

## PRESS RELEASE

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FOR IMMEDIATE RELEASE  
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### Royal Oak Seniors Explore and Create Art During National Arts and Humanities Month

Royal Oak, MICHIGAN October 20, 2015: Since 1993, during the month of October, citizens from coast to coast have been encouraged to recognize the importance of culture in America during **National Arts and Humanities Month**. The observance is designated to be a reminder to explore art at any age and to create and develop new passions for various types of art. The senior residents at Waltonwood of Royal Oak are proudly participating in this observance this year and are proving that you're never too old to open up your mind and try something new. The community has put together several activities that allow the residents to appreciate art, learn about its composition and create their own art. Earlier this month, the residents ventured to the Detroit Institute of Arts Museum (DIA) for a "lunch and learn" to explore new exhibits and old favorites together. Later in the month, a volunteer with the DIA will visit the community to present a lecture entitled "Tell Me a Story," which will discuss how stories inspired famous masterpieces. **On Thursday, October 22<sup>nd</sup> beginning at 2:00 p.m., the residents will take part in creating their own masterpieces through an interactive painting experience taught by Dennis Henderson of Fun with a Brush.** This fun and interactive month of art celebration is meant to inspire the residents to rekindle their own artistic interests or allow them to learn something new.

Dennis Henderson, lead artist at Fun with a Brush, will be teaching the painting class at the community for the residents. In just two hours, Henderson will turn all of the participants into artists, and the seniors will be able to take home their own works of art to hang on their walls. Together the residents will be painting a calming ocean scene with a lighthouse.

"I truly enjoy working with seniors because they are most surprised at how well their paintings turn out," **said Henderson.** "Many come into the class saying they can't do it, but once they try to follow the instructions, most come away wanting to do it again. They have a very enthusiastic response. "

Henderson has witnessed seniors receive therapeutic effects from the painting process. It can be an ideal activity for residents who want to maintain or improve their fine motor skills. The painting process also keeps neurons firing in seniors' brains and their minds active.

“We have many residents who are talented artists in various media and residents who are interested in learning a new art-related hobby,” **said Julia Wellings, executive director at Waltonwood of Royal Oak.** “We value the positive effects art engagement can have on the mind, body and spirit, and we know the residents enjoy these fulfilling activities that leave them with a sense of purpose.”

If you are a member of the media interested in covering this story or setting up an interview, please contact Susan Hoover via phone at 214-890-7912 ext. 31 or email at [shoover@fortegroupinc.com](mailto:shoover@fortegroupinc.com) or Amy Jones via phone at 214-890-7912 ext. 30 or email at [ajones@fortegroupinc.com](mailto:ajones@fortegroupinc.com).

## **ABOUT WALTONWOOD OF ROYAL OAK**

Founded in 1999, Waltonwood of Royal Oak offers seniors a dignified, individualized community where residents thrive and enjoy life worry-free. The community has 81 private studio and one-bedroom apartments that offer 11 floor plans to suit a variety of needs, with a walking path and private courtyard throughout its grounds. Residents receive the most up-to-date advances in senior living, including a specially designed Forever Fit program, which utilizes European-designed, air resistance exercise equipment built especially for seniors. The community is located close to Detroit and Birmingham and area shopping, dining and entertainment. Waltonwood of Royal Oak also offers short-term stay services for caretakers who may need a little extra help. If you are interested in learning more about Waltonwood of Royal Oak, please visit [www.waltonwood.com](http://www.waltonwood.com) or call 248-504-0405.

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### **Photos courtesy of Waltonwood of Royal Oak**

**Photo 1:** Waltonwood of Royal Oak residents in front of a portion of the “Detroit Industry Mural” by Diego Rivera during their trip to the Detroit Institute of Arts Museum to celebrate National Arts and Humanities Month.