



TPFF

THE PAIGE FRASER FOUNDATION, INC.
Performing Arts & Wellness

Monthly Newsletter July-September 2024

Hello TPF Friends and Supporters,

I hope you had a great summer; it's hard to believe it's over! TPF is pleased to share that since our last newsletter, we have expanded our reach and offered community workshops and special events. This issue shares news about our work and Board Member accomplishments and updates from our work.

We are preparing for our second annual TPF Community Matters Gala at the New York Academy of Medicine (NYAM), please see further details and how to purchase your tickets below!

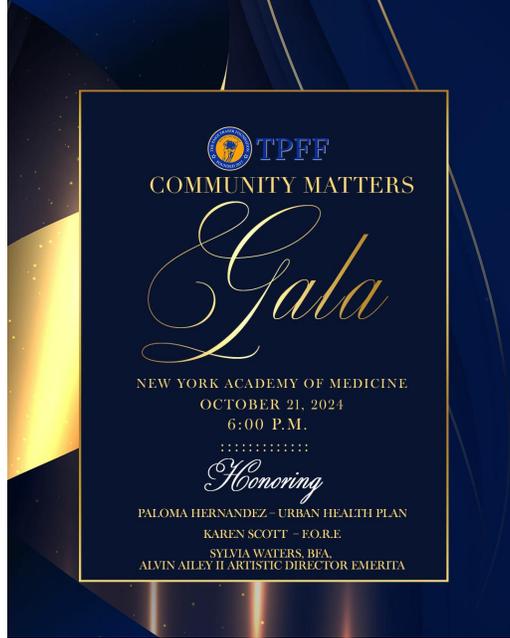
As the year winds down, our last program will be Dance is Healing, our seventh annual dance workshop offered by professional and Broadway instructors at the Alvin Ailey Theater in NYC.

Next year looks promising for us as we enter our eighth year. We intend to focus on supporting early-career artists and students, providing more opportunities for community residents to experience the arts, and creating ways to collaborate and build a healthier, stronger community together.

Thank you,

Lesmah J. Fraser
TPFF President/CEO

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TPFF Community Matters 2024 Gala

Please join us for the second annual TPDF's Community Matters Gala. By sponsoring us, you will support TPDF'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.

We have planned a festive evening with uplifting performances, and dance, where we will honor three incredible leaders:

- **COMMUNITY IMPACT AWARD: Paloma Hernandez, MS, MPH, Urban Health Plan**
- **BENT NOT BROKEN AWARD: Dr. Karen A. Scott, MD, MPH, FORE**
- **CULTURAL ENRICHMENT AWARD: Sylvia Waters, BS, Alvin Ailey II**

[Tickets!](#)



Congratulations to Primrose Hammond, TPF Board Advisor, on Receiving the Doctor of Ministry (D. Min.)!

"Primrose embarked on a journey to love with her dissertation entitled, A Theology of Love: A Sankofa Model. During the world health crisis of Covid-19 and social injustice pandemic, a theology of love moved Primrose towards a quest for love, echoing "Love Matters". Certainly, the journey was fascinating since love is such a complex and irrational behavior that is experienced differently by people.

Primrose had a Sankofa moment, to go back in search of her roots in order to move forward on a dissertation on love. Sankofa, a mythological bird with its head turned backwards, and feet firmly planted forward, is a West African expression from the Akan ethnic group in Ghana. The literal translation of the word and the symbol is "it is not taboo to fetch what is at risk of being left behind." The Sankofa symbolizes the quest for knowledge with the implication that the quest is based on critical investigation, intelligent and persistent examination. The past serves as a guide for planning the future.

The Doctor of Ministry (D. Min.) is a terminal degree designed to increase knowledge and competency in the practice of ministry. Candidates are required to complete a Demonstration Project which brings about personal and social transformation. This scholarly degree comprises of classwork, active research, written and oral defense of the demonstration project, dissertation."



Congratulations to TPF Board Member Jeffrey Varghese, MD!

