

Expose Yourself to Art

For a list of class times and dates,
or to register, call **440/312-6242**.

Expose Yourself to Art

South Pointe art program recharges the spirit

Invigorating, relaxing, therapeutic. These are a few of the words people are using to describe a series of art classes offered at South Pointe Hospital. Called Expose Yourself to Art, the sessions are a collaboration between the hospital and Harborside Healthcare. They are free and open to the public.

“I just love it,” says Jeanette Langford of Warrensville Heights. “Art keeps your spirits up and is so invigorating. The instructors are encouraging, and I’ve really benefited from the classes. Senior Circle can’t be applauded enough for offering these types of programs to the community.”

A Focus on Fun

Serving as lead instructor is Mary Lee Malemud, activity director at Harborside, who is completing a post-master’s degree certification program in art therapy. Joining her is Elena Smolej, an art restorer from Russia who has worked at the Louvre in Paris.

“These classes are our way of contributing to the community,” says Malemud. “Although they are offered as part of Senior Circle, all ages are welcome. Each session covers a different subject or medium, and students create completed projects to take home. Our focus is on having fun.”

A Time for Socializing and Creativity

For Jackie Shelton of Maple Heights, socializing with other people is an important aspect of the program. “Everyone looks forward to getting together,” she says. “It makes for a nice outing. The classes are relaxing and therapeutic, and we enjoy releasing our creativity. Since I’ve never done anything like this before, I didn’t know how it would go. But it’s been great and I love it.”



(Above) Jeanette Langford enjoys the many benefits of the Expose Yourself to Art classes.



(Left) Class participants are encouraged to express their creativity through various art media.

Express Yourself

Past sessions have included working with clay, making stationery, creating jewelry and painting to music. “Expressing oneself through art is a total mind-spirit-body experience that can be very healing. This uplifting program is a real jewel,” says Barb Demagall, wellness coordinator at South Pointe. ●

SeniorCircle plus

NEWS AND HEALTH INFORMATION FOR SENIORS

FALL 2004

Seniors Step into Line Dancing

A new twist to exercise

Line dancing is a popular way to stay in shape. These days, older adults are mixing up their exercise routines with fun steps and lively social activity at a new class offered by Huron Hospital through its Senior Circle Plus program.

Making Fitness Fun

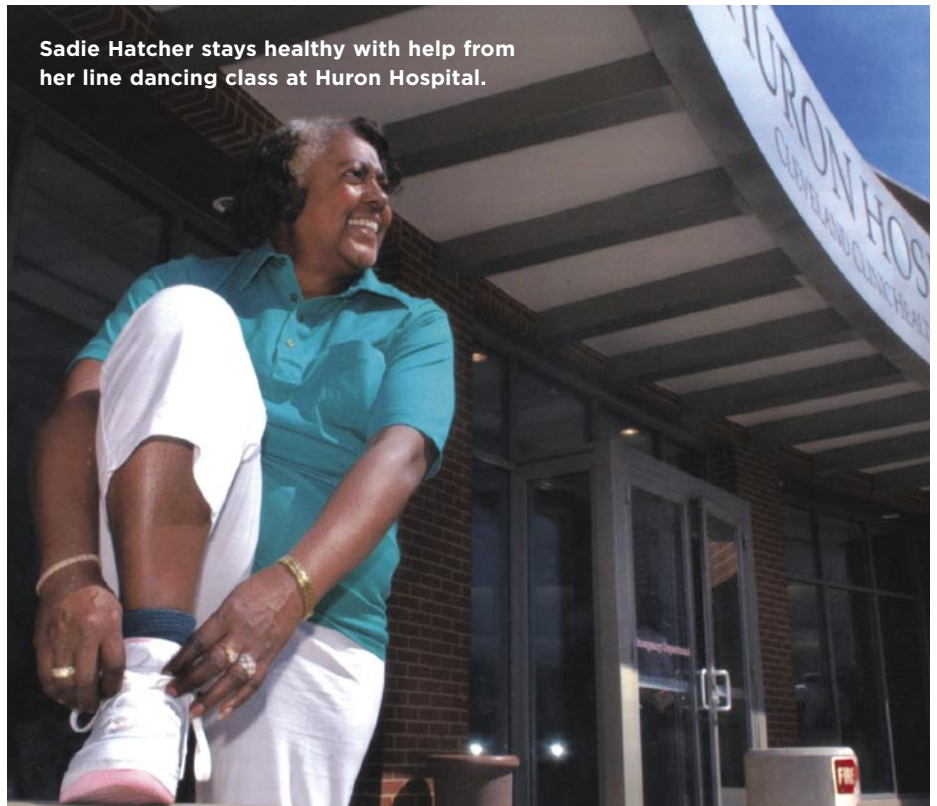
The new line dancing class at Huron started at the beginning of this year. "We are always looking for programs that bring fitness into our set of opportunities, but in a fun way," says Karla Lindsey, Senior Circle Plus coordinator.

And fun it is. Fifteen to 20 people between the ages of 65 and 70 come to the class each month. Lindsey believes that while the participants come mainly for the exercise, it is also an opportunity for social interaction, with class members often singing along.

A Key to Good Health

Sadie Hatcher, a class participant, says she enjoys everything about the new class, especially that the instructor doesn't just do line dances, but other forms of exercise as well.

"Beth Parmin, the instructor, doesn't stop during the class," Hatcher says. "She stresses that we can stop



Sadie Hatcher stays healthy with help from her line dancing class at Huron Hospital.

whenever we need to. She always lets us go at our own pace.

"She knows we're older and wants us to loosen our joints before we begin," Hatcher adds. "The class is very invigorating for me. I've been exercising all my life, and my health is pretty good. Exercise is the key, and I'm going to keep my health up as long as I can."

Hatcher says she became interested in the program after she saw it listed in the Senior Circle Plus program guide. Not only does she keep fit by coming to Huron's class, but she

also attends the line dancing class at South Pointe Hospital.

Get Moving

There are no minimum requirements to attend the line dancing class; however, Lindsey recommends that older participants speak with their primary care physician before starting the class to avoid injury. ●



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For line dancing class times and dates at Huron Hospital, call 216/761-2806.