

## MAGDA KACZMARSKA, MFA, CPT

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### KEYWORDS/AREAS OF INTEREST

dance, dance education, dementia, neuroplasticity, brain health, aging, creative aging, dementia friendly communities, co-creativity

### EDUCATION

2016 M.F.A. Dance Performance and Choreography, University of Arizona, Tucson, AZ  
2005 B.S. Biochemistry and Molecular Biophysics, University of Arizona, Tucson, AZ

### LICENSES, CERTIFICATION, CONTINUING EDUCATION

2022 Atlantic Institute, Convening of Global Atlantic Fellows – Phuket, Thailand  
2021 American Council on Exercise (ACE) Senior Fitness Specialist  
2020 American Council on Exercise (ACE) Certified Personal Trainer (T255509)  
2020 Dance Education Laboratory (DEL) Facilitator Training – 92Y Harkness Dance Center, NY, NY  
2019-2021 Mettler-Based Creative Dance Certification – Mettler Studios, Tucson, AZ  
2016, 2018 Mettler-Based Creative Dance (*Teacher Training*) – Mettler Studios, Tucson, AZ  
2013 Dance for PD® (*Teacher Training*) – Mark Morris Dance Center, Brooklyn, NY

### PRINCIPAL POSITIONS HELD

2023-current Vice President – Fundacja Dementia Action Alliance Polska (FDAAP) (Sopot, Poland)  
2022-current Senior Fellow – Generations United (Washington, D.C.)  
*Co-lead on development of intergenerational engagement, capacity and collaborative strategies for SAGE-NY building toward national scaling through funding from Eisner Foundation.*  
2021-current Founder, CEO – Magda Kaczmarska Dance, LLC (New York, NY)  
*Consulting, education and thought leadership on creative aging, brain health and mobilizing dance and creativity for community building, wellbeing and social justice.*  
2021-current Lifelong Atlantic Fellow – Atlantic Institute, Oxford, UK  
*The seven Atlantic Fellows programs empowers communities of emerging leaders to advance fairer, healthier, more inclusive societies.*  
2021-current Senior Atlantic Fellow for Equity in Brain Health – Global Brain Health Institute, UCSF (San Francisco, CA, USA & Trinity College Dublin, Ireland)  
2020-2021 Atlantic Fellow for Equity in Brain Health – Global Brain Health Institute, UCSF (San Francisco, CA)  
2020-2020 Operations Manager – Dances For A Variable Population (New York, NY)  
2019-current Founder – DanceStream Projects (New York, NY)  
[Fiscal Sponsorship New York Live Arts – 2019-current]  
*DanceStream Projects is a creative collective with a mission to spark brain health and build creative community through dance and movement. Inspired by the concept of “upstreaming” health, DanceStream Projects provides direct ally-ship and empowerment to communities bridging the arts and health.*  
2017-2020 Community & Programs Manager; Lead Teaching Artist – Dances For A Variable Population (New York, NY)  
2016-2019 Founder, Magda Kaczmarska Dance  
2013-2016 Co-founder, Artistic Director – Evolve-Dance~West (Tucson, AZ) – 501(c)3 arts organization  
2009-2013 Laboratory Manager, Department of Pharmacology, University of Arizona (Tucson, AZ)  
*(bone pain; aging bone; bone cancer metastases; bone healing)*  
2008-2009 Research Technician, Department of Pharmacology, University of Arizona  
*(bone pain; aging bone; bone cancer metastases; bone healing)*  
2007-2008 Research Technician, Department of Neurology, University of Arizona (*Parkinson’s Disease*)  
2005-2007 Manager Cell Culture Facility, University of Arizona  
2002-2005 Student Research Fellow, Department of Biochemistry, University of Arizona (*Vitamin D receptor polymorphisms, Bone*)

### HONORS AND AWARDS

2022 Presidential Award for work on JDEI project – National Dance Education Organization  
2021 Executive Director Award for work on Dance & Disability SIG - National Dance Education Organization  
2019 Professional Development Scholarship - National Dance Education Organization  
2019 Excellence in Teaching Award - Dances for a Variable Population  
2015 Medici Scholar – University of Arizona

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2015 People's Choice Award (Graduate and Professional Student Council) – University of Arizona  
2004 Galileo Circle Scholar – University of Arizona

### **GRANTS/FELLOWSHIPS/RESIDENCIES**

2023 SU-CASA (NYC Council, Department of Cultural Affairs, Department for the Aging and Lower Manhattan Cultural Council) – In partnership with Pioneers Go East Collective, Sirovich Center for Balanced Living, 14 Street Y and Education Alliance  
*Stories in the Moment for All: Portraits of a Community – Dance and storytelling program with NYC elders culminating in co-created performance highlighting individual and collective stories of community.*

2022 Queens Council on the Arts – 2022 Arts Access Grant funded by the NYC DCLA in partnership with City Council.  
*Stories in the Moment: amplifying the creative voice of people living with dementia in Queens through dance, movement and storytelling.*

2022 Flushing Town Hall – Arts Grants for Queens, Statewide Community Re-grants program funded by the New York State Council on the Arts (NYSCA)  
*Stories in the Moment: amplifying the creative voice of people living with dementia in Queens through dance, movement and storytelling*

