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## Easing Social Isolation Through Art

September 2014

## ISLANDS of Milwaukee

Social isolation is a concern for many older adults. Research suggests that being isolated is just as bad as smoking cigarettes and worse than being obese (AARP, May 23,2012). The Islands of Milwaukee (IoM) is a bold, innovative project that addresses social isolation among older adults living alone or under-connected to their communities through creative engagement.

Stowell Associates is one of the project's community partners. For two years, <u>Anne Basting</u>, University of Wisconsin-Milwaukee professor, together with the internationally recognized <u>Sojourn Theatre Company</u> has worked with clients receiving our caregiving services.

Clients are asked thought provoking Questions of the Day. As they respond, the art team invites them to engage more deeply through mediums such as music, poems, painting and movement.



Members of Sojourn Theatre experiencing Jim's dance with Jim's wife Fran.

Two clients of Stowell Associates, Bill and Jim, will be featured in IoM's culminating exhibit at Milwaukee City Hall this month. Click on the following links to learn about their experiences:

- Dancing for the Love of Jim
- Antoinette's Tea
- Bill's Rocks
- Bill's Story of Silence

Come to Milwaukee City Hall on Sept. 20-21 and experience Islands of Milwaukee's three story exhibit and interactive performances taking place during "Doors Open Milwaukee". The exhibit will be open to the public through the end of October.

Since 1983 improving the quality of the day to day lives of our clients and their families in ways both small and large.

Nationally Accredited by the Joint Commission. Locally owned by professional social workers who are leaders locally and nationally. Recognized as a Top Workplace 2011-2014 receiving Best in Class and a Special Leadership Award (2011), a Training Award (2012) and Best in Class and a Special Management Award (2014).

Torch Award recipient for Business Ethics and Integrity from the Wisconsin Better Business Bureau (2004).

## Stowell Associates

4485 North Oakland Avenue | Milwaukee, WI 53211
1800 East Main Street | Waukesha, WI 53186 414-963-2600
inquiry@caremanagedhomecare.com | www.caremanagedhomecare.com

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