



UNITEDPERFORMINGARTSFUND

The Performing Arts: Just What the Doctor Ordered!

Thanks to donors like you, our Member Groups continue to foster a positive and healthy Milwaukee community.

Everyone knows that the performing arts entertain and boost our economy. But did you know the arts also improve our community's health and wellness? According to the National Institutes of Health (NIH), the arts can help reduce stress and anxiety, improve well-being, and enhance the way we fight infection. Click [here](#) to access the NIH newsletter.



UPAF Member Groups are invested in improving our community's physical, mental and behavioral health. Please read on to learn about some of the health and wellness programs of our Member Groups.

Milwaukee Ballet Gives Children with Disabilities a Chance to Dance

Currently in its first year, the *Tour de Force Program* pairs together 10 of Milwaukee Ballet's Company dancers and staff, 15 doctors and physical therapists from Children's Hospital and Concordia University, and nine little ballerinas with a variety of physical disabilities in a ballet studio for a four-session program.



"Our goal was to create a supportive environment where the children could try ballet classes in a format that made them feel empowered rather than excluded," said Milwaukee Ballet Director of Community Outreach Alyson Chavez.

Photograph, Milwaukee Ballet

Milwaukee Public Theatre Hosts *Tap the Potential* for Disability Awareness

Tap the Potential, an annual program in October, celebrates Disability Awareness month and the passage of the Americans with Disabilities Act in 1990. The program seeks to challenge stereotypes of disability through performance and artworks presented by artists who have disabilities themselves. Artists from Milwaukee Public Theatre perform at a variety of events throughout Milwaukee. Click [here](#) to access the schedule of events.



Photograph, Milwaukee Public Theatre

Danceworks Joins Children and Older Adults to Make Art and Build Relationships

Danceworks *Intergenerational Multi-Arts Program (IMAP)* brings together urban elementary students and older adults from assisted living and adult day programs. Together, participants learn and create dances, design visual art pieces and produce creative writing. Through *IMAP*, children and adults build meaningful relationships, which adds excitement and variation into the older adults' daily routines.

"Danceworks *IMAP* positively influenced our participants by bringing new life and vitality into the day center each week. We have many participants who either do not have young children in their lives or don't have the opportunity to see their great-grand or grandchildren. I can't tell you how much joy it brought to them to create and move with the students," said a staff member at Luther Manor Adult Day Center.



Photograph, Danceworks, Inc.

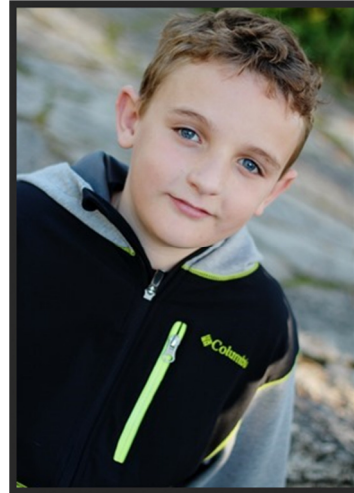
IMAP is implemented at public and private older adult daycare and senior centers in Milwaukee and neighboring urban schools with limited or no arts education. This program fills the gaps in students' educational needs and provides a creative outlet for older adults. *IMAP*'s central goal is to use the arts as a vehicle to facilitate and cultivate relationships and develop understanding between the generations.

First Stage Provides Children with Autism a Safe Space to Develop Social Skills

First Stage's award-winning program, *Next Steps*, offers classes designed to help students with autism take their next steps as an artist and a person. Participants are given the opportunity to learn social skills among their peers while participating in theatrical and musical activities.

First stage creates a positive environment where children are free to be creative and be themselves without judgment or fear of failure. Under the guidance of meticulously-trained faculty members, participants often make unprecedented developmental leaps.

Eleven-year-old Beck Lawrence, a student at Fairview Elementary, has blossomed in *Next Steps*. Beck says, "First Stage is where you can be yourself and have fun."



Beck's mother, Kelly, says "First Stage is one of the most positive influences for Beck. He is completely accepted and encouraged there."

Photograph, First Stage

In addition to these programs, all 15 UPAF Member Groups offer arts education programs with a focus of ensuring all children in the Greater Milwaukee community have access to arts education experience.

Thank you for supporting UPAF and performing arts groups!

The opportunities available to the Milwaukee community are making a difference in so many lives.

www.UPAF.org



UNITED PERFORMING ARTS FUND



[Forward this email](#)

 [SafeUnsubscribe™](#)

[Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [About our service provider.](#)



UPAF | 301 W. Wisconsin Ave. | Suite 600 | Milwaukee | WI | 53203