2022 (with Dr. Anusha Mohan) Dana – FENS Brain Awareness Week Grant, Dana Foundation and Federation of European Neuroscience Societies  
*BrainFM: Hear, Connect, Move – Towards Proactive Brain Health*

2021 2021-2022 Pilot Award for Global Brain Health Leaders, Alzheimer's Association, Global Brain Health Institute, Alzheimer's Society UK  
*Storytelling in Action: Dance Program for People Living with Dementia\* (\*retitled to Stories in the Moment: Dance Program for People Living with Dementia)*

2021 City Artist Corps, New York Foundation for the Arts (NYFA)  
*Dance program for people living with dementia*

2020 Atlantic Fellow for Equity in Brain Health, Global Brain Health Institute

2019 Performance Studio Open House (PSOH), Center for Performance Research  
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### **PROFESSIONAL MEMBERSHIPS**

2022-current National Organization for Arts and Health (NOAH)  
2022-current LiveON NYC  
2021-current International Association for Creative Arts in Education and Therapy (IACAET)  
2021-current Reimagining Dementia  
2021-current American Society on Aging  
2020-current International Association for Creative Dance (IACD)  
2019-current Museum, Arts, Culture Access Consortium  
2019-current NGO Committee on Ageing - New York  
2018-2020 International Dance Council, UNESCO  
2016-current New York State Dance Education Association (NYSDEA)  
2015-current National Dance Education Organization (NDEO)  
2015-2016 Arizona Dance Education Organization (AzDEO)  
2015-2017 Society of Dance History Scholars  
2013-2017; 2021-current Dance for PD® Professional Membership

### **SERVICE ACTIVITIES SUMMARY**

*Focus on expanding access and increasing diversity in creative spaces. Using dance and creative expression to bring awareness to global issues of equity, social justice and mental/physical/social health.*

### **SERVICE TO PROFESSIONAL ORGANIZATIONS**

2023-current	Dementia Action Alliance – Virginia, USA	Board Member
2021-current	Generations United – Washington, DC	United Nations Representative
2021-current	NGO Committee on Ageing – New York, NY	Executive Committee, Member-at-Large
2020-2021	NGO Committee on Ageing – New York, NY	Co-Chair UN International Day of Older Persons
2020-current	International Association for Creative Dance (IACD)	Teacher Meet-up Founding Co-Chair
2019-current	National Dance Education Organization (NDEO)	Dance & Disability Special Interest Group

**SERVICE TO PROFESSIONAL PUBLICATIONS**

2022-	Co-editor for Special Edition Neurocase: Arts, Creativity and the Brain (forthcoming)
2021-	Reviewer for International J. Geriatric Psychiatry (2 papers)
2020-	Reviewer for Neurocase (2 papers)

**COMMUNITY AND PUBLIC SERVICE**

2022	Dementia Conversations – Dementia Action Alliance; “ <a href="#">The Impact of Exercise on Dementia</a> ” with Laurie Scherrer, host and dementia advocate - Virginia, USA	Podcast Invited Guest
2022	Rodger That – “ <a href="#">Dance, Movement, Creativity and Dementia</a> ” - Virginia, USA	Podcast Invited Guest
2022	Stance on Dance – “ <a href="#">Creative Expression through Creative Aging</a> ” - USA	Podcast Invited Guest
2021	“ <a href="#">Exploring the Power of Creative Expression</a> ” – Life is a Sacred Journey – Berkeley, CA	Podcast Special Guest
2021	Special on Dementia, Dance and Creativity – <a href="#">Talkin’ About Neurodegeneration</a> – Near FM, Ireland	Radio Invited Guest
2020	Creativity, Dance and Brain Health - <a href="#">Voyage Around My Brain</a> – Near FM, Ireland	Radio Invited Guest
2017 - 2017	Brooklyn Arts Exchange - Youth Works, Brooklyn, NY	Volunteer Coach
2015 - 2015	TedX - Art & Environment - University of Arizona, Tucson, AZ	Co-presenter
2015 - 2015	Women's Plaza of Honor: Poetry, Dance and Social Justice, Tucson, AZ	Coordinator of Dance
2015 - 2015	American Parkinson's Disease Association Education Series - Tucson, AZ	Presenter
2011 - 2011	AZ Public Media / Arizona Spotlight - Eating Disorder and Dance - Tucson, AZ	Speaker
2009 - 2009	National Eating Disorders Association - Tucson, AZ	Speaker

