As we age, we benefit from engaging in artistic activity across the creative spectrum.

2. Fancourt, D., Tymoszuk, U., "Cultural Engagement and Incident Depression in Older Adults: Evidence from the English Longitudinal Study of Aging.

Pennsylvania has the 2nd highest Percentage of seniors at 16%.
SUMMARY

Culture is key to keeping people engaged and inspired through the entire journey of life.

For adults over 50, arts and culture can dramatically reduce the risk of developing depression and dementia through volunteer engagement and improve mental and emotional processing power. The community benefits from the impact of arts and culture organizations—gardens, museums and other arts and culture organizations—regularly engaging nearly 2.5 times less likely to experience dementia.

The Brandywine River Museum of Art’s Through Music program, in collaboration with the Penn Memory Center, gives seniors with Alzheimer’s disease a weekly opportunity to make and share music and tell stories in a safe space, helping 50+ seniors and family members feel “happier, lighter and more at-ease” since the program’s inception. The curriculum is designed to allow participants to process negative emotions and increase and embrace positive emotions through music creation, community-building exercises and informal interactions with professional musicians and fellow patients.

The emotional response to cultural activities such as music involves brain regions critical to the processing of positive emotions and reward. Cultural activities also require cognitive and perceptual engagement and therefore those with mild or no depression, and cultural engagement has been found to support coping behaviors associated with lower levels of depression, improve mental and emotional processing power and reduce the risk of developing depression by 48%.
SUMMARY

Culture is key to keeping people engaged and inspired through the entire journey of life.

For adults over 50, arts and culture can dramatically reduce the risk of developing dementia through volunteer engagement and improve mental and emotional processing power.

The Agenda series highlights existing research and resources that demonstrate the relevance and impact of arts and culture in Greater Philadelphia, throughout the Commonwealth and across the country.

The community benefits from the impact of arts and culture organizations — gardens, museums and other arts and culture organizations — like that done in gardens, museums and other arts and culture organizations — that increase social and physical activity that improves brain function and reduces the risk of dementia. Recent studies show that for adults over 65, active volunteer work contains clear structure, collective purpose and increases in cognitive, social and physical activities that inspire brain function and reduces the risk of dementia. Regular volunteer work makes older adults nearly 2.5 times less likely to experience dementia.

RESEARCH IMPACT:

1. Hutchinson, S.L., et al., "The emotional response to cultural activities such as music involves brain regions involved in the processing of positive emotions and reward." Cultural activities also require cognitive and perceptual engagement associated with increases in levels of depression." and cultural engagement may increase positive emotional reactions to music due to the brain's ability to modulate emotions with professional musicians and fellow patients.

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The emotional response to cultural activities such as music involves brain regions involved in the processing of positive emotions and reward. Cultural activities also require cognitive and perceptual engagement associated with increases in levels of depression, and cultural engagement may increase positive emotional reactions to music due to the brain's ability to modulate emotions with professional musicians and fellow patients.

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The community benefits from the impact of arts and culture organizations — gardens, museums and other arts and culture organizations — like that done in gardens, museums and other arts and culture organizations — that increase social and physical activity that improves brain function and reduces the risk of dementia. Recent studies show that for adults over 65, active volunteer work contains clear structure, collective purpose and increases in cognitive, social and physical activities that inspire brain function and reduces the risk of dementia. Regular volunteer work makes older adults nearly 2.5 times less likely to experience dementia.
IMPACT: REDUCING DEPRESSION
A recent major study shows the impact of arts and culture engagement on older adults. In the more than 2,100 participants 50 years and older, monthly engagement in cultural activities—such as theater, opera, art galleries, cinemas, exhibitions, museums and concerts—reduces the risk of developing depression by 48%. Even less regular attendance, every few months, lowers the risk of depression by 29%.

The emotional response to cultural activities such as music involves brain regions critical to the processing of positive emotions and reward. Cultural activities also require cognitive and perceptual engagement, and a recent study found that 10 minutes of music can reduce and resolve depression. The emotional response to cultural activities such as music involves brain regions critical to the processing of positive emotions and reward. Cultural activities also require cognitive and perceptual engagement, and a recent study found that 10 minutes of music can reduce and resolve depression.

IMPACT: ENGAGING MENTALLY &SOCIALLY
The Bradyswine River Museum of Art's workforce of more than 300 volunteers—regardless of age—has been shown to be linked to reduced risk of dementia and other cognitive impairments. The museum's volunteer program has been shown to reduce the risk of dementia by 2.5 times. Seniors who volunteer continuously (once a month or more) are significantly less likely to develop depression than seniors who volunteer occasionally or do not volunteer their time at all.

Recent studies show that for adults over 65, active volunteer work contains clear structure, collective purpose and increases in cognition, social and physical activity, that support brain function and reduces the risk of dementia. Seniors who volunteer continuously (once a month or more) are significantly less likely to develop depression than seniors who volunteer occasionally or do not volunteer their time at all.
SUMMARY

Culture is key to keeping people engaged and inspired through the entire journey of life. For adults over 50, arts and culture can dramatically reduce the risk of developing depression by 48% and improve mental and emotional processing power.

The agenda series highlights existing research and resources that demonstrate the relevance and impact of arts and culture in Greater Philadelphia, across the Commonwealth and throughout the country.

The community benefits from the impact of volunteer engagement on older adults: in the more than 2,100 ad

For adults over 50, arts and culture can dramatically reduce the risk of developing depression by 48% and improve mental and emotional processing power.

The Brandywine River Museum of Art’s Through Music program’s inception. The curriculum is designed to allow participants to process negative emotions and increase positive emotional and behavioral responses twice a week. This program’s evidence-based approach to music therapy is scalable and supports community-building exercises and informal interactions with professional musicians and fellow patients.

