



# TPFF

THE PAIGE FRASER FOUNDATION, INC.  
*Performing Arts & Wellness*

## Monthly Newsletter October-December 2024

Hello Friends and Supporters,

Happy New Year! As we welcome 2025, we are deeply grateful for your support throughout the years. Your commitment has allowed us to grow and thrive as a catalyst for creativity, healing, and community. It's because of you that we can share in the incredible journey of our organization's growth, and for that, we thank you.

Over the past seven years, we've transformed from a local initiative in the Bronx to a multifaceted organization that reaches people across New York State—and beyond. From expanding workshops to adding new arts and wellness disciplines, we're proud of what we've accomplished together.

In 2024, we made great strides: increasing program participation, reaching wider audiences through virtual offerings, and providing financial support to community-based organizations and individuals. These achievements are thanks to the dedication of our team, volunteers, partners, and, most importantly, our incredible community.

Looking ahead to 2025, we are excited to expand our role as an arts and wellness incubator, supporting both community residents and emerging or professional artists. We'll continue to offer new ways to engage, focusing on those who have yet to experience the transformative power of the arts and wellness. Additionally, we are committed to increasing our support for local organizations and individuals making a positive impact.

Thank you once again for your dedication and support. Here's to another year of transformative impact!

Respectfully,

**Lesmah J. Fraser**  
TPFF President | CEO

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### 7th Annual TPF Dance is Healing Workshop

We held our 7th annual Dance is Healing workshops on December 28th at the Alvin Ailey Dance Studios. Workshops led by Broadway and professionals and performers (Kevin Tate, Tamisha Guy, Gladys Lowe, Paige-Fraser Hoffman and Courtney Key) offered free classes in Youth Ballet, Contemporary, African, Modern and Pilates Mat. All workshops offered an all-abilities approach and the chance to explore different styles; over 166 people registered.



### TPFF Wins Support from NYSCA - Organization and Support for Artists

We are thrilled to share that we were awarded grants for organization and support of artists for 2025. NYSCA, a continued supporter of TPF and its work, has awarded us \$40,000 for the support of organization. This will help us support the day-to-day operations of TPF and fund new programs. Additionally, NYSCA awarded two artist grants, one to TPF Faculty, Maribel Flores for Choreography and the other to Brittany Barker for Literature (Poetry).

NYSCA's Support for Artists has enabled us to pursue our mission as an Arts and Wellness Incubator for emerging and performing artists. Our incubator's aim is to nurture and support artists and has been our focus from the start. By offering opportunities to create and perform, we have enabled individuals to pursue their artistic goals and, simultaneously, offered our community the opportunity to participate as a way of connecting the arts to wellness. Below is a summary of our past and future Incubator community.

#### 2023 Awardees:

- David Akey and Michael Tudor - (Visual Arts) and the program "Explorasaurus: The Dino Tourist"
- Darryl Hoffman, (Composer) and "In the Here and Now"
- Gladys Lowe (Folk and Traditional Arts) "Rhythm and Teranga"
- Mary Ann Penzero, (Theater Commission) "Creating Theater in the Curve"

#### 2024 Awardee:

- Anita Lee (Literature) - "From Loss to Abundance-Chronicle of a Widow's Journey"

#### 2025 Awardee:

- Brittany Barker - (Literature), "Wound Honey"
- Maribel Flores (Choreography), "The Missy Project"



# TPFF

## **TPFF 2024 Support for Community**

In addition to the NYSCA support, TPF has supported both organizations and individuals in their pursuit of mastery in the arts:

- Mind-Builders Creative Arts Center -Scholarships for Youth - Community Residents
  - Lehman College Foundation- scholarships to support emerging scholars/artists
  - Omarion Burke- an alumnus of TPF's 2018 Dance is Healing Program- scholarships for his four years at Juilliard.
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### **Spotlight 2018 DIH Awardee: Omarion Burke, Third Year Juilliard Student**

We spotted Omarion in our first Dance is Healing Workshop at Mind-Builders Creative Arts Center in 2017. In that class, his extraordinary gifts were clearly apparent. Through the years, we have supported Omarion’s creative journey and he has supported us in workshops and been a true ambassador for TPF’s work. It was no surprise that when Omarion applied to colleges he was accepted into the Juilliard School, one of the most competitive schools. TPF has supported Omarion’s Juilliard journey and awarded him with the Pearl Fraser Legacy Scholarship each year.

