



TPFF

THE PAIGE FRASER FOUNDATION, INC.
Performing Arts & Wellness

Monthly Newsletter April 2024



Hello Lesmah,

Spring is in full swing and as we begin the season, TPFf celebrates this time of renewal and rejuvenation. This month, we share news about our work to build a healthier community through participation, performance, and engaging in the arts and wellness. We offer insights about nutrition and its role in creating a healthier community and we announce upcoming programs, both in-person and on-line, aimed to get us moving!

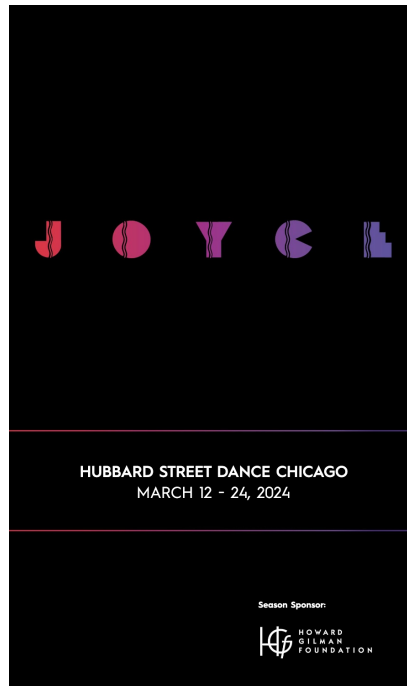
As both a performing arts and wellness organization, we draw from extensive experience in these areas. Using community and public health and the resources that are available to us, we aim to create a healthier community by offering education, like webinars on nutrition; the physical arts, like yoga; Tai Chi Chuan; and Creative Arts Therapy. We believe that through a combination of performing arts and wellness programs, we can...together...work toward improving health in our communities.

In this season of new beginnings, we will be offering *Breathwork and Movement* with Kayla, a free virtual workshop in May. This program embodies breathwork & somatic movement practices. In June, we will offer our annual online Spine Series program and please watch for upcoming in-person *Tai Chi Chuan* and *Dance to Bond* events.

We wish you a Happy and Healthy Spring!

Thank you,

Lesmah J. Fraser
TPFF President/CEO



Darryl J. Hoffman's Music Score Featured in Hubbard Street Dance Event at The Joyce Theater

AGUAS QUE VAN, QUIEREN VOLVER (2023)

Choreography by Rena Butler

Music by Milton Aguilar, Miguel Angel, Marcelo Barbel, Jane May, Valladares Rebolledo**

Composed by Darryl J. Hoffman

Costume Design by Hogan McLaughlin

Lighting Design by Julie E. Ballard*

PERFORMED BY

Abdiel Figueroa Reyes, Shota Miyoshi, Cyrie Topete (3/19, 3/21, 3/23eve)

Jacqueline Burnett, Elliot Hammans, Simone Stevens (3/20, 3/23mat)

Alexandria Best, Aaron Choate, Alysia Johnson (3/22, 3/24)

"Waters that go, want to return..." – José Larralde

**Music: *Quimey Neuquen* by Milton Aguilar, Jane May, and Marcelo Barbel. WC Music Corp. (ASCAP).
Miseria written by Valladares Rebolledo and Miguel Angel, performed by Los Panchos.

We are pleased to share that Darryl Joseph's (TPFF Program Director, Music) was featured in the recent Hubbard Street Dance Chicago program at The Joyce Theater (March 12th - March 24th). Working with Choreographer, Rena Butler, Darryl created music for "Aguas Que Van, Quieren Volver." Hubbard Street Dance Company celebrated its 46th anniversary season during its two-week run at The Joyce Theater. With a deep enjoyment for both collaboration and dance, Darryl's music has been featured in Hubbard Street Dance Company's programs before and his continued collaboration with Rena Butler has enabled him to broaden and deepen his focus on original compositions.

Please join us in celebrating the latest of Darryl's accomplishments as he works toward building our community engagement and offering inspiration for those pursuing their dreams in the arts. And watch for an on-line opportunity to view Darryl's innovative work, "In the Here and Now: Spiritual Warfare." This work includes dance and poetry set to Darryl's compositions was performed at the Museum of Broadway last year and made possible through a grant from NYSCA that Darryl received for Composer.