The community benefits from the impact of volunteer engagement on older adults: in the more than 2,100 organizations — like that done in gardens, museums — reduces the risk of depression by nearly 2.5 times less likely to experience dementia. Seniors who make older adults nearly 2.5 times less likely to experience dementia.

Recent studies show that for adults over 65, active volunteer work contains deep structure, collective purpose and increases in cognitive, social and physical activities that improve brain function and reduces the risk of dementia. Active volunteer work combines clear structure, collective purpose and increases in cognitive, social and physical activities that improve brain function and reduces the risk of dementia.

Recent studies show that for adults over 65, active volunteer work contains deep structure, collective purpose and increases in cognitive, social and physical activities that improve brain function and reduces the risk of dementia.

A recent major study shows the impact of arts and culture engagement on older adults in the more than 200 participants 50 years and older, monthly engagement in cultural experiences — including theater, opera, art galleries, cinema, exhibitions, museums and concerts — reduces the risk of developing depression by 48%. Even less regular attendance, every few months, lowers the risk of depression by 28%.

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ART MAKES THE DIFFERENCE:
As we age, we benefit from engaging in artistic activity across the creative spectrum.

RESEARCH

2. Fancourt, D., Tymoszuk, U., Cultural Engagement and Incident Depression in Older Adults: Evidence from the English Longitudinal Study of Aging.
4. Buck, D., Gardens and Health: Implications for Policy and Practice.

AGENDA BY THE NUMBERS

1. 10,000 AMERICANS TURN 65 EVERY DAY
2. WOMEN 85 YEARS OF AGE AND OLDER ARE THE FASTEST GROWING AGE GROUP IN THE UNITED STATES
3. 50% OF THE PEOPLE BORN TODAY CAN EXPECT TO LIVE TO 100 YEARS OLD
4. ADULTS OVER 50 MAKE UP MORE THAN 61% OF RECENT ELECTION TURNOUT
5. PENNSYLVANIA HAS THE 2ND HIGHEST PERCENTAGE OF SENIORS AT 16%

MORE INFORMATION, CITATIONS + RESOURCES PHILACULTURE.ORG/AGING

FAVORED ACTIVITIES

1. Dancing reduces fall risks, strengthens muscles and improves mobility
2. Pottery & Jewelry Making reduces stress and encourages healthier eating
3. Choral Singing reduces loneliness, anxiety and depression
4. Gardening & Horticulture reduces stress and encourages healthier eating
5. Poetry improves vocabulary and word usage among adults with dementia
6. Museum Attendance increases well-being and decreases social isolation

The Greater Philadelphia Cultural Alliance would like to thank its project partners and advisory committee members, including: Yocasta Lora, AARP; Diane Menio, Center for Advocacy for the Rights and Interests of the Elderly; Lydia Hernandez-Velez, Mayor’s Commission on Aging; Najja Orr and Joan Zaremba, Philadelphia Corporation for Aging. The Cultural Alliance also thanks Willo Carey and Peter Benoliel for their valuable insight and support.
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PENNSYLVANIA HAS THE 2ND HIGHEST PERCENTAGE OF SENIORS AT 16%

1 DANCING: Increases cardiovascular health, strengthens bones and muscles, and improves balance.

2 POTTERY & JEWELRY MAKING: Sharpens mental acuity and maintains manual flexibility.

3 CHORAL SINGING: Reduces loneliness, anxiety, and depression.

4 GARDENING & HORTICULTURE: Reduces stress and encourages healthier eating.

5 POETRY: Improves vocabulary and word usage among adults with dementia.

6 MUSEUM ATTENDANCE: Increases well-being and decreases social isolation.

7 DANCING: Reduces fall risks, strengthens muscles and improves mobility.

8 GARDENING & HORTICULTURE: Reduces stress and encourages healthier eating.

9 CHORAL SINGING: Reduces loneliness, anxiety, and depression.

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RESEARCH

ART MAKES THE DIFFERENCE:

1. Dancing:
   - Cardiovascular health
   - Reduced risk of falls
   - Improved balance
   - Encourages social connections

2. Pottery & Jewelry Making:
   - improves hand-eye coordination
   - Increases creativity

3. Gardening & Horticulture:
   - Reduces stress
   - Improves mood
   - Increases physical activity

4. Choral Singing:
   - Reduces loneliness
   - Anxiety and depression

5. Poetry:
   - Improves vocabulary
   - Word usage among adults with dementia

6. Museum Attendance:
   - Increases well-being
   - Decreases social isolation

MORE INFORMATION, CITATIONS + RESOURCES: PHILACULTURE.ORG/AGING

AGENDA BY THE NUMBERS

1. 10,000 Americans turn 65 every day
2. Women 85 years of age and older are the fastest growing age group in the United States
3. Half of the people born today can expect to live to 100 years old
4. Adults over 50 make up more than 61% of recent election turnout
5. Pennsylvania has the 2nd highest Percentage of seniors at 16%

POTTERY & JEWELRY MAKING

- Increases creativity
- Improves hand-eye coordination

GARDENING & HORTICULTURE

- Reduces stress
- Encourages healthier eating

CHORAL SINGING

- Reduces loneliness
- Anxiety and depression

POETRY

- Improves vocabulary
- Word usage among adults with dementia

DANCING

- Cardiovascular health
- Reduced risk of falls
- Improved balance
- Encourages social connections

MUSEUM ATTENDANCE

- Increases well-being
- Decreases social isolation

THE IMPACT OF ARTS AND CULTURE

AGING

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Vice President of Advocacy & Strategic Partnerships
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Chief Strategy Officer
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Strategic Communications Manager
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Mayor’s Commission on Aging

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