



# TPFF

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

## Monthly Newsletter May 2024



**Hello Lesmah,**

May is Mental Health Awareness Month, a “national observance started in 1949 by Mental Health America to bring attention to the importance of mental wellbeing.” Like other individuals and organizations, TPFf takes this time to encourage you to take care of yourself and the community by getting involved; registering for one of our free programs; visiting a local library; and participating in the arts. Together and through the arts and education, we learn ways to cope and handle everyday stresses and take part in creating a healthier community.

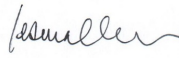
This month, we share the news that one of our Board Advisors, Joyce E. Bush, has been elected to the Board of Trustees for the Hollow Hills (Dix Hills) Community Library. Joyce has long been a committed board advisor, community advocate, and supporter of TPFf as she shares our work with her community and actively works on audience growth by inviting others to attend our programs. We congratulate Joyce on this milestone and thank her for her continuing work with us.

Darryl Hoffman, Composer/Sound Designer and TPFf Program Director, Music premiered three new compositions, sharing his gift for music and sound at The Joyce Theater, and The Performing Arts Center at Purchase College: Darryl, a Bronx native, continues to share and use his music to inspire youth as he promotes his journey and experience of music to self-understanding and community connection.

And to cap things off, there is Paige Fraser-Hoffman, TPFf Chief Creative Officer/Program Director, Dance, who is currently in *The Lion King* on Broadway. She was recently invited to participate in the Professional Performing Arts School (PPAS) Alumni Collective Master Class Series for junior and senior Ailey majors. This public school allows students to study at the Ailey School, which has a long list of “stars” who have graduated and gone on to distinguish themselves in the performing arts and beyond.

Through community involvement and giving back, as represented by the work and examples we share this month, we hope to contribute to our collective effort to improve our well-being as individuals and community members. Giving back offers ways to acknowledge our strengths and share our knowledge; giving back allows us to connect with others; giving back is a way of dealing with our individual and community challenges.

Thank you,



Lesmah J. Fraser  
TPFF President/CEO

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### **TPFF Board Advisor, Joyce E. Bush Elected to Board of Trustees for the Hollow Hills (Dix Hills) Community Library**

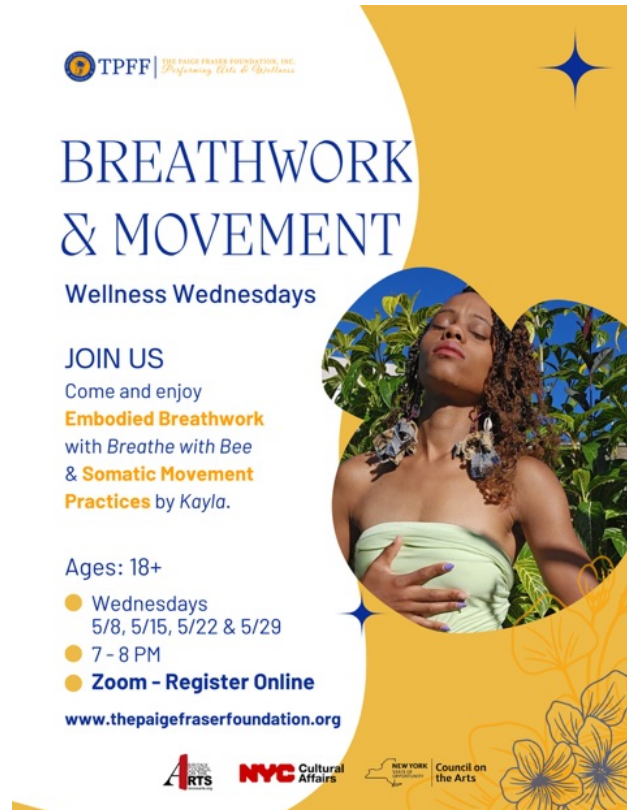
Congratulations to Joyce E. Bush, TPDF Board Advisor, former NYC School Principal and now Board of Trustees member at the Hollow Hills (Dix Hills) Community Library. This new appointment embraces Joyce's life-long career in education, community service, experience, and insight into the needs of community residents.