**PUBLIC PRESENTATIONS****INVITED PRESENTATIONS – INTERNATIONAL**

2023	“BrainFM: Tune into the stories of the brain through movement” – Creative Brain Week 2023, Trinity College Dublin – Dublin, Ireland
2022	Music+ Health Ireland – “Dance for Health in Community: Connecting in Movement Across the Life Course” - multiple locations, Ireland <i>Part of a series of professional trainings funded by the Irish government to support access and competency in arts and health best-practices for musicians working in healthcare settings.</i>
2022	“Brain Health, Dementia and Dance: Considerations from Research and Practice” – University of Wrocław Medical School – Wrocław, Poland <i>Training for neurolinguistics medical students in partnership with Dementia Action Alliance Poland</i>
2022	“Neuroscience Meets Creativity in Action” – Creative Brain Week 2022, Trinity College Dublin – Dublin, Ireland <i>Invited Panel speaking with Dr. Anusha Mohan about transdisciplinary collaborations to mobilize creative approaches and spark innovation within the field of neuroscience</i>
2022	“Dance and Creative Practice for People Living with Dementia” – University SWPS – Sopot, Poland <i>Psychogeriatrics post-graduate diploma workshop in partnership with Dementia Action Alliance Poland</i>
2021	GBHI: RESPOND Brain Health and Housing Seminar – Creativity, Connection, Community – panel discussion
2021	Lithuanian World Alzheimer’s Month - Dementia Lithuania – “Dance and dementia: creative process for well-being and for service quality improvements” – presentation and panel discussion - multiple locations, Lithuania
2021	AAIC Satellite Symposium – poster “Storytelling in Action: dance program for people with cognitive impairment” – (virtual) Athens, Greece
2021	AAIC Satellite Symposium – “At the Table” multi-disciplinary event addressing need for Public Patient Voice in Dementia Research – with Atlantic Fellows for Equity in Brain Health, Helen Rochford Brennan and Carmel Geoghegan
2017	World Stage Design "Mask-Making and Movement" – Taipei National University of the Arts - Taipei, Taiwan

**INVITED PRESENTATIONS – NATIONAL**

2023	<a href="#">NDEO Virtual Professional Development Day</a> – January 21, 2023 – “Creative Aging: Dancing Across the Life Course”
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- 2022 2022 Dementia Action Alliance Conference – “Stories in the Moment: dance, movement and storytelling for and with people living with dementia” – Indianapolis, IN
- 2021 23<sup>rd</sup> Annual National Dance Education Organization (NDEO) Conference “Windows into Dance and Disability: Stories and Practice” with Silva Laukkanen, Sandra Stratton-Gonzalez & Sydney Erlikh (workshop and panel)
- 2021 International Association for Creative Dance Congress – “Community Dance: The Body as Instrument” – virtual
- 2021 International Association for Creative Dance Congress – “Teaching Mettler-based Dance on Remote Platforms” with Jean Tobias – virtual
- 2020 22nd Annual National Dance Education Organization (NDEO) Conference "Disability 101: Introduction to Accessibility & Inclusion in Dance for All" with Silva Laukkanen, Sandra Stratton-Gonzalez & Sydney Erlikh (workshop and panel)
- 2019 21st Annual National Dance Education Organization (NDEO) Conference "Linking Abstract Movement Improvisation" with Mary Ann Brehm - Miami, FL (workshop)
- 2019 21st Annual National Dance Education Organization (NDEO) Conference "Creating Site-Related Dances with Multi-generational Groups" with Naomi Goldberg Haas - Miami, FL (workshop)
- 2018 20th Annual National Dance Education Organization (NDEO) Conference "Teaching Creative Dance to Older Adults: Encouraging Creative Movement Choices" with Naomi Goldberg Haas - San Diego, CA (workshop)
- 2015 17th Annual National Dance Education Organization (NDEO) Conference - "Approaching Gender in the Artistic Process: Gender and Sexuality in Swan Lake" - Phoenix, AZ (paper)
- 2014 American Parkinson's Disease Association Conference "Dancing with Parkinson's" - Phoenix, AZ (workshop)
- 2004 26th Annual Meeting of the American Society for Bone and Mineral Research (ASBMR) "Combined Impact of Two Common Vitamin D Receptor Gene Polymorphisms on Transcriptional Signaling by 1,25(OH)2D3" - Seattle, WA (poster)

**INVITED PRESENTATIONS – REGIONAL AND OTHER INVITED PRESENTATIONS**

- 2023 NGO Committee on Ageing – “Reimaging Brain Health: Harnessing Brain Capital for Healthy Aging” –programme co-presented with Dr. Harris Eyre for global NGO leaders and UN DESA officers within the Secretariat of the General Assembly's Working Group for the purpose of strengthening the protection of the human rights of older persons.
- 2022 Art & Alzheimer’s Conference supported by Long Island Museum – with Maggie Woolums from The Rubin Museum of Art – “Mindful Connections x Stories in the Moment: Growing Compassion, Practicing Coalescence through a Multi-Sensory Experience of Art” – Stonybrook, NY
- 2021 Dementia Friendly Nevada – Storytelling in Action with Chris Bravo, Jennifer Carson and Casey Acklin
- 2021 SF Village as part of UCSF Memory and Aging Center Community Outreach – “Loneliness, social engagement and brain health” with Gloria Aguirre
- 2020 CaringKind - connect2culture "Strengthening Brain Health through Dance" - New York, NY (workshop)
- 2020 New York State Dance Education Association (NYSDEA) 2020 Winter Conference "Dances For A Variable Population and the Older Adult Dance Artist" with Naomi Goldberg Haas and Ellen Graff - New York, NY (presentation)
- 2020 30th Annual Conference on Aging - LiveON NY "Encouraging Strong and Creative Movement Among Older Adults" with Naomi Goldberg Haas and Ellen Graff - New York, NY (workshop)
- 2019 JCC of Manhattan Symposium on Positive Aging "Keep Moving - A Taste of MOVEMENT SPEAKS(R)" with Naomi Goldberg Haas - New York, NY (workshop)
- 2019 Columbia University Teacher's College - Performance In Art and Art Education Symposium "Intersectional Site-Related Public Performance and Older Adults" with Naomi Goldberg Haas and Ellen Graff - New York, NY (presentation and breakout session)
- 2019 Face to Face Conference - NYC Arts in Education Roundtable "Encouraging Strong Movement Choices in Older Adults" - City College of New York, New York, NY (workshop)
- 2018 Manhattan Borough President Gale Brewer's Aging Artfully "Dance for Older Adults" - Fordham Law School, New York, NY (workshop)
- 2018 Face to Face Conference - NYC Arts in Education Roundtable "Dance for Older Adults" - City College of New York, New York, NY (workshop)

