



# “YOUNG AT ART”

The “Young at Art” Theatre Company is a group of over 30 Beth Abraham Health Services Adult Day Health Care Program (ADHC) registrants brought together by their love for theatre arts.

In March of 2006, this group of registrants started joining a workshop offered by the *Action Racket Theatre*, an outside organization co-founded and directed by the energetic duo of Lois Kagan Mingus and Joanie Fritz Zosike which designs age-appropriate workshops that guide actors of all experience levels on a socially conscious, theatrical voyage.

As participants in this carefully and intelligently crafted workshop model, the registrants became members of their own “instant theatre company,” where they were encouraged to ask questions, express their dreams and wishes, and to apply learned skills into actual rehearsals.

After months of participation in the workshop, improvisation, and discussion, and with encouragement from Mingus and Zosike and the full support of the ADHC staff, the registrants created a play about their daily life at the program, which they recently performed in front of a crowd at the Beth Abraham

Auditorium. While working on putting the play together, the registrants were instantly galvanized, expanding the boundaries of what they thought possible.

Among the many positive effects of the workshop to the registrants is the sense of empowerment and accomplishment that was engendered in each of them. While the focus is on group activities, each registrant also received individual attention, support and encouragement. Actors were respectfully and lovingly encouraged to achieve great heights in communicating

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## KNOWLEDGE IS POWER AT ADHC

Throughout the year 2006 Ms. Daisy Mercado, Social Work Assistant, along with ADHC’s Social Work Department, held an enclave of weekly educational and



informational sessions designed to educate our registrants on health care, diseases, personal care and

community services available to them. Invitations were extended to various associations, Beth Abraham staff and community members.

Some of the outstanding speakers included:

**American Cancer Society:**

A representative educated our female registrants on the importance of having yearly routine mammograms. Our male population received useful information regarding the types of cancers that affect them. The representative also spoke of support programs

such as “The Cancer Survivor’s Network” and the “Look Good...Feel Better Group,” which are free and open to the community.

**Infection Prevention/Control:**

Ms. Virgie Valentin, RN.CRRN.C, Infection Control Nurse, Beth Abraham Health Services, focused on the importance and proper way of hand washing, which is the best way to fight the spread of infection.

**Crime Prevention:** An officer from the 49<sup>th</sup> Precinct explained how the chances of being victimized increases as

people get older and educated attendees on how identity theft occurs. He gave “tips” that would help identify the possibility of a crime happening before it actually happens.

**Diet/Nutrition Specialist:**

Ms. Noreen Ferguson, Clinical Nutrition Manager, Beth Abraham Health Services, talked about the importance of balanced and nutritional meals. She discussed topics such as the “Food Pyramid” and played an exciting “nutrition bingo” with our registrants.

### THANKSGIVING WORD SCRAMBLE GAME

Unscramble the Thanksgiving words below:

- |                       |                   |
|-----------------------|-------------------|
| 1. IGLPRMSI _____     | 7. IISADNN _____  |
| 2. KEUYTR _____       | 8. GYARV _____    |
| 3. KVAIGSNIHGTN _____ | 9. NRVBMOEE _____ |
| 4. ONCR _____         | 10. PEAARD _____  |
| 5. NEDIRN _____       | 11. BGELOB _____  |
| 6. IMLFYA _____       | 12. ADIOHLY _____ |

*Answers are on page 2.*

**ADULT DAY HEALTH CARE PROGRAM**

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*Adult Day Health Care Program: Together, we make a difference.*

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with one another, as well as performing together. In addition, Mingus and Zosike’s positive attitude motivated every registrant, regardless of the level of individual verbal and physical challenges. Less physically and verbally able registrants were also given the chance to shine and become “stars.” This liberating and empowering experience has lasting effects not only on the registrants themselves, but also on the entire Beth Abraham community. As the workshop is still ongoing, we expect the “Young at Art” Theatre Company to continue to grow as theatre artists, and to inspire not only each other, but also those



**ADHC Registrants performed a play under the direction of Therapeutic Recreation Specialist Arianna Corretjer and professional theatre artists from the Action Racket Theatre.**

around them. -Arianna Corretjer, Therapeutic Recreation Specialist

**ANSWERS TO THANKSGIVING WORD SCRAMBLE GAME**  
1. Pilgrims 2. Turkey 3. Thanksgiving 4. Corn 5. Dinner  
6. Family 7. Indians 8. Gravy 9. November

**ADULT DAY HEALTH CARE PROGRAM**

*Where adults of any age find the health care and rehabilitation they need...*

- Medical & Nursing Care to help individuals stay healthy
- Rehabilitation to restore & maintain function
- Recreational activities to provide companionship & pleasure
- Social work services to provide counseling & case management
- Support groups, nutritional counseling, meals, & transportation
- Medicaid approved
- English/Spanish speaking staff
- Open seven days per week