

University of Michigan
School of Art & Design
Memory, Aging and Expressive Arts
Winter 2015

Registration Information: ARTDES 398-002/ ARTDES 501-001/ SW 513-001

Days/Times/ Room: Thursday 9-12, Room 1069 Art & Architecture
Friday 9-10:30, Room 2147, Art & Architecture

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COURSE DESCRIPTION

Uniquely engaging U-M academic institutions and the U-M Health System, this interdisciplinary course will build an understanding and awareness of the complexities of memory loss and introduce the use of the expressive arts. Students will meet with specialists in neurology, public health, social work, and the arts to learn about the scientific basis of memory and dementia, the societal basis of dementia, and institutional projects to support individuals with memory impairment. Through art sessions with adults with memory loss, students will explore the potential of the arts to serve as an outlet for expression, build key life skills and learn from community members through shared experiences.

LEARNING OUTCOMES

Anticipated learning outcomes include gaining a holistic perspective of aging and memory loss, exploring the benefits of creativity, and utilizing the expressive arts to improve one's quality of life. Students will learn to design and facilitate projects for a person with memory loss as well as develop key communication and life skills for working with this population. Through the use of expressive arts, students will build relationships and foster meaningful interactions with memory-impaired adults.

COMMUNITY ENGAGEMENT

Students will be exposed to and trained in various forms of expressive art to prepare for engaging with adults with memory loss. Partnering with U-M Geriatric Center's Mild Memory Loss Program Coffee House Club, students will be paired with community members to create

together. The creative experience will be celebrated in a public art exhibition/performance to be held at Matthaei Botanical Gardens.

COURSEWORK

Undergraduate coursework requirements include:

- Weekly responses to readings and lectures
- Blog entry
- Collaborative project proposals for Coffee House Club Members
- Midterm response paper
- Book response paper
- Final reflection piece

Graduate coursework requirements include:

- Weekly responses to readings and lectures
- Blog entries (3)
- Collaborative project proposals for Coffee House Club Members
- Midterm response paper
- Book response papers (2)
- Final reflection piece

GRADES

Grading for this class will be based on class participation, attendance, and assignments. Since this class involves working directly with the community, students are expected to be well organized and properly prepared for working with their community member.

- A grade of “A” is given to assignments that are thoughtfully developed, well researched and structured, ambitious and imaginative.
- A grade of “B” is given to assignments that excel in idea, ambition, imagination and/or research, but falls short in the other areas.
- The grade of “C” means that the project is average.
- The grade of “D” is given to completed projects that show minimal investment of time, thought, and energy.
- An “F” is given to incomplete projects that show minimal effort.

CLASS PARTICIPATION AND ATTENDANCE

Students are expected to attend all classes. If a student has an illness, emergency or official U-M obligation, please notify Professor Mondro and Elaine Reed at least three hours before class via email. This is especially important on days we visit the Coffee House club members. If you have an official U-M obligation, it is expected you notify the instructor as soon as possible of your upcoming absence.

The A&D bus is reserved to take students to and from our community site, Turner Senior Resource Center 2401 Plymouth Rd., Ann Arbor, MI 48105. The bus will leave at 9:15 am. If you miss the bus, it is your responsibility to notify Professor Mondro and make alternative plans to arrive as soon as possible to the site.

CTOOL SITE & COURSE BLOG

The course will utilize a ctool site to post announcements, reading material, video clips, and other pertinent course information. Students are expected to check the site regularly for updates.

The blog for the course is: www.retainidentity.com

Students are expected to be active members and add thoughtful comments throughout the semester. Specific requirements for participation will be provided.

COURSE TEXTBOOKS

The course requires the following textbook(s):

- Undergrad students: *Ten Thousand Joys & Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's* by Olivia Ames Hoblitzelle
- Graduate students: *Ten Thousand Joys & Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's* by Olivia Ames Hoblitzelle and *Forget Memory: Creating Better Lives for People with Dementia* by Anne Davis Basting

Students may purchase *Ten Thousand Joys & Ten Thousand Sorrows* and *Forget Memory* at UM bookstores. Additional reading material will be photocopied for the students and/or placed on the ctool site.

COURSE MATERIALS AND SUPPLIES

- Three ring binder/folder
- Notebook
- Pen/pencil
- Optional: digital camera *

*Students may want to explore photography or video work with their community member and/or for the final reflection piece. All students are eligible to check out equipment to use for this course at the Duderstadt Checkout. The checkout is on the second floor circulation desk of the Duderstadt Center. Students can check out a video camera kit, still camera kit, tripod, and light kit.

TENTATIVE COURSE SCHEDULE

- This schedule lists the key deadlines for papers and projects.
- Readings posted on specific dates are to be read by that class, check ctool site for updated list of readings.
- Blog entries are not on this schedule.