**TEACHING AND MENTORING**

**FORMAL TEACHING**

Academic Year	Course No. & Title	Teaching Contribution	School	Class Size
2015-2016	DNC596A – Critical Issues in Dance	Graduate Teaching Assistant	U. of Arizona	6
2015-2016	DNC596E – Seminar in Music and Dance Collaborations	Graduate Teaching Assistant	U. of Arizona	12
2015-2016	DNC400 – Dance and Culture	Graduate Teaching Assistant	U. of Arizona	20
2015-2016	DNC100 – Looking at Dance	Co-Instructor (Ballet and Modern)	U. of Arizona	200

2015-2016	DNC152A – Beginning Modern Dance	Lead Instructor	U. of Arizona	30
2015-2016	DNC112C – Intermediate Ballet	Lead Instructor	U. of Arizona	40

### INVITED TEACHING

2023	Co-designer, lecturer – Service Learning Program, Department of Theatre, Drama, and Contemporary Dance, Indiana University Bloomington – Bloomington, IN <i>Service learning pilot with dance students, Jill’s House Memory Care &amp; the Stories in the Moment dance program – fostering intergenerational collaboration, co-learning &amp; co-creation between people living with dementia &amp; dancers.</i>
2022	Content expert, instructor - Dances for a Variable Population National Teacher Training – New York, NY <i>“Creative Aging &amp; Dance: Connecting in Movement Across the Life Course”</i>
2020-current	Content expert, instructor & mentor – Global Arts in Medicine Fellows – Lagos, Nigeria <i>February 2023: “Creative Practice for Creative Aging: Dance &amp; Health Across the Course”</i> <i>August 2022: “Creative Practice for Creative Aging: Dance, Creativity &amp; the Brain Across the Life Course”</i> <i>February 2022: “Creative Practice for Creative Aging: Dance, Creativity &amp; the Brain Across the Life Course”</i> <i>August 2021: “Dance and Brain Health Across the Life Course”</i> <i>December 2020: “Dancing Across the Lifespan”</i>
2018-current	Guest Lecturer – Ailey-Fordham – Senior Seminar, BFA in Dance (instructor Ellen Graff) “Careers in Dance” (NY, NY) <i>2023: “Creative Aging &amp; Dance: Connecting in Movement Across the Life Course”</i> <i>2022: “Creative Aging &amp; Dance: Connecting in Movement Across the Life Course”</i> <i>2021: “Dancing with Variable Populations”</i> <i>2020: “Dancing with Variable Populations”</i> <i>2019: “Careers in Dance: Creative Aging”</i> <i>2018: “Working with Variable Populations in Dance”</i>
2018-current	Master Teacher - Raritan Valley Community College - Visual & Performing Arts Department (instructor Loretta Fois) “Modern Dance Master Class; Dance Appreciation; Dance Club” (North Branch, New Jersey)

### INFORMAL TEACHING

2022	Co-leading artist (virtual) – <i>Folk Art Reflections for people living with dementia and care partners</i> – American Folk Art Museum – New York, NY
2021	Guest artist (in person) - Memory Arts Café – Partnership with Gary Glazner to offer dance, movement and storytelling as part of open community engagement with NY Memory Center for families impacted by dementia - Brooklyn, NY
2021	Lead Teaching Artist (virtual) – <i>Creative Explorations at Home with Magda</i> – CaringKind connect2culture – NY, NY
2020-2021	Guest artist (virtual) - Magda’s Dance Party - Forget Me Nots Choir - Community Engagements in dance, movement and storytelling for families impacted by dementia - Dublin, Ireland
2019-2020	Guest Instructor - STEPS on Broadway - Modern Dance for the Mature Dancer (NY, NY)
2017-2020	Lead Teaching Artist - Community Based Creative Aging Classes in Dance - Older Adults - Dances For A Variable Population (NY, NY)
2017-2019	Ballet Instructor – Ballet & Body (NY, NY)
2017-2019	Ballet/Pointe Instructor – Great Neck School of Dance (Great Neck, NY)
2016-2017	Ballet/Modern Instructor – Youth Dance Ensemble (Patterson, NJ)
2015-2016	Ballet/Modern Instructor – Studio One (Tucson, AZ)
2015	Guest Instructor – Tucson Museum of Art + Owl & Panther Refugee Organization (Tucson, AZ)
2015	Guest Instructor – Tucson Museum of Art + Alzheimer’s Association (Tucson, AZ)
2013-2015	Founding director and Lead Teaching Artist – <i>Dancing with Parkinson’s</i> (Tucson, AZ)
2013-2014	Rehearsal Director – Moscow Ballet Great Russian Nutcracker (Tucson, AZ)
2013-2016	Ballet Instructor – Dance Force-1 (Tucson, AZ)
2012-2013	Ballet/Pointe Master Class Instructor and Choreographer – Flowing Wells High School (Tucson, AZ)
2010-2016	Program developer and Lead Instructor – <i>Break Into Ballet &amp; Adult and Youth Ballet</i> – Breakout Studios (Tucson, AZ)
2003-2009	Instructor and rehearsal director – Dance Rhapsody (Tucson, AZ)

