

Join us for a special
art activity!



An art activity for people impacted
by Parkinson's disease

APDA's **Connecting Through Art** is a creative arts workshop that offers people impacted by PD and their care partners an opportunity to socialize, learn basic art skills and complete a picture using watercolor. Participants may also choose other media to use, such as colored pencil, crayon, pastels, and a theme of their own as well.

The virtual **Connecting Through Art** program was filmed in collaboration with the Parrish Art Museum in Water Mill, NY. Museum Art Educator, Wendy Gottlieb, will guide participants through a step-by-step watercolor painting activity with a special lesson about Fairfield Porter, a figurative painter who created paintings of interior and exterior landscapes around his home in Southampton, NY and Maine.

This workshop is a demonstration of how using art in a relaxed and mindful manner provides people with PD and their caregivers the opportunity to learn how visual art and creative activity reduces stress and how that helps reduce symptoms of PD.

This workshop is also an opportunity to have a fun connection with others. We will be learning new skills, using the creative side of our brain, exercising fine motor skill muscles, socializing and sharing our experience throughout the workshop. Displaying finished artwork is optional. Time for a "Gallery Show" will be put aside at the end of the workshop for those who do want to share completed work.

The workshop is open to any adult who has been diagnosed with Parkinson's disease and their care partners and family members.

Generous support for this program was provided by



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Thursday, August 12th

10:30 am – 11:30pm

Zoom Link

Will be sent to you prior to the program

Program will be led by Emily Storhdahl

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MATERIALS LIST: Available at any drugstore, online, or an arts and crafts store.

Below are suggested materials – Watercolors are suggested, but crayons, colored pencils, pastels, or even a pencil will allow you to participate.



- Watercolor palette box:** Crayola is great. It may look like a kids set but the quality is quite good.
- An extra pack of brushes:** The watercolor palette comes with one brush, but you will likely want to experiment with different size brushes
- Pad of Watercolor paper:** This is a little heavier than drawing paper, but any paper will work. Please ensure you have more than one sheet of paper.
- Pencil**
- Container for Water:** a glass, recycled container
- Paper Towels**
- Padding to help your grip:** a washcloth or paper towels can be wrapped around brushes or the pencil to enhance and ease your grip (use a rubber band or tape to hold it in place)

- The Object/Still life that you will paint:** You choose what you want to paint. Although Wendy will be guiding you through the activity with the object pictured here, please choose something that you would like to paint!

