

Participatory arts programs have been shown to improve physical and mental health in older adults (National Endowment for the Arts 2015). As the folk music that our organization has presented for 62 years has a strong tradition of social participation, 14-1726194 seeks support from the GKV Foundation to develop *Social Music for Seniors* to serve a growing aging population in New York's Capital Region.

14-1726194 is a hub for participatory music performance & group instruction in our community, with an active "on the road" program that delivers live performances to senior centers. Through this work we have discovered an opportunity to improve the health of seniors by training them in instrument skills, group singing & playing by ear.

Due to 14-1726194's longevity & current success, we are a role model for other small folk music organizations across the country. This creates an exciting opportunity for wider social impact by developing a replicable model, showing small presenters how to address the loneliness & isolation of seniors in their audiences & community through group music activities.

Objectives & Measurements:

- **Keep the tradition of social music alive.**
Goal is 60% enrollment capacity in session 1, 75% by session 2 & 90% by session 3. 50% retention, measured by a student enrolling for at least two of the three sessions.
- **Serve low-income participants.**
Goal for year one is 10% scholarship students.
- **Foster physical, mental & social health.**
Entry and exit survey data will be compared to assess wellness & skills development. Year one will establish a baseline in this area.

Scalability

In order to spread this program to other organizations, we will develop an online guidebook & video detailing "what works" that can be distributed on our website and through Folk Alliance International.

We request \$40,000.

We assert that 14-1726194, the applicant, meets GKV Foundation's Minimum Requirements as stated in the GKV website.