

Color the Music

A collaboration of art and music for adults living with dementia and their care partners

Program Summary and Goals

Artists, writers, and musicians have inspired each other throughout history, and this inspiration continues in the twenty-first century. The National Philharmonic, in residence at the Music Center at Strathmore, invites you to participate in a new collaboration with Mather, an 80+-year-old organization dedicated to creating Ways to Age WellSM.

Research demonstrates that abilities related to creativity in the present moment, sensory enjoyment, and emotional connection all remain long into dementia progression. We believe that the arts are key to tapping into these long-lasting strengths!

Join the National Philharmonic and Mather for a series of dementia-friendly virtual concerts paired with Creative Explorations to try either during or after enjoying the concert. Each Creative Exploration will be outlined with accessibility and wellbeing in mind. This engagement plan will be a useful tool for Program Coordinators, Art Therapists, Teaching Artists, Caregivers, or Family and Friends to help facilitate connection and expression inspired by music.

We believe that connecting with and responding to music through other forms of creative expression supports wellness. Feelings of autonomy, affiliation, and achievement are key ingredients for sustaining wellbeing even as we face cognitive impairment. Here are some tips for cultivating autonomy, affiliation, and achievement through each concert's creative exploration:

Autonomy: Support feelings of autonomy by honoring each artist's choices about what they would like to create, or what material or color they would like to use. Listen to, and honor, the personal connections participants make between the music and their own experiences. Remember, there is no wrong way to make art!

Affiliation: Support feelings of connection during this activity by assisting artists in sharing their work with each other at the end of the group. Invite each artist to give their work a title and share something they like about their piece.

Achievement: The marks we make upon the world (and upon paper) matter! Celebrate participants' sense of pride and accomplishment by noting what was learned during the concert, and treating the beautiful artwork made with dignity by matting each piece and displaying professionally with artist's names and titles.



Guide for Professional Program Facilitators, Care Partners, or Family Members

CONCERT SUMMARY

“This concert features jazz and bebop, with themes of improvisation, creativity, playfulness, and spontaneity. You will notice contrast between improvised solos and the ensemble, scatting versus singing, and rhythm like a heartbeat or inner compass. Notice the different sounds of the instruments, and how the musicians convey different characters and emotions through different speeds or tempo changes.”

MUSICAL SELECTIONS & PERFORMERS

Concert #1: Lena Seikaly Quartet *from the NatPhil Jazz Series*

Performers:

Lena Seikaly (vocals), Steve Herberman (guitar), Amy Shook (bass), Lenny Robinson (drums)

Song List with Reference Recordings (71')

**please note Vocalist Lena Seikaly speaks from the stage between songs in the NatPhil concert recording, the time stamps below indicate when each song begins within the concert video*

1. [“Nobody Else But Me” \(0:00 -\)](#)
2. [“de Noche” \(9:03 -\)](#)
3. [“Line for Lions”](#) (*instrumental version here, concert recording includes vocalist*) (17:30 -)
4. [“I’m in the Mood for Love” \(23:30 -\)](#)
5. [“In a sentimental mood” \(32:25 -\)](#)
6. [“This is the moment” \(39:10 -\)](#)
7. [“Very Good Advice” \(48:50 -\)](#)
8. [“What We Do” \(56:19 -\)](#)
9. [“Lover Come Back to Me” \(1:04:12 -\)](#)



Concert 1 Creative Exploration: Make Art Like a Jazz Musician!

MATERIALS:

- Paper (preferably a heavier watercolor paper)
- Please provide one, or more, of the following:
 - Oil pastels or colorful markers
 - Watercolors with a quality brush and a cup for water
 - Tape to attach paper to work surface

SET UP:

This activity is intended to occur while enjoying the concert. Make sure you can see the screen and the performers of the music if you plan on watching the concert. If you are just listening to the songs, be sure you have a speaker close to you. The paper should be in front of you on a table or lap desk, and drawing/painting materials close at hand. We will be using rhythm and movement during artmaking, so it may be helpful to tape down your paper to your work surface.

PROCEDURE:

- We will be making art inspired by the jazz music we will hear and see as we watch the musicians play. Listen to the song and pick an instrument to focus on (for example piano, drums, human voice) noticing when that instrument appears in the concert.
- Pick an art material or color to represent your selected instrument. Use your art material to imitate the movement or rhythm of the musicians as they play their instrument. If we stick with our drums example, perhaps our marker moves back and forth like the drumstick the musician is holding when they are playing. Or if we are following the rhythm, maybe our paintbrush moves up and down quickly to the rhythm being played.
- Whenever you desire, pick a new instrument and switch colors or art material to represent your new instrument. You can either focus on a new area of the paper or overlap with the previous marks you made on the page. If I began with focusing on the violin, maybe now I focus on the drums, using my marker as a drumstick as I make small dots mimicking what I hear the musician doing on their drum set.
- There are no wrong ways to make art, so anything goes! The goal is to fill your paper with visual representations of the music being played, connecting to the music we are hearing in a new way. Using your imagination your marker or paintbrush can become a bow, a drumstick or even the keys of an imaginary piano!



DISCUSSION QUESTIONS:

- What instrument was your favorite to depict in your art? Why is that?
- Was one instrument harder for you to depict than the others?
- Do you see anything in the artwork you created? Do any of the lines or shapes remind you of something?
- If you made this artwork alongside someone else compare your work with theirs. Did you make similar marks for each instrument being played? Did you use similar colors?

TAKE IT EVEN FURTHER:

- Print images by the artist Kandinsky and view as a group. Kandinsky was a painter who loved to explore the connections between art and music. Are there any similarities between his painting and the works you produced?

TIPS:

- Be sure to tape down the paper before beginning the work to insure it stays in one place during the artmaking process.
- If a participant becomes stuck on how to depict a particular instrument, encourage them to find the beat and make art to the rhythm of the music, either tapping or making lines as they hear a sound.

SUBMISSION PROCESS TO VIRTUAL GALLERY:

Following each concert, share high resolution photos of artwork (with the artists' consent of course!) via DropBox by the May 1st deadline, and we will include your images in a virtual art exhibit at the culmination of the Color the Music concert series!

Images may be displayed individually or grouped together as a montage.

SUBMISSIONS FROM THIS CONCERT SERIES ARE DUE BY MAY 1, 2022. Submit artwork via DropBox.

To optimize the appearance of your artistic creations in our Virtual Gallery, please include digital images with a minimum of 500 pixels width or height and video of 1080p or 1920 x 1080 to ensure the best final product. If the image/video quality does not meet these requirements, we may not have the option to display it.

QUESTIONS? Please email Director of Community Engagement Tiffany Richardson (tiffany.richardson@nationalphilharmonic.org) with any questions.



Ideas for Offering Color the Music for Staff/Caregiver Self Care

- Schedule a staff/caregiver Music & Art Self-Care In-Service.
- The power of music and art is that it can bring out so much in us: emotions, energy, or reflection. This activity can be shared with staff or caregivers in a similar way, playing the music for them to create art to, focusing on each instrument at a time. This provides a great opportunity to be “in the moment,” letting go of the pressures or worries of the day and simply focusing on the sound of the instruments and the marks that can be made on paper.
- Experiment with creating in this way to fast, upbeat music or slower, more relaxing music. How do the marks or colors change? How do participants feel after this process?
- Share your Staff/Caregiver artwork with NatPhil. *Please email Tiffany Richardson (tiffany.richardson@nationalphilharmonic.org) if you have submitted Staff/Caregiver images.*