



COMMUNITY BRIDGES  
PUENTES DE LA COMUNIDAD

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FOR IMMEDIATE RELEASE: September 27, 2017

[editor's note: event photos available upon request]

**“Sunset on Mars” First Friday exhibit showcases power of art and memory**

Santa Cruz, Calif. — On Oct. 6, Elderday Adult Day Health Care will partner with Mandala Holistic Hair and Wellness Studio at 107 River St. in Santa Cruz for a public showing of multimedia art produced by Elderday participants. As part of October's First Friday Santa Cruz, the public is invited to Mandala from 6:30 to 10pm for an evening of artwork, music, a drum circle, a tea service, and more.

“Sunset on Mars: Remembering What We Know” presents a series of art, quotes, and photos of 15 participants of [Elderday Adult Day Health Care](#), a program of Community Bridges. Curated by former Elderday social work intern Soledad Hess, the exhibit highlights the power of art therapy to unlock the memory and creativity of individuals experiencing physical ailments, mental health complications, and Alzheimer's and dementia symptoms.

Through a combination of guided visualization, music, and a series of questions and feedback, Elderday participants compose work that connects the past to the present, exploring themes such as “Rebirth and Growth,” “Survivors,” and “Freedom.” By igniting artistic expressions that empower a sense of empathy and wholeness, art therapy harnesses the benefits of non-verbal expression for those suffering from an array of mental health symptoms, including Alzheimer's and dementia.

In a time when seniors are the fastest growing age group in California, programs such as art classes at Elderday ensure access to services that invest in the remarkable women and men who built our local community. Elderday's affordable and high-quality day services are here to keep seniors thriving, while providing much-needed support and respite for families and caregivers.

**ABOUT ELDERDAY ADULT DAY HEALTH CARE**

We empower elders to live with greater independence and dignity. Here, adults in our community profit from health care services, respite and companionship. Elderday is part of the Community Bridges family of programs.

To learn more, please visit [www.communitybridges.org/elderday](http://www.communitybridges.org/elderday).