### PRESS AND PUBLICATIONS

#### PEER-REVIEWED PUBLICATIONS

- [In review] Kaczmarek M. Valuing Embodiment: Insights from dance practice among people living with dementia. *Front. Neurology*. 2023, xx, x.
- [In review] Leon T, Troncoso D, Barria S, **Kaczmarek M**, Slachevsky A. Primary care training needs about dementia: A Qualitative Study. *Int. J. Environ. Res. Public Health*. 2023, 20, x.

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3. Ghilardi JR, Freeman KT, Jimenez-Andrade JM, Coughlin KA, **Kaczmarska MJ**, Castaneda-Corral G, Bloom AP, Kuskowski MA, Mantyh PW. Neuroplasticity of sensory and sympathetic nerve fibers in a mouse model of a painful arthritic joint. *Arthritis Rheum*. 2012 Jul;64(7):2223-32.
4. Bloom AP, Jimenez-Andrade JM, Taylor RN, Castaneda-Corral G, **Kaczmarska MJ**, Freeman KT, Coughlin KA, Ghilardi JR, Kuskowski MA, Mantyh PW. Breast cancer-induced bone remodeling, skeletal pain, and sprouting of sensory nerve fibers. *J. Pain*. 2011 Jun; 12(6):698-711
5. Castaneda-Corral G, Jimenez-Andrade JM, Bloom AP, Taylor RN, Mantyh WG, **Kaczmarska MJ**, Ghilardi JR, Mantyh PW. The majority of myelinated and unmyelinated sensory nerve fibers that innervate bone express the tropomyosin receptor kinase A. *Neuroscience*. 2011 Mar 31; 178:196-207
6. Mantyh WG, Jimenez-Andrade JM, Stake JI, Bloom AP, **Kaczmarska MJ**, Taylor RN, Freeman KT, Ghilardi JR, Kuskowski MA, Mantyh PW. Blockade of nerve sprouting and neuroma formation markedly attenuates the development of late stage cancer pain. *Neuroscience*. 2010 Dec 1; 171(2):588-98
7. Bartik L, Whitfield GK, **Kaczmarska M**, Lowmiller CL, Moffet EW, Furnick JK, Hernandez Z, Haussler CA, Haussler MR, Jurutka PW. Curcumin: a novel nutritionally derived ligand of the vitamin D receptor with implications for colon cancer chemoprevention. *J. Nutr Biochem*. 2010 Dec; 21(12):1153-61
8. Jurutka PW, Bartik L, Whitfield GK, Mathern DR, Barthel TK, Gurevich M, Hsieh JC, **Kaczmarska M**, Haussler CA, Haussler MR. Vitamin D receptor: key roles in bone mineral pathophysiology, molecular mechanism of action, and novel nutritional ligands. *J. Bone Mineral Res*. 2007 Dec; 22 Suppl 2:V2-10
9. Barthel TK, Mathern DR, Whitfield GK, Haussler CA, Hopper HA 4<sup>th</sup>, Hsieh JC, Slater SA, Hsieh G, **Kaczmarska M**, Jurutka PW, Kolek OI, Ghishan FK, Haussler MR. 1,25-Dihydroxyvitamin D3/VDR-mediated induction of FGF23 as well as transcriptional control of other bone anabolic and catabolic genes that orchestrate the regulation of phosphate and calcium mineral metabolism. *J. Steroid Biochem Mol Bio*. 2007 Mar;103(3-5):381-8

## **OTHER PUBLICATIONS**

1. “Stories in the Moment: Creating shared spaces of belonging for and with people living with dementia”, [In Dance](#) [e-pub June 2022]

## **PRESS**

1. “Program empowers locals with dementia”, author – Jessica Meditz, [Queens Ledger](#) [August 15, 2022]
2. “Taking Steps to Boost Brain Health”, author – Robert Goldblum, [L’Chaim](#) Vol 7 [Winter 2023]

## **COMMUNITY, RESEARCH AND CREATIVE PROJECTS (2017-2022)**

### **RESEARCH PROJECTS**

- 2023 [forthcoming – virtual]  
“Stories in the Moment: Dance Program for People Living with Dementia”  
*Community engagement and research study of novel dance and storytelling program for people living with dementia nationally in United States*  
supported by Pilot Award for Brain Health Leaders funded by Alzheimer’s Association, Global Brain Health Institute, Alzheimer’s Society UK [IRB pending – Pearl IRB]
- 2022 [Virtual]  
“Stories in the Moment for ALL” – Brain Health in Community, SFU Department of Geriatrics – Vancouver, BC, Canada  
*Community based research project to promote social prescription through dance, gardening and book club for older adults in Vancouver, BC. PI, Dr. Daniel Gan, Simon Fraser University*

### **COMMUNITY ENGAGEMENT PROJECTS**

#### **Every Body Moves**

*Every Body Moves* is an evidence-informed dance and fitness program for older adults designed to influence positive support of brain health while bolstering creativity.

