



*The Florida Association of Homes and Services for the Aging
Innovation Exchange*

Submission Form

Name and Title of Submitter:	Dick Grillo, Senior Director of Community and Church Outreach
Facility/Organization Name:	Advent Christian Village (ACV)
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Date of Submission:	July 10, 2002 (updated February 8, 2008)
Title of Innovation:	Arts in Health Care
Topic for Submission:	
Audience:	<input type="checkbox"/> Affordable Housing (HUD, tax credit, etc.) <input type="checkbox"/> Assisted Living Facilities <input type="checkbox"/> Home & Community Based Services <input type="checkbox"/> Nursing Homes <input type="checkbox"/> Retirement Communities (CCRC or fee for Service) <input checked="" type="checkbox"/> All of the Above
Description of Innovation:	<p>For over 20 years, Advent Christian Village has organized Artist Series Events for our community. Music, art, and drama have been scheduled to enhance the quality of life for our residents. Dick Grillo, who has been at ACV for over 25 years, is an accomplished, multi-talented musician and has coordinated the Artist Series, as well as numerous other art and musical programs, for our independent living residents and those in the nursing home and assisted living facilities. Mr. Grillo has attended workshops and collaborated with the Shands Arts in Medicine Program in Gainesville, which is coordinated by John Graham-Pole, M.D., M.R.C.P., the founder of the Shands Arts in Medicine Program.</p> <p>In 1992, the Arts In Healthcare at Advent Christian Village began to explore the art of writing via an annual publication, first known as "Willow Bend Echoes" and later as "Village Voices," of stories and poems from the lives of residents, staff, and children of the community. From these writings, Mr. Grillo's active mind eventually conceived the idea of transforming some of these stories into short "Reader's Theatre" performances, which he considered expressions of affirmation, wellness, and testimony.</p>

In 2002, Mr. Grillo collaborated with the Comprehensive Community Services Agency in Live Oak, which provides services for the developmentally disabled, and developed a weekly musical program with them. Approximately 24 adult developmentally disabled persons have enhanced their quality of life by this program.

Also in 2002, Mr. Grillo gave a summary of his work over the last 20 years in enhancing the health and quality of life for our residents in every level of care. He also presented a model of musical programs used with 1) intergenerational music groups, 2) the developmentally disabled, 3) older adult caregivers.

Attachments:

1. Request for volunteers in the Arts and Health Care
2. PowerPoint Presentation

Budget: \$50,000

Please scroll down ↓

Request for Volunteers:

Artists - Storytellers - Musicians Actors - Magicians - Clowns - Dancers...

Dealing compassionately and lovingly with the whole person, body, mind, and spirit calls for all the resources we have available to us. The arts are part of the resources we see as also having potential for healing, understanding and genuine exchange between people.

Come share your creativity with residents, families, and staff at our nursing home, assisted living facility, and the Advent Christian Village community. Take a step today towards improving the health and quality of life of someone special at Advent Christian Village

You don't need extensive experience just the desire to bring the healing power of the arts to residents and families. An hour or two a month can make a difference.

Yes, I'm interested in sharing my talent through Arts in Healthcare.

Please call me!

Name _____

Address _____

City _____

State/Zip _____

Telephone:

Days _____

Nights _____

Area of Interest:

____ Good Samaritan (nursing home)

____ Dacier Manor (assisted living)

____ ACV Retirement Village

I'd like to volunteer at:

____ Good Samaritan (nursing home)

____ Dacier Manor (assisted living)

____ ACV Retirement Village

Times available to volunteer:

____ Days ____ Evenings ____ Weekends

Please mail this to:

Arts in Healthcare Coordinator

P.O. Box 4304

Dowling Park, FL 32064



Arts in Healthcare

After twenty years of presenting Artist Series events for our community. it helps to stop, take a pulse, and review why? Why are music, art, drama and inspirational events important to residents here? After all, this is a retirement community. Aren't retirees supposed to slow down and simplify life as they deal with aging issues?

I read something recently in a music therapy journal that reinforced to me how quality of life directly impacts our health. The writer said, "Health is that condition of the individual that makes possible the highest enjoyment of life. When health is thought of simply as absence of disease, it is a standard of mediocrity. When health is thought of as a quality of life, it is a standard of inspiration and ever-increasing achievement."

It's a remarkable statement coming from Dr. Jesse Williams from a 1930's AMA journal. And it's an excellent description of the wellness movement of today. Dealing compassionately and lovingly with the whole person, body, mind and spirit calls for all the resources made available to us. The performing arts are part of the resources we see at The Advent Christian Village as having potential for helping us see the world more clearly. The arts help us to live fuller lives as individuals and members of community, and as members of particular cultural traditions. The arts are also one of the best forms for achieving genuine exchanges between members of different cultural communities.

Each year's artist series involves another deliberate approach towards providing some enjoyable measures to improve our health and our quality of life. Come join me in this Arts in Healthcare experience! You'll be healthier for having done so!

POWER POINT PRESENTATION of PERFORMING ARTISTS

**and other
arts events/activities
which involve**

**Senior adults
families
and
children**

LAUGHTER AND PLAY

Song: "The Vacant Chair"

Song: "The Gown With the Split Down the Back"

**By Glendon McKee
Music adapted by Dick Grillo**

For over 20 years, Advent Christian Village has organized performing arts events for our community. Music, dance and drama have been offered to enhance the quality of life for our residents, their families, school-age children and the surrounding communities.

