



Media Release

For Immediate Release

Seniors at Fairview Lodge to Build Giant Artscape with Youth During Special Art Project Hosted by Art With A Heart Inc.

Whitby, Ontario (May 19, 2015) – Member of Parliament Pat Perkins and Art With A Heart Inc. are pleased to announce the launch of *The Legacy Project* – a 25-week initiative bringing seniors together with other generations to forge new bonds and relationships while working on a wall-sized artistic mosaic mural, to be installed at Fairview Lodge in Winter 2015.

“The Legacy Project will bring seniors together with youth, family members, care-givers and professional working artists. Using expressive arts therapy techniques, we will prompt participants to share their thoughts, imagine themes and actively create art projects,” explained Sheri Gundry, Executive Director and Artist at Large, Art With A Heart Inc. “The ideas and art created in the inter-generational workshops will be used by our professional Durham-based artists to design the final art installation, which will be created by the seniors and community...It’s an exciting community-building project.”

***The Legacy Project* includes:**

- 16 expressive arts therapy sessions will bring seniors together with youth, with caregivers and with family members to create art projects, and foster relationships. The workshops are designed to help foster communication, improve cognition and advance fine motor dexterity. Workshops are slated to start during the week of June 29, 2015.
- Working professional Durham-based artists will meet with a small group of seniors to design the final mural, using artistic elements created in the 16 workshops and drawing on themes discussed during those sessions. This artistic brainstorming phase lasts about three weeks.
- In week 20, we invite all participants to join together to complete the final mural. This process assists with fine motor skills, cognition, and it helps advance relationships between the groups.
- In week 24, an official installer will mount the piece in Fairview Lodge (location to be announced at a later date)
- We unveil the final mural during week 25, once again bringing all participants together to celebrate their accomplishments and reaffirm their enhanced and/or new relationships.

The Legacy Project is yet another way that Art With A Heart is helping seniors in the Durham Region. It is the first time the organization is running an inter-generational program of this magnitude. This project is possible thanks to funding from the New Horizons Program for Seniors.

About Art With A Heart:

Art With A Heart Inc. helps Durham residents improve their lives through community arts programs, expressive arts therapy and special event programming. Since becoming an official charity in March 2010, Art With A Heart Inc. has helped more than 2,000 people, facilitated six multi-week youth workshops; supported young street-involved mothers with five six-month programs; presented six women-focussed events; offered programs for 155 seniors; and hosted eight activities to support Durham-based artists. More information about the charity is available at www.artwithaheart.ca, and donations may be made directly through CanadaHelps.org

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