- 2023 [forthcoming] Creative Minds: Moments Big & Small – UCSF, Memory and Aging Center, San Francisco, CA  
- 12-part series of bilingual Mandarin/English *Every Body Moves* with Tzu Chi Center  
- community dance project culminating in group performance and multi-media gallery presentation celebrating the collective moments that make up a community while championing efforts to spark brain health and mobilize around health through the arts
- 2022 Creative Minds: Every Body Moves – UCSF, Memory and Aging Center, San Francisco, CA  
*Community Engagement connecting creativity, movement and brain health in partnership with Community Outreach Program – bilingual Spanish/English with Mission Neighborhood Center*
- 2021 Creative Minds: Every Body Moves – UCSF, Memory and Aging Center, San Francisco, CA  
*Community Engagement connecting creativity, movement and brain health in partnership with Community Outreach Program and San Francisco Village*
- 2020 Creative Minds: Every Body Moves – UCSF, Memory and Aging Center, San Francisco, CA  
*Community Engagement connecting creativity, movement and brain health in partnership with Community Outreach Program*

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### Stories in the Moment

Stories in the Moment™ is an evidence-informed program that combines dance, movement and storytelling to shape a creative environment where participants can share their voices, move their bodies and build creative community. The program was designed for and with people living with dementia on the principle that all of us, regardless of our modes of cognition, have stories to tell and that we all have the means to tell those stories. People living with dementia inevitably experience shifts in their modes and capacities for expression which influence their ability to express and feel connected to the communities around them. The tools and framework of Stories in the Moment™ mobilize all of the ways we connect and communicate, through sound, music, imagery, touch and imagination to explore connections between movement and meaning. Together we bring our minds and bodies together to build stories in the moment.

2023 [forthcoming – virtual]

“Stories in the Moment: Dance Program for People Living with Dementia”

*Community engagement and research study of novel dance and storytelling program for people living with dementia nationally in United States*

Supported by Pilot Award for Brain Health Leaders funded by Alzheimer’s Association, Global Brain Health Institute, Alzheimer’s Society UK [IRB pending – Pearl IRB]

April 2022 – December 2022

[Virtual] Queens Community House Adult Day Services, Queens, NY

*Community engagement for families impacted by dementia through weekly virtual dance and storytelling programming (August – December 2022) and local community through virtual Brain Health Salon on Dance, Creativity and Brain and in person local Brain Health Social at Forest Hills Older Person Center, NORC Forest Hills and Adult Day Services participants.*

Supported by Queens Council on the Arts – 2022 Arts Access Grant funded by the NYC DCLA in partnership with City Council

*Community engagement for families impacted by dementia through weekly virtual dance and storytelling programming (April-August 2022)*

Supported by Flushing Town Hall – 2022 Arts Grants for Queens, Statewide Community Re-grants program funded by the New York State Council on the Arts (NYSCA)

February 2021 – current

[Virtual] Dementia Action Alliance Virtual Engagement Program

*Bi-monthly community Engagement for families impacted by dementia*

2021 - 2022 Seasonal events

[Virtual] Queens Community House and Sunnyside Community Services, Queens, NY

*Community engagement for families impacted by dementia*

[Virtual] Renewal Memory Partners – New York, NY

[in person] New York Memory Center – Brooklyn, NY

[Virtual] PSS Circle of Care – Join Enrichment Programs – New York, NY

[Virtual] Parker Jewish Institute - Queens, NY

### **Mindful Connections in partnership with Stories in the Moment**

April - July 2022

[In person] Rubin Museum of Art – New York, NY

*Partnership with Rubin Museum of Art to offer in person dance, movement and storytelling exploration of exhibits for people living with dementia and care partners*

*Community education peer-to-peer workshop for local arts access educators around collaborative practices between the arts and museum curators to expand community engagement*

2021 [Virtual] Rubin Museum of Art – New York, NY

Dance, movement and storytelling programs in partnership with Mindful Connections for people living with dementia and care partners

### Stories in the Moment for ALL

Stories in the Moment™ is an evidence-informed program that combines dance, movement and storytelling to shape a creative environment where participants can share their voices, move their bodies and build creative community.

2023 [In person] In partnership with Pioneers Go East Collective, Sirovich Center for Balanced Living, 14 Street Y and Education Alliance – New York, NY

*Stories in the Moment for All: Portraits of a Community – Dance and storytelling program with NYC elders culminating in co-created performance highlighting individual and collective stories of community.*

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Supported by SU-CASA (NYC Council, Department of Cultural Affairs, Department for the Aging and Lower Manhattan Cultural Council)

2022 [Virtual] DOROT – New York, NY  
*Community Engagement for older adults living alone*

2023 [Virtual] Brain Health in Community, SFU Department of Geriatrics – Vancouver, BC, Canada  
*Offered as part of community based research project to promote social prescription through dance, gardening and book club for older adults in Vancouver, BC. PI, Dr. Daniel Gan, Simon Fraser University*

### **Rainbow Stories in the Moment**

Adaptation of evidence-informed dance, movement and storytelling program, Stories in the Moment™, to champion the voices of LGBTQ+ elders, independent community-dwelling older adults as well as individuals living with dementia and care partners.