1-8-15

Course overview and paperwork

1-9-15

- Experiential aging exercise
- Introduction to storytelling exercises for persons with memory loss

1-15-15

- Topic: Neurology of Memory: Dr. Nan Barbas

Readings:

- *Proust Was a Neuroscientist*
- *Coda*
- *Selective Review of Cognitive Aging*
- *Normal and Pathological Cognitive Aging in Late Adulthood*

1-16-15

- Topic: Personhood: Exploring Well Being & Memory Loss, Laura Rice Oescheger

Readings:

- *Dementia Beyond Disease: Enhancing Well-Being*
- *Making Friends With Your Illness*
- *Perspectives: A Newsletter for Individuals with Alzheimer's or a Related Disorder*
- *Finding Hope in the Midst of Despair*
- *Personhood in Dementia Care*
- *StoryCorps' Memory Loss Initiative*
- *Six Life Lessons Dementia Can Teach Us*
- *The Alzheimer's Journey: Living Mindfully with Memory Loss: Wisdom Shared by Individuals Living with Memory Loss*
- *Low Resolution Matthaei - CYB*
- *The Eden Alternative Domains of Well Being*

1-22-15 Bus leaves for Turner Senior Resource Center at 9:15

- Discussion on readings and lecture

- First visit to Coffee House Club: Introduction and panel discussion with members

1-23-15

- Topic: Psychological & Social Aging: Professor Beth Spencer

Readings:

- *Psychosocial Adjustments to Aging*
- *Another Country: Chapter 1*

1-29-15 Bus leaves for Turner Senior Resource Center at 9:15

- Discussion on readings and lecture

- Music activity with Coffee House Club Members

1-30-15

- Topic: Communicating with persons with memory loss: Guest Lecturer Andee Janssen

Readings:

- *Playfulness and Dementia*
- *Creating Moments of Joy*
- *A Dignified Life: Being Together*

2-5-15 Bus leaves for Turner Senior Wellness Center at 9:15

- Discussion on readings and lecture

- Dance activity with Coffee House Club Members

2-6-15

- Introduce and practice developing project ideas for persons with memory loss

2-12-15

- Topic: Creative programming for persons with memory loss: Guest Lecturer Ruth Slavin, Deputy Director for Education at University of Michigan Museum of Art

- Meet up with Coffee House Club Members at UMMA

2-13-15

- Introduce and practice art activity for next Coffee House visit

Readings:

- *The Arts and Human Development*
- *Meet Me At MOMA*

2-19-15 Bus leaves for Turner Senior Resource Center at 9:15

- Discussion on readings/lectures

- Art Activity with Coffee House Club Members

2-20-15

- Introduce and practice writing activities designed for persons with memory loss

❖ **Midterm response papers due**

2-26-15 Bus leaves for Turner Senior Resource Center at 9:15

- Presentation to students and Coffee House Members by Guest Lecturer Lindsay Briescke from the Alzheimer's Association

Readings:

○ *Seth Rogan's opening statement before a senate hearing on Alzheimer's Research*

❖ **Project Idea Proposal due – review ideas**

2-27-15

- Continue to review proposals

- Student/Club Member Collaborative Experience: Bret Bohman

3-5-15 & 3-6-14 Spring Break – No class

3-12-15 Bus leaves for Turner Senior Resource Center at 9:15

- Prep activities for visit

- Students & Coffee House Member Project: Week 1

3-14-15

- Discuss student & Coffee House member projects

3-19-15 Bus leaves for Turner Senior Resource Center at 9:15

- Prep activities for visit

- Students and Coffee House Member Designed Projects Week 2

3-20-15

- Topic: Caregiver Experience: Professor Beth Spencer

Readings:

○ *Should Families Provide For Their Own?*

○ *Measure of Heart: A Father's Alzheimer's; A Daughter's Return*

○ *Learning to live in the world of dementia. In Your Name is Hughes Hannibal Shanks*

3-26-15 Bus leaves for Turner Senior Resource Center at 9:15

- Discuss readings/lecture

- Prep activities for visit

- Students and Coffee House Member Designed Projects Week 3

❖ **Book response paper due for Ten thousand Joys & Ten thousand Sorrows**

3-27-15

- Topic: Public Health & Dementia: Prof. Scott Roberts

Readings:

○ *Older Drivers*

○ *Healthy Brain Initiative*

○ *Roberts & Tersengno*

❖ **Student & Coffee House Club Member Project Report due**

4-2-15 Bus leaves for Turner Senior Resource Center at 9:15

- Discuss readings/lecture

- Prep activities for visit

- Students and Coffee House Member Designed Projects Week 4

4-3-15

- Topic: Arts in Healthcare: Guest Lecturer Elaine Sims, Director of U-M Health Systems Gifts of Art Program
- Review student & member collaborative projects

Readings:

- o *The Connection Between Art, Healing, and Public Health: A Review of Current Literature*
- o *The Potential of Partnerships in Arts And Healthcare*

4-9-15 Bus leaves for Turner Senior Resource Center at 9:15

- Discuss readings/lecture
- Prep activities for visit
- Students and Coffee House Member Designed Projects Week 5
 - ❖ **Graduate students: Forget Memory response paper due**

4-10-15

- Organize exhibition/performance at Matthaei Botanical Gardens
 - ❖ **Undergraduate students' reflection pieces due**

4-16-15 Bus leaves for Matthaei Botanical Gardens at 9:15

- Community exhibition & performance

4-17-14

- Course recap and evaluation
 - ❖ **Graduate students' reflection pieces due**