



TPFF

THE PAIGE FRASER FOUNDATION, INC.
Performing Arts & Wellness

Monthly Newsletter November 2023

Hello Lesmah ,

Our First TPF "Community Matters" Gala!

On Monday, October 23, 2023, we held our first TPF "Community Matters" Gala at The New York Academy of Medicine (NYAM). The Gala allowed us the opportunity to share information about our work, offering free workshops in the performing arts and wellness, scholarships to support students in achieving their dreams and planning for a performing arts and wellness center.

The Emcee of the Gala was Errol Barnett, CBS Emmy Award-Winning Anchor and National Correspondent | CBS News. Performances included Pearl Kwezi, Broadway Actor and Walter Russell III, Actor, Dancer, and Grammy Winning Singer. We recognized the ground-breaking achievements of community leaders Madaha Kinsey-Lamb, Cultural Enrichment Award, Michael G. Vitale, MD, Bent Not Broken Award, and Dr. Rosa Gil, Community Impact Award.

On behalf of TPF's Board of Directors, Advisors and Program Directors, we thank the attendees, sponsors, vendors, staff and volunteers, and our wonderful Event Planner, Stephanie Elizabeth Events, for making this evening special. See you next year!

Sincerely,

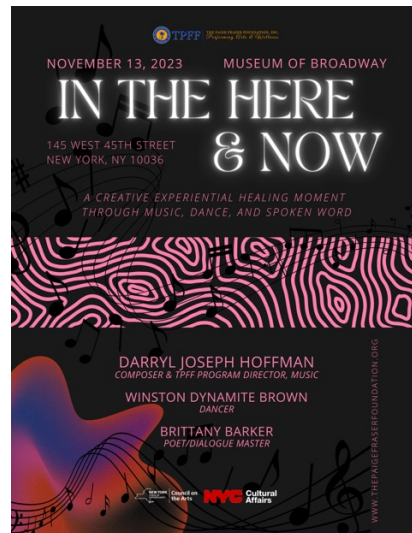
Lesmah J. Fraser
TPFF President/CEO

Highlights from the Gala:





Donate



“In the Here and Now” at the Museum of Broadway, Again!

This is it, your last chance this year to catch Darryl Hoffman’s (TPFF Program Director, Music), original program, “In the Here and Now: Gratitude,” a music show that includes dance and poetry. “In the Here and Now: Gratitude” captures the energy and experience of creating art in real-time as it draws the audience into memorable moments that encourage and support reflection and restoration. Offered at the Museum of Broadway in Manhattan, the program has won praise from past participants who have said, “It was mesmerizing!” “An unusual, creative tour de force!” The next and final in-person performance of the

year is on Monday, November 13, 2023, at 2:00 p.m. at the Museum of Broadway on 45th Street in Manhattan. Get your tickets now and don't miss out on this!

[Register Now!](#)



November is Diabetes Awareness Month Join Us for a Free Webinar: “Diabetes and Nutrition”

November is Diabetes Awareness Month! More than 1 in 3 adults in the United States have prediabetes — and many of them don't know it. National Diabetes Month is a time to raise awareness about diabetes as an important public health issue and encourage people to take charge of their health (hhs.gov). In the TPDFF Bronx area, 23% of adults have diabetes. This is higher than the Bronx average 16% and the NYC average of 12% (source: NYC DOHMH, Community Health Survey).

Diabetes is closely associated with obesity and hypertension. Learn about the role of nutrition and healthy eating in preventing and controlling diabetes in this session with Tina McGeough, MPH, RDN and Certified Diabetes Control and Education Specialist, Stop and Shop Dietitian. Join us for 45 minutes that can lead to better health!

Date: Wednesday, November 29, 2023

Time: 6:30pm-7:15 pm

On Zoom





Dinosaurs and Us! Our Explorasaurus Visual Arts Program Goes to the Museum!

This Spring, we offered a visual arts workshops called “Explorasuarus: The Dino Tourist, led by Michael Tudor, TPDF Program Director, Visual Arts. The workshops were learning sessions that included art techniques and approaches. Framing the session, Mike shared illustrations from his new children’s book of the same name. As an extension of the workshops and to offer community residents an opportunity to visit museums, we planned a visit to the American Museum of Natural History (watch for the rescheduled rain date) to visit Dinosaur Hall! Students will have the chance to draw dinosaurs as they view the real ones! An exciting new offering for students and parents/guardians. Watch for the new date!



Come and Dance with Us - Our 6th Annual “Dance is Healing” Program

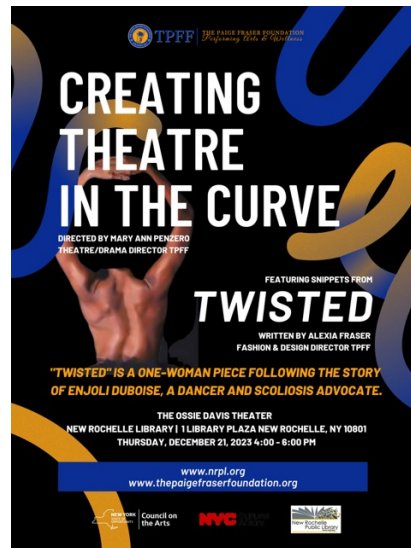
Our signature program, “Dance is Healing” will be offered for the 6th straight year at Mind-Builders Creative Arts Center in the Bronx. This program, a series of classes in various styles of dance and offered by Broadway and Dance professionals (think members of Lion King, Jose Limon Dance; 2022 Princess Grace Award Winner in Choreography like Maleek Washington!). Join us for this unique opportunity to take dance class as you explore dance for the first time or sharpen your existing skills. Join the growing legion of DIH Alumni (some have gone on to perform at the Met, others are studying at Juilliard; and others have found a way to get in or stay in shape through dance). No dance experience is needed. It’s fun, it’s exciting and its being offered right here in your neighborhood and its FREE! Join the DIH movement!

Watch for registration information!



Let There Be Theater! "Creating Theatre in the Curve" at Spreckman Community Center

Our Theater/Drama program, "Creating Theater in the Curve" - Twisted was offered to the participants of Project Friendship at the Spreckman Community Center. Under the direction of MaryAnn Penzero, TPF Program Director, Theater/Drama. Participants included staff community members, caregivers/takers who shared experiences with scoliosis. This program in keeping with our goals, opens conversations about coping with and overcoming the challenges we face. In and through the arts, we share and connect and work toward wellness. Watch for the remaining workshops for this program through the end of December.



Let's Aim for Community Wellness in 2024!

TPFF works to create a healthier community. This year we expanded our offerings in wellness with workshops in Tai Chi Chuan for students at the Harlem School of the Arts and Mind-Builders Creative Arts Center. We offered Tai Chi Flow Dance for healthcare staff at North Central Bronx Hospital. We aired an online new healthy eating series with support of our community partner, Stop and Shop. Tina McGeough, Stop and Shop's Registered Dietician presented information about preparing healthy meals and hydration. Additionally, we offered our annual Spine Series for those with scoliosis and back and spinal conditions.

Our performing arts programs aim use the practice of the arts, dance, visual art, music, theater, folk and traditional arts, to encourage movement, de-stress and heal as we connect with ways to build physical, emotional, and psychological resilience and strength. Watch for our expanded wellness workshops and programs in 2024. Make 2024 a year of focus for wellness!

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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