2023 [Virtual] – In partnership with RISE Registry + Rainbows of Aging – Las Vegas, NV  
*Community engagement for LGBTQ+ people living with dementia and care partners as part of the first national registry designed to extend equitable representation and inclusion of LGBTQ+ identified individuals in dementia and brain health research.*

2022-current

[In person] – In partnership with Queens Community House – Queens Center for Gay Seniors – Queens, NY  
*Community engagement for and with LGBTQ+ community-dwelling elders and local older persons in the Jackson Heights neighborhood, Queens NY, utilizing dance to champion individual and community stories through collective co-creative micro-performances.*

### **BrainFM**

BrainFM, co-created with neuroscientist Dr. Anusha Mohan of Trinity College Dublin, utilizes a novel approach alternating multi-sensory didactic learning with embodied co-creative experience to support understanding of neuroscience. As a result, BrainFM serves as a vehicle to stimulate community engagement while simultaneously reinforcing the concept into action.

2022 **Hear, Connect, Move: towards proactive brain health:**

- [in person and virtual] Creative Brain Week and Brain Awareness Week – Dublin, Ireland  
*Program using dance to learn about brain science – sessions for primary school students, people living with dementia, professionals and intergenerational community members.*  
Sponsored by Creative Brain Week (GBHI) and FENS (Federation of European Neuroscience Societies)

#### **Dancing with Brain Waves**

- [forthcoming] [Virtual] Science Week 2022 - Donegal, Ireland  
*Program using dance to learn about brain science local primary school students.*  
- [Virtual] Engaging Dementia, Dementia Café – Ireland  
*Program using dance to learn about brain science for people living with dementia and care partners.*

2021 **Dancing with Brain Waves**

[Virtual] START/European Researcher's Night – Trinity College Dublin – Dublin, Ireland  
Community Engagements for primary school children, researchers and community adults to learn about brain waves through dance  
[Virtual]  
Virtual engagement for global dementia community to connect dance, movement and science.

### **Brain Health Salons & Brain Health Socials**

Interactive workshops on dance, movement and creativity across the life course designed to demystify complex science and health research into practice for diverse community members.

2023 [Forthcoming - In person] Brain Health Social as part of Brain Awareness Week - in collaboration with the Education Alliance, 14 Street Y and Sirovich Center for Balanced Living – New York, NY

2022 [In person] Queens Community House Forest Hills Older Person Center, NORC Forest Hills and Adult Day Services – Queens, NY



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*“Brain Health Social: Dance, Creativity and Community” – community event for older persons, people living with dementia, care partners, family and friends to raise awareness about the connection of brain health and the arts while extending dementia-friendly community. Program will culminate with a group Stories in the Moment class.*

Supported by Queens Council on the Arts – 2022 Arts Access Grant funded by the NYC DCLA in partnership with City Council

2022 CaringKind connect2culture – New York, NY

*“Brain Health Salon: Dance, Creativity and the Brain” – educational program as part of outreach support with local nonprofit organization supporting care partners of people living with dementia*

2022 [Virtual] Queens Community House Adult Day Services – Queens, NY

*“Brain Health Salon: Dance, Creativity and the Brain” – community event bringing together local people living with dementia, care partners and stakeholders in conversation and dance activity promoting brain health awareness and dementia-friendly community.*

Supported by Queens Council on the Arts – 2022 Arts Access Grant funded by the NYC DCLA in partnership with City Council

2022 [In Person] Indiana University Health Bloomington, Dementia Friends Indiana, Jill’s House – Bloomington, IN

*“Brain Health Social: Dance, Creativity & Community” – community education event bringing together intergenerational and interdisciplinary groups around dance, brain health and dementia-friendly community.*

2022 [Virtual] DOROT Onsite@Home – New York NY

*Series of 4 Brain Health Salons in partnership with nonprofit organization supporting older adults living alone:*

*“Dance, Creativity and the Brain”; “The Cardiovascular Link: Dance for Body, the Heart & the Brain”; “Empathy, Social Connection & Wellbeing”; “Novelty, Neuroplasticity & Play”*

2021-2022

Amy Says Dance – Pasadena, CA

*Regular presentations to community organization supporting people living with Parkinson’s on “Brain Health Salon: Dance, Creativity and the Brain”*

2022 Simon Fraser University, Department of Geriatrics – Vancouver, BC, Canada

*Brain Health Salon offered as part of “Stories in the Moment for ALL” series for Brain Health in Community Project, Community based research project to promote social prescription through dance, gardening and book club for older adults in Vancouver, BC. PI, Dr. Daniel Gan, Simon Fraser University*

2022 UCSF Memory and Aging Center, Community Outreach Program – San Francisco, CA

*Brain Health Salon offered as part of Creative Minds: Every Body Moves community engagement connecting creativity, movement and brain health in partnership with Community Outreach Program –bilingual Spanish/English with Mission Neighborhood Center*

## **GROUP-BODY DANCE**

GROUP-BODY DANCE is a guided approach of group improvisation that offers a safe, inclusive and creative approach to communal dance exploration. Founded on the principles of group dance improvisation of Barbara Mettler and incorporating elements of other creative movement, modern dance and somatic lineages, each session progresses from individual to increasingly larger group exploration, offering an expansion of each individual kinesphere, jump-starting empathy and breaking social isolation.