Dr. Jeffrey Varghese is now a Board Certified Spine Surgeon and has joined a prestigious spine group in Detroit. Dr. Varghese has presented original research at the top spine society meetings both domestically and internationally, including the Scoliosis Research Society and the North American Spine Society. He has co-authored multiple publications in the leading spine journals, invited current concept reviews, textbook chapters, and is a peer reviewer for The Spine Journal. Dr. Varghese's research focused on complex realignment surgery in spine deformity patients and gait/motion analysis in adolescent idiopathic scoliosis. He was awarded the SRS New Investigator Grant for his work on motion analysis in the axial plane after realignment surgery for adolescent idiopathic scoliosis and the Scoliosis Research Society's Thomas E. White Cloud Award for Best Clinical Paper for his work on non-opioid alternative medications in spine surgery.



We Danced, We Bonded!

We hosted our second annual "Dance to Bond" classes in July. This month-long series consisted of four courses designed to strengthen the bonds between children and their parents/guardians through dance and movement. The classes occurred at the Mind-Builders Creative Arts Center, led by Maribel Flores, MS, R-DMT, LCAT. Maribel brought her extensive experience and passion to our community work, providing individual instruction,

coaching, and skills development to engage students and adults. This year's workshop also incorporated yoga moves and dance techniques.



Together We Get Stronger - Dance Strong Workshop at HSA

In all its work, TPFf aims to build a strong and resilient community by leveraging the arts to improve health and well-being. This year, we expanded our reach and community by hosting our second annual “Dance Strong” classes at the Harlem School of the Arts (HSA). The Dance Strong workshops were developed to provide community residents with instruction and support to start moving their bodies and benefit from improved balance, a more vigorous gait, and enhanced self-confidence. Deepa Liegel, instructor and professional dancer with the Jose Limon Dance Company, led participants through sequenced movements, drawing from Pilates, yoga, and dance.



TPFF Glitz and Glam Fundraiser at Bronx Eastwood Manor!

On August 4th, we celebrated community artists, designers, models, and make-up artists at

our second annual Glitz and Glam Fashion Show and Cocktail Fundraiser at the Eastwood Manor in Bronx, New York. The evening began with a cocktail hour and community gathering, where artists and community members shared stories about the creative process. The event aimed to highlight the work and expertise of artists, embracing individuals of all abilities and encouraging connections for career and personal development. All proceeds from the event support emerging artists through scholarships and community residents through workshops and programs.



Reading the Body: Body Politic – TPF and BLR Partner for Another Film

We are excited to announce that TPF has once again partnered with the Bellevue Literary Review to create "Reading the Body: Body Politic," a multidisciplinary film featuring dance, poetry, music, narration, and ASL interpretation. This film, involving professionals from various artistic disciplines, delves into the ways our bodies interact with the world around us. The premiere took place at the stunning New York Academy of Medicine (NYAM) on Monday, September 16th. Following a reception, the event included a film screening, a panel discussion moderated by Dr. Danielle Ofri, and an interactive session with the audience.

Last year's "Reading the Body: Recovery" film also premiered at NYAM and received top honors at several international film festivals. The film was showcased at the Village Cinema as part of the Short Film Festival before becoming available to an online audience.

Stay tuned for upcoming events related to this year's film!



7th Annual Dance is Healing Program

We are pleased to share that this year, for the seventh time, we are offering Dance is Healing Program at the Alvin Ailey American Dance Theater. Dance is Healing is a foundational program for TPF and represents our work to offer our community the best in dance instruction and the opportunity to work with professional and Broadway instructors as they either try dance for the first time or sharpen and enhance their dance skills. This day-long program, offers dance classes from a broad range of styles from ballet to jazz and modern. It draws and builds community and provides a chance for people to experience movement as a way to wellness. The workshops are free and offered for people from 8 years old to adult.

Watch for registration information: December 28th from 10am to 6pm at Alvin Ailey's Dance Studio.

EVENTS CALENDAR

Like what you see?

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



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