

# THE CURRENT

Upstream Arts' Newsletter - Fall 2007

## up-stream (adv. and adj.)

1. moving in or situated in the opposite direction from that in which a river or stream flows; nearer to the source

Many people with disabilities are charged with having to move upstream against the current of everyday life. Upstream Arts believes:

-Communication and self-expression are at the heart of what it means to be socially engaged, active participants in our classrooms, families and communities.

-The arts provide us all with an avenue for self-expression and offer those who cannot communicate in traditional ways, alternative and unique ways to socialize and communicate.

-Artistic experiences nurture social and communication skills, providing individuals with disabilities a powerful avenue to move upstream.



## We Love Blue

Blue is the sky.  
Blue is sad.

Like someone called him a name.

Blue is blueberries in a bowl.

Or in muffins.

Eating blue makes blue lips.

Blue "Now & Later" taste like blueberries.

Yum!

-Written by Upstream Arts participants

## THREE WAYS TO GET INVOLVED:

1. Make a tax deductible donation.
2. Volunteer at one our arts workshops.
3. Spread the word about Upstream Arts. Tell friends, parents, and service providers about the resource we offer. Or help us connect with potential donors.

## Upcoming Programs

### Art Workshop for Youth with Autism at the Courage Center

November 5th, 2007, 12pm - 3pm

Ages: 12-18

### Winter Break Art Workshops for Youth at the Courage Center

January 2nd - 4th, 2008, 12pm - 2pm

Ages: 12-18

### Spring Break Art Workshops for Youth at the Courage Center

March 31st - April 2nd, 2008, 12pm - 2pm

Ages: 12-18

To register for any of these programs or for more information, call us at 612.331.4584 or visit our website at [www.upstreamarts.org](http://www.upstreamarts.org).

## Donate Your Vehicle

Donate your car to Upstream Arts through Cars with Heart. Your vehicle donation will allow you to receive a tax deduction, eliminate the hassle of selling your vehicle, as well as help Upstream Arts provide high quality arts programming to adults and youth with disabilities.

Call Upstream Arts at 612.331.4584 for assistance with your car donation.

## PAUL'S STORY

Last year Upstream Arts had a school residency at Lake Harriet Middle School. Every week two or three of our artists would lead arts based activities in Lake Harriet's Special Education classroom. Over the course of the year we wrote poetry, moved to music, developed and acted out characters, painted and most importantly had a lot of fun. The Special Education teacher at Lake Harriet told us this story about a student in his classroom:

"Paul is a wonderful kid. But he has a difficult time remembering things. He struggles to pay attention, to stay engaged. Paul has really grown through this program, in his ability to follow directions and process information. And after Winter Break, on our first Wednesday back, the day Upstream Arts comes to our classroom, Paul asked me "Is Upstream Arts coming today?" And I was floored. He often cannot remember his daily schedule, the other kids' names or what day it is. I said, "Paul, how did you remember they were coming?" He said, "I remember because I am Wayne the Cowboy"--which is the character he developed and acted out each week. Weeks had passed, winter break had broken up our routine and still Paul remembered. So whatever Upstream Arts is doing, Paul was getting it on another level than what we - teachers and aides--were doing during the school day with him. Upstream Arts has reached him on another level."





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

## OUR PROGRAMS

After a year of operations, Upstream Arts has engaged an impressive roster of local artists, including visual artists, musicians, poets, actors, creative writers and dancers who lead inclusive arts education workshops for adults and youth of all ability levels around the metro area. Our 2007-2008 programming calendar, which began in July, includes:

- 1. School Residences** in three metro area public schools. Every week our artists lead arts activities in the Special Education classrooms of Eisenhower Elementary School, Lake Harriet Middle School and Edison High School.
- 2. Arts Education Workshops** on days the public schools are not in session. We provide youth the opportunity to spend their school vacation days participating in a variety of art forms while interacting with their peers and local artists.
- 3. Arts Workshop Series** in collaboration with local disability organizations. This year we are providing programming on site at prominent disability organizations like the Courage Center, Life Works and with Eden Prairie and Edina Parks and Recreation Inclusive and Adaptive Programs.

## PROGRAM HIGHLIGHTS

**🌀** In September Upstream Arts led a two hour break out session at the Creative Options Conference in Eagan, MN. We introduced participants – individuals with disabilities and service providers – to the role the arts can have in empowering individuals with disabilities to express and advocate for themselves.

**🌀** Our school residences kicked off at the beginning of October. This year we have expanded our residency program to include an elementary school. We are excited about working with this new age group!

**🌀** On October 6, we were the main attraction of Eden Prairie Parks and Recreation's "Saturday Night Out" for individuals with disabilities. 15 participants took a bus to downtown Minneapolis, where they received a tour of Interact Center for Visual and Performing Arts, and then participated in an Upstream Arts theatre workshop. A special thanks to Eden Prairie, Interact and all of our enthusiastic participants for a successful and fun evening!