

# MISCI Creative Project Handbook

October-December 2018

Multimodal Intergenerational Social Contact Intervention for Creative Engagement (MISCI-CE) Program

*Atlantic Fellows*

FOR EQUITY  
IN BRAIN HEALTH



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### Important Dates for Fall, 2018

Project Meeting 1	Saturday, October 6
Project Meeting 2	Saturday, October 13
Project Meeting 3	Saturday, October 20
Project Meeting 4	Saturday, November 3
Project Meeting 5	Saturday, November 17
Project Meeting 6	Saturday, December 1
Showcase!	Sunday, December 9



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# Program Overview

**Multi-modal Intergenerational Social Contact Intervention Pilot for Creative Engagement (MISCI-PCE)** is a new, evidence-informed program that pairs younger adults with older adults to build a relationship through a creative project they choose to complete together during regular meetings over the course of three months.

## Why are we doing this?

MISCI is a Health Equity initiative. It aims to improve health in ways that address social inequities. Loneliness and social isolation are key risk factors at all ages for developing a host of chronic and terminal illnesses as we age, including dementia.<sup>1</sup> Interventions like this, if scaled, could prevent up to 44 million cases of dementia over the next 20 years.<sup>2</sup> Public health leaders have identified social engagement as a key priority for health of all kinds.<sup>3</sup> Everyone has a right to participate fully in our democracy, our economy, and our community life, but our society sometimes starts to exclude us as we age. People are living longer, but our systems and structures haven't been updated to match that reality. To build a more just society, we need to take steps to prevent social isolation of any group, including older and younger people.

## Who is involved?

This project is taking place under the umbrella of the [Atlantic Fellowship for Equity in Brain Health](#) at the [Global Brain Health Institute](#) based at the [UCSF Memory and Aging Center](#). Undergraduates and older adults in San Francisco are invited to participate in a feasibility study to test the concept. [Openhouse](#) and [Little Brothers Friends of the Elderly \(LBFE\)](#) are the MISCI-PCE community partners. MISCI-PCE will include up to thirty older adults and up to sixty students. Each participating older person will be matched with two younger partners.

## How does it work?

This gives a quick overview of the program timeline. Specific suggestions and activities for [each meeting](#) and [each prompt](#) are found in subsequent sections.

	October		November	December	
Events	Younger participant training	Meetings 1-3	Meetings 4-5	Meeting 6	Showcase on December 9!
Objectives	Triads get to know each other and start their projects		Develop your project	Finalize project	Share, enjoy, evaluate, next steps

## 6-Meeting Plan

There will be many different paths to successful Creative Projects over the next few months. This plan is meant to help you and your partners get off to a positive start and to give you some tools to plan and execute your work. This section is designed to help you manage your project together regardless of which kind of project you do. Try out the approach but make sure to do what works best for you and your partners.

### Meeting 1

**Objective: Get to know your partners!**

Spend a little time getting to know each other – read the bios ahead and think about some questions for your partners.

**Start brainstorming for your creative project**

- What genre do you want to work in? (See list of [prompts](#) for inspiration)
- What theme will help focus your work? (See first meeting agenda for examples)
- What are your early ideas?

### Meeting 2

**Objective: Finalize your prompt and make your plan**

Today is the day when you will make the final decision: will you use one of the [project prompts](#) below? Have you come up with an even better idea that works best for you and your partner(s)? Make a commitment here about

- Which prompt will you use or what variation of it?
- What are your initial ideas about making that happen?
- What's a good working title for your project?
- How will you use the next three meetings to bring it to life?

### Meetings 3 – 5

**Objective: Make your projects!**

See [each prompt](#) below about some suggestions for giving structure to these three key production meetings. Come up with your plan for these three meetings and ask yourself,

- Do you need to do anything before the meeting to make the meeting work?
- What do you want to accomplish during the meeting?

### Meeting 6

**Objective: Finalize your project, how to present it, and what's next**

This is the last official MISCI Creative Project meeting!

- Make all the finishing touches on your project
- Make plans to bring the product or a document of your work to the MISCI Showcase
- Start thinking about how you'll continue connecting with others beyond this program

## Creative Project Prompts

Please use these as a starting point for deciding on your MISCI creative project. No need to follow them exactly. These are meant to inspire you, not constrain you. The most important thing is that all MISCI partners enjoy the process of creation together. Please remember this is a co-creation in which both/all partners are equal contributors to the project.

### Materials

Keep it simple!! In all cases, please use what you have already – some triads may decide to use smart their own smart phones or computers to do some things. The program has a small materials budget at this time, so please keep any supplies you purchase REASONABLE – we can reimburse up to \$20 per MISCI Triad. Spending \$0 is ideal.

### Photo/Collage

What are some images that represent what you're most grateful for? Do you have photographs that represent literally or figuratively what you have in mind? Are there pictures from magazines that you could cut out and paste to represent that? There are many media for photos and collages of all kinds. You may want to work in a digital platform or in a material way – paper, glue, other kinds of materials. What is similar in what each partner is grateful for? Where are the differences? What does that mean to you and how might you express what emerges from these questions?

#### A Sample Plan for Meetings 3-5 for Photo/Collage

Meetings 1 and 2: See [“6 Week Plan”](#) above.

Meeting 3: Each partner comes to the meeting with 5 images, either personal photos or images cut from magazines, online etc. Spend 15 minutes explaining why you each chose these. Experiment with ways of putting them together. Do you need other images to add? Are there some you don't need anymore? Are there other materials you'd like to bring? Take a picture of what you've done.

Meeting 4: Come with any additional images and try a different way of combining them. What does the new way of combining images do for your collage? Could you take a new photo that would add to the mix? What's missing? What's currently in that could be taken away? Take a picture of what you've done.