Input comes from all of the above mentioned as we select award-winning performers. Among those who benefit are, of course, the residents at Advent Christian Village, but especially those in our health care facilities, people in skilled care, people in Alzheimers care, people in assisted living as well as the general population in the surrounding communities.

The need for increased networking between the arts and aging fields was among the recommendations submitted to the 1995 WHITE HOUSE CONFERENCE on AGING. Ten years prior to that, when I arrived at the Advent Christian Village, we began networking with local, state and federal players in the arts arena.

What we discovered is that we'd need to establish our own rural Arts Council, and partner with such organizations as the Department of State Division of Cultural Affairs and The Florida Arts Council. In doing this, we fulfilled goals that both organizations share insofar as bringing outstanding Florida Artists to people in "underserved" areas. The State had defined Suwannee and other counties who were distanced from the performing arts as "underserved."

"Creativity is a great medicine for all, both creator and the one who experiences it. It prevents disease and promotes wellness. It is not an indulgence, it is fundamental to medical practice."

"...The artist is peer to the doctor. Art uplifts, educates, brings beauty, and facilitates social change. Bringing imagination to our every endeavor makes us happier and healthier. But imagination becomes flabby if not exercised. I urge you not to neglect it."¹

Patch Adams, M.D.

¹*Graham-Pole, M.D., 2000. *Illness and The Art of Creative Self-Expression*, New Harbinger Publications, Inc.*

To quote another leader in this field. . . listen to what Dr. John Graham Pole, cofounder of Arts In Medicine at Shands at University of Florida has to say about Arts in Medicine:

- "...another accepted meaning to the word art: that of giving loving care and service to each other, to anyone in need. Put another way, this is what is meant by the art of caring and skilled service to the sick, the disabled and the dying, young and old.
- "It's as vital a component of healthcare as the last hundred years of medical scientific progress. Just as in education the arts are often contrasted with the sciences, so in healthcare, art and science are seen as opposites. Actually, of course, they are compliments, and of equal importance, because they're both indispensable."²

In a book entitled, "Piece by Piece, Creating Successful Arts in Healthcare Programs", Dr. John Graham Pole says:

- "Today we know that art and music making as well as dance and all kinds of play can induce healing effects on our body - mind - spirits through intricate links among our nervous, hormonal and immune systems.
- "Throughout the western world, healthcare facilities are being transformed by all kinds of arts infiltrating the hallowed halls of medical science--our nation's hospitals.

- “Doctors, nurses, health administrators are openly acknowledging the healing power of the arts and its profound contribution to the quality of our lives.”³

Dealing compassionately and lovingly with the whole person—body, mind and spirit—calls for all the resources made available to us. To those who are providing leadership, setting policy and braving the frontiers for seniors in this country and in the State of Florida, we must invest in the lives of those about us.

We have much to learn from those we serve.

We have much to learn from those who reside in our midst in retirement communities, in nursing homes, in assisted living facilities, and those in Alzheimers care and Hospice care.

We have much to learn from primary caregivers... .. if we will listen.

² Graham-Pole, M.D., 2000. *Illness and The Art of Creative Self-Expression*, New Harbinger Publications, Inc.

³ *Piece by Piece, Creating Successful Arts in Medicine Programs*, 2000, VSA Arts of Florida

NOTE: VSA Arts of Florida is a non-profit arts and educational state affiliate of VSA arts hosted by the University of South Florida. VSA arts, an international non-profit organization, was founded in 1974 by Jean Kennedy Smith as an affiliate of the John F. Kennedy Center for the Performing Arts. Contact YSA arts of Florida at: University of South Florida, 3500 E. Fletcher Avenue, Suite 234, Tampa, FL 33613. 813-975-6962 * 888-844-ARTS (voice & TTY) * 813-975-6596 (fax)

Visualize the Scene No. 1

- Mrs. Nellie -

(a nursing home resident)

- A dining room in our skilled nursing home with about 40 people, some in wheelchairs, some with walkers, others seated around tables waiting for the song leader to provide an hour of inspirational and uplifting music.

Song: “Where We’ll Never Grow Old”

Visualize the Scene No. 2

- Mr. Joe -

Sixteen Adult Day students with varied levels of developmental disabilities in a music and song session.

Were in a semi-circle with two people in wheelchairs.

Visualize the Scene No. 3

- Mrs. Delma -

(A nursing home resident)

The family has been called in because their mother does not have long to live. It's a semi-private room but the other bed is not occupied so the family is circled around the room—some seated on the unoccupied bed. A daughter holds the hand of her mother who had nurtured her through life. Another daughter looks on in quiet confidence.

(I was asked to come spend a few moments with the family and to bring my instrument and quietly play a few hymns.)

Song: "Jesus Loves Me"

(Following "Jesus Loves Me")

The room was heavy with sentiment. For in the melody, and words of that old hymn, the young and the old met on common ground. The song was simply a tool that lifted them and brought them hope. We had entered into that place where FAITH-BELIEVING people long to be. We were on holy ground.

Our business at Advent Christian Village... is ministering to the needs of the whole person, body, mind and spirit. Those needs are recognized, be they physical, social, intellectual, emotional or spiritual. The arts in healthcare settings like ours, and a growing number of hospitals, are some of the tools we use to address the various issues of aging.

I am thankful and give praise to our Creator for having the opportunities to help fulfill our mission and purpose.

Our Mission and Purpose is:

To express Christ's love by providing compassionate care and quality comprehensive services for senior adults, families with special needs and children in a secure and supportive residential setting and in the surrounding communities.