2018 - 2019

Center for Performance Research – New York, NY

*Group dance improvisation workshops for diverse and intergenerational audiences (professional multi-disciplinary artists, community members, dancer/choreographers)*

## **PERFORMANCE & CHOREOGRAPHY**

2021 [UnRavelled](#) – (virtual) choreographer and director of Bolero as part of US launch of play by Jake Broder (San Francisco. CA)

2019 - 2020

[Last Dance](#) – (virtual) dance performance collaboration with singer-songwriter-director Kimberly Cole - San Francisco Conservatory of Music, UCSF Memory and Aging Center and Global Brain Health Institute (San Francisco, CA)

[CLEANER](#) – Solo performance in dance film, part 2 of WORK STATION SERIES by Jennifer and Kevin McCoy - interdisciplinary artists whose work has been presented at Whitney Art Museum, Guggenheim and MoMA. Work created as part

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of Kickstarter Artist in Residence program 2018. Site specific performance of CLEANER presented at Independent Film Project (IFP) in Dumbo (Brooklyn, NY) Fall 2018. Film on display at Postmasters Gallery until January 25, 2020. (New York, NY)

2019 **A Place of Becoming** – choreographer and performer with co-performer Malaika Cambridge presented at Movement Research (New York, NY) and Gibney SHOWDOWN (New York, NY)

**WESELE** – (choreographer and performer) – Center for Performance Research (Brooklyn, NY)

loosely inspired by the 1901 Polish play, *The Wedding* by Stanislaw Wyspianski, explores themes of individual and social apathy, agency and hope. What happens when our constructs of identity pull and pinch us? Questioning the extent to which the rules we believe define us, isolate and limit us instead, WESELE reflects current global insecurities of sovereignty, identity at a time of globalization, apathy and agency regarding individual and social justice. Exploring apathy and agency, self-realization and altruism, misplaced or misdirected aggravation, WESELE questions what happens when we awaken to find ourselves out of phase with identity, seeking to (re)connect but realizing we lack the language to do so.

*WESELE was presented as a work-in-progress at Performance Series Open House at Center for Performance Research.*

2018 **Odd Jewels: Beauty Under Mask** - collaborating performer with Same As Sister at La Mama Moves! Dance Festival finale hosted by AUNTS! (New York, NY)

**New York Sketches** – collaborating performer with HB<sup>2</sup> PROJECTS performed at the Jamaica Center for Arts & Learning (Queens, NY)

2017-2019

**Shadow Tender** (choreographer and performer)

*Shadow Tender* is a performance project directed by Natalya Kolowsky that combines physical theatre and wearable sculpture to externalize the parts of ourselves we fear and repress in order to engage a dialogue and promote individual and social healing. Carl Jung described the Shadow as the aspect of the psyche in which we store those parts of ourselves that we do not wish to acknowledge - things that make us feel ashamed, frightened, weak, or powerless. In rejecting our own Shadows, we unconsciously project them onto others, creating monsters and enemies that are more revealing of our own darkness than anything else. *Shadow Tender* is both a performance and a teaching methodology focusing on how we construct, project, and can compassionately confront and transmute the monstrous within ourselves and society. Jung identified Shadow projection as one of the roots of discrimination against marginalized communities. The political and socio-ecological events of the past years in the US and abroad have made it evident that there is a profound need for dialogue with the personal and collective Shadow self, inciting a sense of urgency for the creation of Shadow Tender.

(2017) *Liber I* – premiere Scenofest/World Stage Design 2017, Taipei National University for the Arts, Taipei, Taiwan

(2019) *Liber II* – US premiere, The Butoh College 2019: Performance Series, The Headwaters Theatre, Portland, OR

2017-2020

**Dances for a Variable Population** – performer - New York, NY

Multiple annual performances with multi-generational dance company including:

Dances for Seniors 2018-2019; Washington Square Dances 2017-2019; REVIVAL 3; Dance & the Beauty of Age; LES Citizens Parade; REVIVAL II

2017 **Akwarele - seeing comes before words** – choreographer and performer in collaboration with visual artist Jiin Ahn - (dance on film) (Brooklyn, NY)

**Sakrament** – choreographer and performer - premiere Shoestring Press (Brooklyn, NY)

**ON DISPLAY** – performer with Heidi Latsky Dance (Brooklyn, NY)

**Two in a Room - Take Me Away (Performance Advantage)** – (choreographer and performer) - LEGS Festival (Giswil, Switzerland)

Ongoing site-specific performance project in collaboration with Swiss visual artist and DJ Monica Germann. *Performance Advantage* explores the theme of the other/otherness/outside/normal/normative – how societies function by creating (arbitrary) definitions of norms in order to classify and create order out of the perceived chaos of life. Inspired by personal experience in “performing” outside the “norm” of heterosexual (fe)male presentation as well as the recent controversy of female professional athlete testosterone levels, *Performance Advantage* utilizes popular club dance culture, storytelling and a choreographed movement score to restructure our modes of (self) presentation and move toward an honest embodiment.

2016 **(mis)communication** [Master of Fine Arts Thesis] (Choreography, dramaturgy and concept) – premiere Stevie Eller Theatre (Tucson, AZ)

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*(mis)communication* addresses the limitations of physical and verbal language through a dialogue of movement and spoken word. Interwoven with the poetry of Marina Blitshteyn, the piece explores the emotional landscape (selfish, tender, violent, or absurd) inspired by the challenges inherent in multi-cultural and intergenerational communication.