continue to gain attention, the needs & interests of caregivers are often overlooked.

This program—FREE OF CHARGE—is geared toward providing the caregiver with an art outlet that gives creative relief from the daily routine. Sessions include networking, informal discussion & different art projects.

Also provided: a take-home kit with supplies & materials reflecting the art session just completed. Caregivers can choose to share this with the person they care for or use it themselves.

Art of Caregiving sessions are scheduled every other Thursday through the beginning of June.

Participants may choose a morning or early evening time.



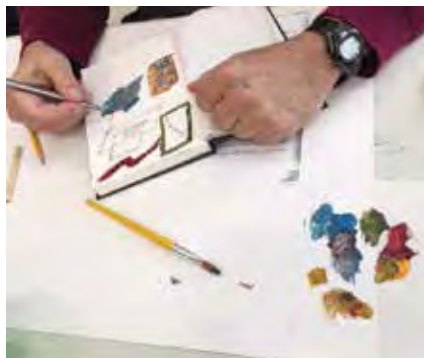
Meet Me @ the BBAC

No prior art experience is needed for these art-looking & art-making experiences for individuals with early & mid-stage Alzheimer's or dementia.

The program is open to groups from human service agencies throughout the region. The BBAC also offers sessions for individuals still living at home.

During a typical session, a group will spend about a half-hour looking at & talking about art from a current BBAC exhibit. The group then moves to a fully-equipped art studio to create something based on the art they have just seen. Each person leaves with their completed project.

Participation fees are nominal.



For more information, visit: BBArtCenter.org or phone 248.644.0866 EXT. 111



Studio 1

This is both the name of a BBAC studio classroom & a philosophical approach to "art for all."

The BBAC & community partners—regional human service agencies—work together to provide art instruction for groups of individuals with a range of cognitive, physical & emotional challenges.

Studio 1 partners include JARC, Oakland County Children's Village, Angels' Place & Friendship Club.

Studio 1 was started in 2008 when the vision of "art for all" was just emerging, & remains a driving force behind our ArtAccess offerings.



ArtBridge

Since 2006, this program has provided intensive art instruction & mentoring in preparation for college entry to talented, motivated high school art students from underserved areas.

Each teen spends one to three years at the BBAC completing core curriculum & elective art classes, interning with an artist or instructor & completing a digital portfolio for college applications. Many work as counselors at our summer youth art camps.

We see up to 30 students each year & every one of them completing ArtBridge has been accepted to college.

The program is free for participants, who are initially recommended by their teachers or principals. While ArtBridge receives intermittent support from foundations,



the BBAC has remained committed to maintaining this important program with or without outside funding.

For more information, visit: BBArtCenter.org or phone 248.644.0866 EXT. 111



Once a month there are drop-in workshops designed as convenient, inexpensive opportunities to be creative & learn something new. Enjoy different, authentic art projects each month with all materials provided.

Sunday @ the Center, 1-3:30pm, \$5 per person, Family friendly, but not just for kids! Coming up April 9, May 14* & June 4

*At Art Birmingham/Shain Park

Seniors @ the Center, 10am-Noon, \$10 per person. Coming up April 11, May 9 & June 13.

(Both series are on vacation in July & August.)

ACCESS:

- a means of approaching or entering a place
- the right or opportunity to use or benefit from something

ArtAccess @ the BBAC is an essential component of meeting our mission to provide high quality, relevant services to the community and region, regardless of geographic, physical, cognitive or emotional "boundaries"...

- individuals with mental and/or physical challenges
- young, talented students from underserved communities
- older adults with dementia
- those who care for the elderly
- busy people who benefit from an "art break"

Everyone is welcome. The BBAC's vision statement is "art for all" & we have been celebrating that for 60 years.

BBAC ArtAccess funded, in part, by:

Blick Art Materials
Edelweiss Foundation
Shannon Family Foundation

Community Foundation

FOR SOUTHEAST MICHIGAN



Radio spot on WDET-FM, weeks of Jan. 23 & Mar. 6, 2017

:15 / WDET

WDET IS SUPPORTED BY ART OF CAREGIVING AT THE BIRMINGHAM BLOOMFIELD ART CENTER... A HANDS-ON ART EXPERIENCE DESIGNED FOR THOSE WHO CARE FOR THE ELDERLY OR INDIVIDUALS WITH DEMENTIA. THE B-B-A-C INVITES CAREGIVERS TO TAKE TIME FOR THEMSELVES. DETAILS AVAILABLE AT ART OF CAREGIVING DOT ORG.

BIRMINGHAM BLOOMFIELD ART CENTER



A regional non-profit art center committed to promoting the visual arts & creative experiences. Each year hundreds of classes are offered for thousands of students, who range in age from pre-K to retirees. The BBAC features nine classroom studios, free exhibits open to the public, outreach programs, camps, special events & art classes for all ability levels.



EXHIBITIONS

Five distinct gallery spaces at the BBAC showcase new exhibits about every eight weeks, & all are free & open to the public.

Exhibiting artists range from master-level to emerging; media includes painting, sculpture, fiber, & more.

