

The mission of Upstream Arts is to enhance the lives of adults and youth with disabilities by fostering creative communication and social independence through the power of arts education.

Upstream Arts' Newsletter | Fall 2008

# THE CURRENT



Upstream Arts, Inc.  
1304 University Ave. NE  
Suite 306  
Minneapolis, MN 55413



## DID YOU KNOW?

**We offer programming for youth and adults with disabilities:** Self Advocacy groups, disability-focused organizations, Special Education classrooms and Transition programs are examples of the types of clients we serve.

**We come to you:** Upstream Arts carries out programming with your clients or students on-site at your agency, organization, or in your classroom.

**Our participants have a range of abilities and strengths:** including those with DCD, EB/D, ASD, LD and physical disabilities.

Call or email for additional information at 612.331.4584 or [julie@upstreamarts.org](mailto:julie@upstreamarts.org)

Call us at 612.331.4584 or visit our website [www.upstreamarts.org](http://www.upstreamarts.org) to register or for more information.

**Social Skills Group**  
with Edina Adaptive Recreation  
Tuesdays, January 13 - February 3, 2009  
4pm - 6pm  
Ages: 13-21

**Dance and Movement workshops**  
with City Scape Dance Studio  
October 16-17, 2008,  
10am - 12pm  
Ages: 13-21

**Arts Workshop**  
with Edina Adaptive Recreation  
October 12, 2008, 1:30 pm - 3:30pm  
Ages: 13-21

**Upstream Arts at the Children's Museum**  
October 3, 2008, 6pm - 7pm  
All ages

## UPCOMING PROGRAMS

ACT.  
WRITE. DANCE. PAINT.  
LISTEN. IMAGINE.  
CREATE. COMMUNICATE.  
SOCIALIZE. EXPERIENCE.  
LEARN.

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## WHY ART?

Why do we use art to develop the social and communication skills of youth and adults with disabilities?

Our participants help us answer this question:

I ask Rachel, an Upstream Arts participant, to tell me how she is feeling using only her eyes. Rachel's whole face lights up. She sits up straighter, a smile reaches from ear to ear, and she turns her head slightly to one side, as if she is inviting you to join in the joyous emotion she is feeling.

Twenty minutes later we ask participants to tell us how they are feeling when they listen to a piece of music by Philip Glass. Before they say anything, they sway back and forth, some close their eyes, and others round their shoulders forward showing the new emotion the music has introduced. Next, they get a paintbrush, choose a color that represents the emotion they are feeling, and they begin to paint.

Georgia O'Keeffe once wrote, "I found I could say things with color and shapes that I couldn't say any other way - things I had no words for."

We use art at Upstream Arts because we know that 93% of effective communication is nonverbal, and that there are more than words to tell someone how you feel. We use art because we know that colors can express that you're sad, angry, excited or relieved. We know that the beat of a drum can reflect your mood and the wave of your arms and the hop in your step can tell a story. We use art because it allows us, all of us, to explore the diversity of communication and self-expression.

We hope you'll join us on our journey upstream. We'll leave you speechless.

—Julie Guidry, Executive Director

## UPSTREAM ARTS IN YOUR CLASSROOM...

We are currently booking our spring residencies in Special Education classrooms and with Transition Programs. If you are interested in having Upstream Arts work with your students this spring, please call us at 612-331-4584. We will come do a **free hour-long workshop** with your students so you can witness firsthand how we use the arts to develop social and communication skills.

**QUOTE** "The social skills part of the program is essential for these kids. They are waiting their turn, following directions and building confidence in interacting with their peers."

—Special Education faculty, Eisenhower Elementary



Participants learn about dance and choreography at the In, Out and Upstream Camp this summer

THE RHYTHM IS GOING TO GET YOU

**QUOTE**

"I learned how to do things I didn't know I could do, like write poems and make a play."

—Participant of "In, Out and Upstream Camp" Summer 2008

## UPSTREAM ARTISTS AROUND TOWN

This fall, go see what our artists do when they aren't teaching our programs: **Norah Long** is singing/acting in *Little House on the Prairie* at the Guthrie until Oct. 19; **Alexandra Rozenman** is displaying her art at the Phipps Center for the Arts beginning in January; **Matt Sciple** is directing *Enchanted April* at the John Hassler Theatre until Oct. 12; **Carolyn Pool** is acting in *The Sisters Rosensweig* at the Park Square Theatre until Oct. 5.

**RESEARCH SHOWS....**

**Critical Links: Learning in the Arts and Student Academic and Social Development (2002)**, a groundbreaking study conducted by the National Endowment for the Arts and U.S. Department of Education, found that **"arts learning experiences contribute to the development of certain thinking, social and motivational skills that are considered basic for success in school, work and life."** Reasoning ability, intuition, perception, imagination, inventiveness, creativity, problem solving skills and expression are among the thought processes associated with involvement in the arts.

## OUR 2007-2008 DONORS

We are happy to report that in our 2007-2008 fiscal year, which ended in June, we exceeded our fundraising goals! We want to extend warm appreciation to our '07-'08 donors for making the work we do possible.

A Very Small Arts Fund  
Compas - Medtronic Arts Access Program  
Metropolitan Regional Arts Council  
Minneapolis Rotary Community Service Foundation  
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Anonymous (3) - In Memoriam of Donnie Byrd - In Memory of Robert Sonntag - In Honor of Caleb Guidry - Pete & Amy Akers-Passolt - Marie France & Bill Beitz - John Belew - Toni Boelter - Frances & Paul Brayshaw - Christine Brown - Joe & Jane Cavanaugh - Kayla Collins - Laressa Dickey - Charles & Carrie Fraser - Lee & Serge Garces - Joe & Janet Green - Mary & Dominick Green - Marcie Guidry - Dorothy Guidry - Dale & Rose Haning - Pam & Bob Herrick - Jack & Laura Lee - Mary Gerry & Tom Lee - Francis & Carole Malpede - Edward & Kathryn McKenny - Jeff & Sarah Milligan-Toffler - Katie Piehl & Richard Knowlton - Noel Raymond & Amy Finch - Recreational Equipment Inc. - Marcia & Jerry Sansby - David Sieplinga - Dob & Gay Sieplinga - Don & Dawn Sieplinga-Penniman - Alison Sipkins - Martin & Kate Thomas - Madge Thorsen - Thorsen Kaplan LLP - Beth Vande Haar - Karine & Tom Vosberg - Michael Witzany - Mary & Harvey Young - Sally & Andy Zimney