*“My experience at TPF has been nothing short of amazing. This organization has embraced me with open arms since day one. The training has been incredible, bringing the best of the best to teach all styles of dance. From ballet to hip hop, to yoga and Pilates, it is a full day of learning and growing. I would always be happy to come to the Dance is Healing workshop because the teachers really bring the joy back to dance, and I think that is what is most important, in anything that you do. Now that I am in college, a current junior at The Juilliard School, my journey with TPF hasn’t ended. They have brought me back every year to the workshop to help out and volunteer. TPF’s Board truly believe in my gifts and talents and so in addition, they have awarded me with a scholarship each year until I graduate to help me further my dreams in being a professional dance artist. I cannot thank them enough for having faith in me.”*



**TPFF held its Second Community Matters Gala  
at the New York Academy of Medicine on October 21, 2024**

Thank you for joining and sponsoring the evening. By sponsoring us, you supported TPF's mission to provide essential programs, scholarships, and the expansion of our talent incubator as we move to achieve a long-term goal of creating a Community Performing Arts & Wellness Center.

The evening was festive with uplifting performances, and dance; we honored three incredible leaders:

- **COMMUNITY IMPACT AWARD: Paloma Hernandez, MS, MPH, Urban Health Plan**



- **BENT NOT BROKEN AWARD: Karen A. Scott, MD, MPH, FORE**



- **CULTURAL ENRICHMENT AWARD: Sylvia Waters, BS, Emerita Alvin Ailey II**



## **Reading the Body: Body Politic – A Film and NYAM Panel Discussion**

This year, TPDF partnered again with BLR (Bellevue Literary Review) to produce a theme-based film with original poetry, dance and music (narration and ASL) to create a short film, “Reading the Body: Body Politic.” A panel discussion at NYAM (New York Academy of Medicine) took place in September and was well attended. The film will be part of the North Film Festival, with a viewing at The Producer’s Club in NYC on February 28th. Watch for details.

## **News About the People of TPDF**

- Paige Fraser-Hoffman (TPDF Chief Artistic Officer, Program Director, Dance) graduated with a MA from Denver University in Arts and Culture. She recently started teaching dance at the American Musical and Dramatic Academy. And, Paige made the news in Westchester Magazine with an interview about her journey.



- Darryl Hoffman, (TPFF Program Director, Music) received a NYSCA Support for Artists grant with TPF in 2023. His work, “In the Here and Now” was performed at the Museum of Broadway three times last year. This year, Darryl’s music is again supported by a NYSCA grant, this time with the New York Theater Ballet, choreographer Kevin Iega Jeff. Darryl’s work continues to gain recognition and for his original compositions and work with dance.



- Alexia Fraser (TPFF Board Advisor and Program Director, Fashion and Design) was featured in a publication, “50 Over 50 Portrait Project” and was part of an exhibition at a gallery. Alexia also recently retired from 10 years of public service as the Coordinating Manager of the Neonatal Unit at NYC H+H | Bellevue.



- Gladys Lowe (TPFF Program Director, Folk and Traditional Arts) - is developing a new program that focuses on Bamileke folk dance. Watch for news about this exciting program.



- Milicia Ramirez (TPFF Program Director, Wellness) - will be offering workshops in Creative Arts Therapy that integrate therapeutic techniques in visual arts, drama, and music.



## Upcoming (January-March 2025)

- Nutrition and Your Health - a 2-part webinar. On 1/16/2025 “Debunking Nutrition Myths” and 2/2/25, “Plant-Based Eating for Heart Health,” Both webinars will be offered by Christina McGeough, MPH, RDN through our Stop and Shop Partnership.
- “Everything in Between” A Music & Spoken Word collaboration and performance with Darryl Hoffman and Brittany Barker.
- “Dance Strong” - a workshop for youth that encourages movement, alignment, balance, awareness and meditation with Instructor Deepa Liegel, a member of the Limon Dance Company.

TPFF THE PAIGE FRASER FOUNDATION  
Promoting Arts & Wellness

### NUTRITION & YOUR HEALTH

FREE HEALTHY LIVING WORKSHOPS

**DEBUNKING NUTRITION MYTHS**  
Thursday, January 16, 2025  
6 pm (EST) on Zoom

**PLANT BASED EATING FOR HEART HEALTH**  
Sunday, February 2, 2025  
6 pm (EST) on Zoom

**JOIN CHRISTINA MCGEOUGH, MPH, RDN,**  
CERTIFIED DIABETES CARE &  
EDUCATION SPECIALIST (CDCES)  
STOP & SHOP DIETITIAN

TPFF proudly embraces the intersection of arts and wellness. Historically aligned with healthcare through initiatives promoting physical health through dance, TPDF is now deepening its commitment by addressing nutritional health.

**RESERVE YOUR SPOT NOW!**

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Nutrition Partners | ARTS | NYC Cultural Affairs | Council on the Arts

## EVENTS CALENDAR

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