The BBAC is committed to providing its adult students with authentic exhibiting experience & dedicates one gallery to primarily student shows & one gallery to feature youth students & ArtAccess participants.

CLASSES

More than 500 classes & workshops are offered each year at the BBAC for adults & for youth as young as 3 years old.

The adult curriculum includes painting, drawing, ceramics, jewelry & metalsmithing, printmaking, sculpture, weaving, book arts, & more. Student artists range from the novice to the notable with classes from introductory to advanced.

Youth classes are designed to foster creativity & self-expression, while developing important age-appropriate skills.

BBAC instructors are professional artists, many of whom also teach at institutions such as College for Creative Studies, Wayne State University, Oakland University, & University of Michigan.



EVENTS

Shop & Champagne—A preview of the annual Holiday Shop with 10% off all purchases, & fine dining by the region's great restaurant chefs.

Fine Art of Summer— An annual offsite event that features private art collections &/or notable architecture.

Art Birmingham is the BBAC's annual fine art festival, produced in partnership with The Guild of Artists & Artisans. Featuring hundreds of artists from this region & around the U.S., it takes place Mother's Day weekend in downtown Birmingham.



RETAIL

The **Gallery Shop** features unique, artisan-made items year-round, including jewelry, glass, ceramics, fiber, prints, cards, & more. Artists are regional & national; inventory varies from month to month.

Holiday Shop - Late in the year, the Gallery Shop expands to fill three of the BBAC's exhibit galleries, with work by more than 100 artists. From whimsical garden sculpture to jewelry & home décor items to lotions & potions, there is an artist-made gift for everyone on the list.

ART ACCESS @ THE BIRMINGHAM BLOOMFIELD ART CENTER

Since 1959, the Birmingham Bloomfield Art Center has grown & flourished by providing high quality visual arts instruction for all ages & levels of abilities, along with a robust schedule of exhibitions & special events with an emphasis on fine art.

Over the years, the facility expanded to 25,000-square feet & programs multiplied to serve more than 9,000 individuals annually.

Since 2008, the art center has launched & broadened outreach efforts that focus on access in the broadest sense, in the full spirit of the BBAC's vision statement "art for all."

The BBAC's *ArtAccess* programs continually strive to provide the transformative power of art to those who may have only limited access, bringing meaningful hands-on experiences to people who lack the means to create & connect to the world of visual arts.



MEET ME @ THE BBAC

Aging is inevitable, loss of creativity is not

An art-looking & art-making program for individuals living with early & mid-stage Alzheimer's disease along with their caregivers, based on the successful & groundbreaking work of New York's Museum of Modern Art. Sessions provide the opportunity to view & create art in a safe & barrier-free environment that encourages dialogue & creativity. The process is meant to inspire creative mind functioning as well as bolster self-esteem, which also benefits the patient/caregiver relationship.



THE ART OF CAREGIVING

Taking care of the caretaker
FREE to caregivers of the elderly & individuals with Alzheimer's & dementia, this program uses art-making as a tool to alleviate feelings of stress, depression & isolation often associated with the caretaking role.

BIRMINGHAM BLOOMFIELD
ArtCenter **art for ALL**
celebrating art for all since 1957

1516 S. Cranbrook Rd.
Birmingham MI 48009
248.644.0866
BBArtCenter.org

BBAC *ArtAccess* programs are supported by...



Blick Art Materials
DeRoy Testamentary Foundation
Edelweiss Foundation
Andrea & Ely Tama

Community Foundation

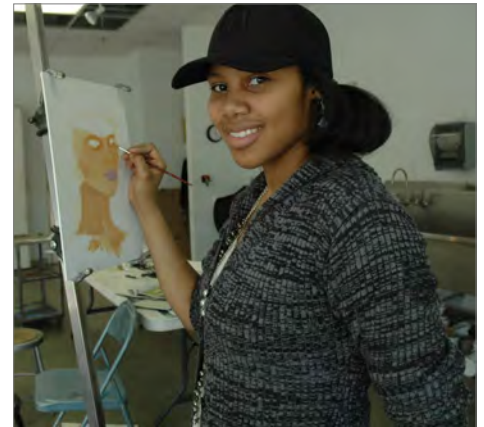
FOR SOUTHEAST MICHIGAN



THE KRESGE FOUNDATION



THE VILLAGE CLUB FOUNDATION



APR 20 2017

ART BRIDGE

Bridging high school to college to careers in visual arts

ArtBridge is a comprehensive program that prepares motivated & talented students by building their skills, making sure art fundamentals are well covered, providing college selection guidance & mentoring, & assisting with digital portfolio development & preparation. Since the inception of ArtBridge, 100% of participants have been accepted to college. The BBAC recently launched a pilot program for a Detroit middle school that had to stop its art education in 2010, providing a weekly curriculum with an instructor & all materials plus an after-school program - all at no charge to the school.



STUDIO 1

A valuable outlet

This program addresses visual art education for special needs populations of all ages - individuals & groups with unique physical, emotional, or developmental needs. Meaningful hands-on art experiences for those otherwise lacking the means to create makes a positive, lasting impact.

06/06/17