

## **The Story Behind “Art Is...In” Packets**

February 2021

I am excited to tell you about a free art opportunity and the story behind how it has happened.

In November 2020, Katie Johnson, a social work colleague, friend, and supporter of the Family Caregivers Center sent me an article from the Hyde Park Press, a small Chicago newspaper. The article described an arts program that had been created and piloted through a partnership between the University of Chicago Medicine Memory Center and GoldMind Arts. The article explained that since COVID-19 suspended an in-person art program for people living with dementia and their care partners, that art packets had been sent weekly in the mail. It was such a success that Fabiana Goldman, from GoldMind Arts was in the process of designing more packets that could be distributed widely.

On Friday, November 13, I called Fabiana and had a very pleasant conversation. She was excited to learn about the Family Caregiver Center and thought that by February 2021 the art packets could be made available to caregivers caring for someone living with dementia through the Family Caregivers Center.

As a follow-up to our conversation, Fabiana sent me a sample art packet. It contained everything needed to complete the project: paint, brushes, paper, photos of art, instructions and thoughtful questions to think about/discuss while doing the project.

Please find information on the back of this letter that describes how to sign up so you and the person for whom you care can receive a fun art packet weekly. If you need assistance in signing up to receive the art packet call us at 319-221-8866.

*Kathy Good, Director, Family Caregivers Center*