Since 1959, the Hollow Hills Community Library has provided education, entertainment, and cultural enrichment for community residents. Joyce's career as an educator has prepared her for the appointment to the Board of Trustees of this important community institution. In her role, she will work with library administration, staff, and community to promote access to diverse, enriching books while providing fiscal accountability to ensure that the library operates efficiently and effectively.

Joyce is a valued member of the TPDF Board Advisors and was instrumental in the foundational work to develop a membership program. She has leveraged her knowledge and connections in education and community to support TPDF goals like offering programs in libraries and networking with like-minded community leaders. She is an active supporter who has shares the work of TPDF and attends programs with friends and colleagues.

Education and life-long learning are cornerstones of TPDF and our work. Our programs, projects and community support all aim to raise awareness, provide information, and build knowledge and skill through performing arts and wellness.

Please join us in congratulating Joyce on her new appointment.



**TPFF** | THE PAIGE FRASER FOUNDATION, INC.  
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# BREATHWORK & MOVEMENT

Wellness Wednesdays

**JOIN US**  
Come and enjoy  
**Embodied Breathwork**  
with *Breathe with Bee*  
& **Somatic Movement**  
**Practices** by Kayla.

Ages: 18+

- Wednesdays  
5/8, 5/15, 5/22 & 5/29
- 7 - 8 PM
- **Zoom - Register Online**

[www.thepaigefraserfoundation.org](http://www.thepaigefraserfoundation.org)

**ARTS** NYC Cultural Affairs NEW YORK Council on the Arts

**It's Time to Join Kayla**  
**Breathe/Bee- Embodied Breathwork and Somatic Movement Program!**  
**(Starting May 5th, Online and Free - Register Now!)**

Starting on Wednesday, May 5th at 7:00 p.m., ***Breathe/Bee-Embodied Breathwork and Movement*** with Kayla Harley, TEDx Speaker, Founder of the Beebodi Marketplace, Certified Wellness Practitioner. The program focuses on deep breathing as a holistic approach to understanding and relating to the body. Participants will explore the various aspects of breathing including rhythm, speed, sound/tonality, visualization, and movement will help us focus on wellness and presence. Whether you are a beginner or an experienced practitioner, you will find new ways of connecting with your body and breath. By the end, you will develop your own personal practice of mindfulness and breathwork. Take time to focus on your health and wellness with an experienced, compassionate, and patient specialist who has offered international workshops. And it's all FREE!

**Register Now!**



## **TPFF Paige Fraser Hoffman Offers Master Classes at PPAS - Professional Performing Arts School**

The Professional School for the Performing Arts (PPAS) is a public middle and high school that specializes in the performing arts. It is a place where many of the stars are born and a place that has produced Tony winners and Emmy winners. It is a launching pad for outstanding performers and our very own Paige graduated from PPAS and she is now in the Lion King on Broadway.

As an alumnus of PPAS, Ailey '08, Paige was invited and offered a Master Class at PPAS for Junior and Senior Ailey Majors. Paige knows the importance of connection and of the need to support youth so that they can realize their dreams. Congratulations to Paige for offering this wonderful and inspiring program!



## **The Power of Music to Connect Darryl J. Hoffman, TPFF Program Director Music Premieres 3 New Compositions**

Darryl presses on to create and share his music with the community through his original compositions and collaborations! In the past two months, Darryl's music was featured in the Hubbard Street Chicago program at The Joyce Theater, and in the Abraham in Motion and Cincinnati Ballet at The Performing Arts Center at SUNY Purchase College. Collaborating with Choreographer Rena Butler for the three premieres, Darryl's music and sound designers continue to capture the attention of audiences in New York City and beyond. We congratulate Darryl on his recent debuts!

Watch for news about a new TPFF music/sound program! This project combines music and the spoken

word/poetry with Darryl and Brittany Barker. David Quiroga is working with Darryl and Brittany to produce this innovative work.

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## EVENTS CALENDAR

### Upcoming in June and July:

- **Dance Strong with Deepa Ligel - June 19, 21, 26 and 28**
- **Dance to Bond with Maribel Flores - July 10, 17, 24 and 31**
- **Glitz and Glam Fashion Show and Cocktail Party - July 21**

*Like what you see?*

Be sure to follow us on social media to get the latest happenings at TPF!



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