



# TPFF

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

## Monthly Newsletter November 2023



### TPFF Celebrated its Sixth Year Anniversary on November 22, 2023!

**Hello Lesmah,**

What a journey it has been! We offered our first program, “Dance is Healing” (DIH) in December 2018 at Mind-Builders Creative Arts Center in the Bronx. With professional dancers as instructors, our first cohort of participants included one who went on to perform at the Metropolitan Opera and another who is currently studying at Juilliard, class of 2026.

We knew from the start that we needed to do more for our community, so the next year, we offered a second version of DIH at the Alvin Ailey Dance Studios in Manhattan.

During the height of the Covid-19 pandemic, we developed virtual programs and workshops like the “Spine Series”, and theater programs such as “Stars 2 Be”, and “Virtual Variations of the Nutcracker.” From just one dance program in our first year, this year we offered a total of 15 programs in Dance, Theater, Music, Visual Arts, Folk & Traditional Arts, and Wellness. This could not have been accomplished without the generous help of our donors, supporters, and grants from NYSCA, NYC Cultural Affairs, and the Bronx Council on the Arts.

We had our first annual TPF “Community Matters” Gala and Award Ceremony in October. This event, held at the historic New York Academy of Medicine (NYAM), shared highlights of our community work for the past 6 years. We paid tribute to three distinguished community leaders, Dr. Rosa M. Gil, Madaha Kinsey-Lamb, and Dr. Michael G. Vitale. The event’s Emcee was Errol Barnett, Emmy Award Winning Anchor and National Correspondent, CBS News. The evening included performances by Pearl Khwezi, Broadway Actor, and Walter Russell III, Actor, Singer, Grammy Award Winner. Pearl and Walter thrilled the audience with their song and dance and a feeling of community and support was felt by all. What a wonderful six years it has been!

With gratitude and best wishes for the holiday season.

*J. Fraser*

Lesmah J. Fraser  
TPFF President/CEO

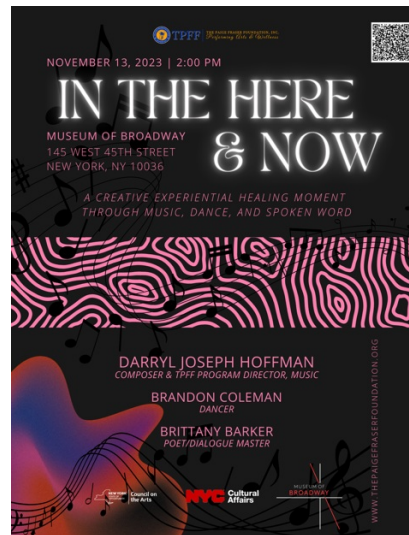
Please enjoy this video from our "Community Matters" Gala



Donate

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## Highlights from November



### “In the Here and Now: Gratitude” at the Museum of Broadway

“Music produces the kind of pleasure which human nature cannot do without.” Using original and in-real time compositions, TPFF Music Director, and Composer Darryl Joseph Hoffman, offered the last installment of his NYSCA grant-funded program, “In the Here and Now: Gratitude” at the Museum of Broadway. This fusion work was offered through dance and poetry. Dancers Brandon Coleman and Christian Paris Blue, and Poet Brittany Barker, explored the feelings and emotions that arise and manifest in gratitude. Watch for an on-line presentation of Darryl’s work of this ground-breaking program.



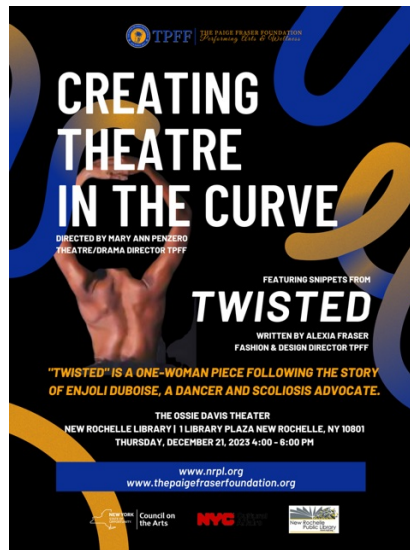
## "Reading the Body: Recovery" a Short Film

Our short film, “Reading the Body: Recovery” a collaboration between TPF and BLR, premiered at the Village Cinema in Manhattan. The earned an “Official Selection” in the New York Short Film Festival. The film has already received ten (10) official selections from national and international film festivals. Click above to watch the film!



## “Diabetes 101: Diabetes and Nutrition” Webinar with Tina McGeough

In our pursuit of supporting a healthier community, we found a wonderful partner in Stop & Shop and their incredible Tina McGeough, MPH, RDN and Certified Diabetes Care and Education Specialist (CDCES). Tina has been a great supporter of TPF’s work this year, offering a three-part webinar in Healthy Eating and just offered a timely and important webinar on Diabetes 101: Diabetes and Nutrition. Sharing her expertise and guidance, Tina offered information about Diabetes, food selections and ways that nutrition can help to prevent and manage diabetes. We’ll be hearing more from Tina in 2024, watch for news.



## "Creating Theatre in the Curve" - Last Chance!

Mary Ann Penzero, a NYSCA Grant for Artist Recipient for Theater Commission, blazed a trail in the theater/drama program this year. Through her work, using the original play written by Alexia Fraser, playwright/author offered more than a dozen theater/drama workshops in the Bronx, Yonkers, New Rochelle and NYC. The workshops included script reading and stage direction; they offered students and community residents the opportunity to learn about theater production and sharpen their stage presence. Join us: December 21, 2023 at 4:00 p.m. at the New Rochelle Library Ossie Davis Auditorium

## Upcoming this Month:

 A poster for a dance workshop. At the top, 'TPFF THE PAIGE FRASER FOUNDATION Programming, Arts & Education'. The title is 'OUR 6TH ANNUAL DANCE IS HEALING FREE WINTER WORKSHOP'. It features a photo of dancers. Below are instructor profiles:
 

- MALEEK WASHINGTON** MODERN CLASS
- DAPHNE LEE** BALLET CLASS
- MARCUS WILLIAMS** HIP HOP
- GLADYS LOWE** AFRICAN
- RONALD ALEXANDER** BALLET & STRETCH

 Date: **Thursday, December 28, 2023**  
 Time: **10:00 am - 6:00 pm**  
 Location: **Mind Builders Creative Arts Center**  
 3415 Olmville Avenue  
 Bronx, New York 10467
 

KIDS - AGES 9 - 15	
• Modern Class	10:00 - 11:30
• Ballet Class	11:40 - 1:00
• Hip-Hop	2:00 - 3:00

ADULTS - AGES 16+	
• African*	3:00 - 4:30
• Ballet & Stretch	4:30 - 6:00

\*Kids are encouraged to stay and join.

 Website: www.thepaigefraserfoundation.org. Logos for Council on the Arts, NYC, and Mind Builders are at the bottom.

## "Dance is Healing (DIH)" Workshop

This annual event offers community residents, both youth and adults, with the opportunity to take class with Broadway and professional dancers. This year's line-up is a special one and includes classes in Modern, Ballet, Hip Hop, African and others. Join us, whether you have dance experience or not, for a day filled with movement and excitement. Registration is open and it's free.

[Register Now!](#)

## 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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