



TPFF

THE PAIGE FRASER FOUNDATION, INC.
Performing Arts & Wellness

Monthly Newsletter March 2024



Hello Lesmah,,

This month TPDF Celebrates Women's History Month! We are pleased to honor all women who have helped to advance the TPDF Mission. Women's History Month was initiated in the 1980s as a time to recognize the contributions of women to society. In reflecting on this month, we share the history of this recognition:

"In 1987 after being petitioned by the National Women's History Project, Congress passed Pub. L. 100-9 which designated the month of March 1987 as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month. Since 1995, presidents have issued a series of annual proclamations designating the month of March as "Women's History Month." These proclamations celebrate the contributions women have made to the United States and recognize the specific achievements women have made over the course of American history in a variety of fields." (Source: womenshistorymonth.gov)

Congratulations!!!

Thank you,

Lesmah J. Fraser
TPFF President/CEO

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TPFF Receives \$5,000 Grant from Emmanuel Baptist Church (Brooklyn) for Our Tai Chi Dance Flow Program for Healthcare Workers



This program targets adults who are experiencing mind, body and spirit challenges due to chronic conditions such as stress, anxiety, workload pressures and the effects of coping with COVID for the past 4 years. Professional teachers will adapt the ancient Chinese art form to coordinated movements to help participants improve balance, motor skills, posture, and gait.

Tai Chi and Qigong are ancient Chinese healing practices that combine meditation, controlled breathing, and gentle movement. There are ample research studies documenting the effectiveness of these ancient exercises in regulating mood, enhancing stamina, and improving anxiety and depression among adults.

This Emmanuel Baptist Church (Brooklyn) Grant will allow us to continue this Tai Chi Dance Flow Program in support of healthcare workers in our Bronx Community.



TPFF's "Stars 2 Be" Program Joins in a Black History Month Celebration at the Bernice Spreckman Community Center (Yonkers)

TPFF's Program Director, Theater, Mary Ann Penzero, offered a "Stars 2 Be" Theatre Program on February 20th at the Bernice Spreckman Community Center. The workshop was well attended with 22 participants. The Black History Month Program featured poetry readings, music and dance. Participants really loved the music, dance and poetry from TPFF/BLR's short film, "Reading the Body", as well as the poem "The Hills We Climb" written by Amanda Gorman. The "Stars 2 Be" Program was created by Mary Ann three years ago and has been offered previously at a wide variety of community centers and libraries.



Dance Strong

It is that time again! Please join us for our Annual "Dance Strong" Program. "Dance Strong" started three years ago with the support of a grant from the Bronx Council on the Arts. It encourages movement for young people, ages 8 through 17 years old, with or without disabilities, to support alignment, balance, awareness and relaxation. Our instructor Deepa Liegel, a professional dancer with Limón Dance Company, will lead the workshop. No experience is necessary! The classes are FREE and run for 4 weeks from April 3rd to April 24th at Mind-Builders Creative Arts Center.

[Register Now!](#)

[EVENTS CALENDAR](#)

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