TPFF Dance is Healing Alumni and Juilliard Student Omarion Burke Performs at Juilliard's Spring Dances Event

Omarion Burke, now a sophomore at Juilliard, performed during the Spring Dances Program 2024 on March 27, 28, 29 and 30 at The Juilliard School. In previews about the performances, The Juilliard School notes that, "Dancers performed three repertory works. Kyle Abraham's Studies on a Farewell includes music by Beethoven; Arnhold Creative Associate and alum Nico Muhly; and an arrangement of Bach by Sebastian Bartmann, all played live by music students. Alum and former faculty member Bobbi Jene Smith and Or Schraiber's Fugue in Crimson includes music performed live by Juilliard music and drama students as well as recorded elements including works by Bach, Bizet, and French cabaret singer Barbara, with original compositions and arrangements by Yonatan Daskal. The final piece is Shen Wei's Map, which features David Robertson conducting the Juilliard Orchestra in a chamber version of alum Steve Reich's The Desert Music with guest vocalists."

Omarion was a student in our inaugural Dance is Healing program, a DIH Spotlight winner and is recipient of the TPF Pearl Fraser Legacy Scholarship program. Please join us in celebrating this exceptionally talented dancer from the Bronx who is attending at one of the most prestigious arts schools in the world!



**Mary Ann Penzero Earns Certificate
from NYU Tisch, Backstage in
"Performing Arts Industry Essentials"**

We are pleased to share that Mary Ann Penzero, TPF Program Director, Theater/Drama earned a certificate from NYU Tisch, Backstage and Yellowbrick Learning in “Performing Arts Industry Essentials.” The on-line program provided an overview of best practices for a career in the Performing Arts Industry and included lectures/ demonstrations videos, hands-on projects and a Capstone final project to bring a concept to performance. Mary Ann’s achievement underscores TPF’s commitment to life-long learning and improvement. We constantly work to learn and improve so that our work with our community is of the highest quality. Congratulations, Mary Ann and thank you!



March 2024 Healthy Lifestyle Updates

For more information email/
Para obtener información en español, envíe un correo electrónico a
christina.mcgeough@stopandshop.com

March is National Nutrition Month!

In the spirit of spring I am spotlighting two fun and flavorful ways to add grains and greens to your meal planning routines. These recipes are great ways to add veggies to lunch and dinner, and both are good sources of fiber and protein which help keep you full for longer!

Spring Roll Noodle Bowl Quinoa Bowl with Chicken, Feta & Olives



HERE ARE 3 WAYS TO SUPPORT YOUR HEALTH THIS MONTH...

- ✓ Move your body for at least 30 minutes most days of the week.
- ✓ Drink at least 6-8 8 oz. cups of water per day.
- ✓ Aim for at least 7 hours of sleep most nights.



Register for our upcoming webinar: Healthy Eating on a Budget



To learn more about Nutrition Partners visit us at:
stopandshop.com/nutrition

Good Nutrition is Foundational for a Healthy Community

March was Nutrition Month! Tina McGeough, MPH RDN CDCES and Stop & Shop Dietitian, provided our community with accessible and useful resources, tools and tips to support a healthy community. We are grateful to Tina and Stop and Shop for their partnership and support last month and over the past year. Tina has been working closely with TPF, offering webinars, and providing guidance to help improve our nutrition. Her culturally sensitive approach and recommendations connect us to our local markets, enabling us to share important information and real-world tips. Through our partnership, we participated in Nutrition Month and shared “Healthy Lifestyle Updates,” including recipes and information about upcoming webinars.



Gladys Lowe Recognized for Her Community Commitment



Gladys Lowe, TPF’s Program Director, Folk and Traditional Arts, created a signature workshop entitled, Rhythm and Teranga, through a grant from NYSCA for Artist. The program includes storytelling, dance/movement, and live drumming and TPF has offered the program several times in the past year. Gladys is long-standing commitment to teaching, learning, and draws from her culture as she aims to build and connect community through art.

She played a central role in the Nkoni Cultural & Traditional Festival last summer. The Festival, offered in Soundview Park, included traditional dances, art exhibitions, food tasting, “Medumba” language learning and much more, a resounding success. Gladys’ work at the Festival and her commitment to her community was recognized by State Senator Luis R. Sepulveda who issued a Proclamation “Honoring Gladys Lowe for Exemplary Service to Her Community and State”; She also received a “Citation of Merit” from Borough President, Vanessa L. Gibson.

EVENTS CALENDAR

Like what you see?

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