Meeting 5: Bring the same images again or brand new images. Bring other materials you've found (e.g. fallen leaves, yarn, shiny paper, a paper clip, some text from an ad). Spend 15 minutes working alone on a little collage. Then play with bringing each partner's collage together into a larger one. Take a picture of what you've done.

Meeting 6: See [“6 Week Plan”](#) above.

### Our Life Stories

In this approach, each partner interviews the other(s) about their lives. You can record each other's answers on a smart phone and edit them. If you like, you can even record your stories with the Story Corps program at the public library (see <https://storycorps.org/san-francisco/>) or using their app (see <https://storycorps.org/participate/storycorps-app/>). Whatever approach you choose, here are some starting points for your interview:

1. Tell me about a time when you were grateful to someone.
2. When did someone else express gratitude to you – either in words or in other ways?

3. Choose some more questions from <https://storycorps.org/participate/great-questions/>

Make sure you leave time for each partner to share something!

### A Sample Plan for Meetings 3-5 for Our Life Stories

Make sure that in Meeting 2 you decide which approach you'll take to recording the interviews – a Story Corps app? Using someone's smart phone with audio only? With video? Will someone transcribe the interview? If not, who will edit the sound or video files?

Meetings 1 and 2: See ["6 Week Plan"](#) above.

Meeting 3: First partner interviews another partner for 20 minutes and second partner interviews another partner for 20 minutes. Student partner(s) edit or transcribe the interview after this meeting but before meeting 4. Take a photo if each person interviewed.

Meeting 4: If you have a third partner, complete that 20-minute interview and take that person's photo as well. Listen to the first edits or read the transcriptions of the first two interviews. Does anything need to be clarified? Do you have follow up questions? Student partner(s) transcribe any third interview and/or any follow up questions that were asked in Meeting 4 before Meeting 5.

Meeting 5: Listen to edits or read transcriptions not yet reviewed. Discuss any potential visual images you'd like to add to the interview if it were published. Would you want to add any music or other sounds if you recorded audio or video? Take a group photo to consider adding to the documentation of your interviews.

Meeting 6: See ["6 Week Plan"](#) above.

### Textiles

Does one of you love to knit, quilt, or crochet? Is needlepoint something you love? Have you just always wanted to learn? Teach you partner(s) the craft you love or decide on one to learn together. Just remember to choose something manageable in the timeframe of the program: 3 months and 6 meetings total (one of those meetings is just to decide on the project, so you really only have 5 to get the project done!). Again, perfection is not required. To fit with the gratitude theme, work it into your project itself, or write a brief statement about how the textile project made you think about gratitude in some way.

### A Sample Plan for Meetings 3-5 for Textiles

Meetings 1 and 2: See ["6 Week Plan"](#) above.

Meeting 3: Finalize your pattern and go over the materials you'll need. If you're learning as a group, determine if one of you can teach the other(s) or if you need to find other resources (an online video, a book, etc.) to help. Make sure you can acquire any needed materials for a reasonable amount of money. Students may be able to afford to purchase some materials, but likely no more than \$20. Can you do what you want to do with that budget? Students acquire any needed materials before Meeting 4.

Meeting 4: With the necessary materials on hand, complete half of the project. Decide if the partners can work on the project between meetings and how much you'll need to do before the next meeting.

Meeting 5: Complete the second half of the project. Decide if the partners can work on the project between meetings and how much you'll need to do before the final meeting.

Meeting 6: See ["6 Week Plan"](#) above.



## Song list +

If listening to music is something that you and your partner(s) enjoy, consider putting together a collective song list. If one of you has a subscription to a music service (e.g. Apple Music, Spotify, etc.), try putting together your collective “Top Ten Best Songs Ever.” Then see if you can come up with one song each that says something about gratitude or about what you are grateful for. The “+” in “Song list +” is an extra twist that you and your partner(s) choose. It could be

- a photo of you all singing along to one of the songs
- a poem that you write together about how your music list makes you feel
- if you have a musician in your midst, even a new “cover” of a song you choose to record on your own
- speaking of “covers,” you could instead design the visual image that would go on “the album cover” or the “playlist view” depending on your preference for vinyl or digital audio
- a choreographed dance to one of the songs

### A Sample Plan for Meetings 3-5 for Song list +

Meetings 1 and 2: See [“6 Week Plan”](#) above.

Meeting 3: Come ready with your five songs for the list and your bonus gratitude track. Choose three songs to share with your partner(s). Everyone listens. Decide on which “+” you’ll use from the list above if you haven’t already and start planning that part of your project.

Meeting 4: Listen to every partner’s gratitude tracks. Start the work on the “+” portion.

Meeting 5: Finish up your “+” – sing the song and take your photo, write a final draft of your poem, practice your cover, finish the album cover, or practice your dance. Next time, you’ll just polish and prepare to share.

Meeting 6: See [“6 Week Plan”](#) above.

## Fiction or Fable

Is storytelling more your cup of tea? Collectively develop a short story or a fable about your theme. Here are some questions to help you start working with this approach...

- Who are your characters? What happens in your story?
- Is there a clear “lesson” that it teaches? If so, do you want to use animals rather than people the way many cultures do to tell stories that teach a lesson?
- Does your story or fable need illustrations? Either way, what do your characters look like and where do they live?

Work out the details and prepare to read aloud part of your work at our end of session celebration.

### A Sample Plan for Meetings 3-5 for Fiction or Fable

Meetings 1 and 2: See [“6 Week Plan”](#) above.

Meeting 3: Write a really rough draft. Just get something down on paper. You can each write separately for 15 minutes and share or write collectively by blurting out ideas with one of you writing notes and switching around as you like. Decide if you want to work on the draft before Meeting 4 or just pick up where you left off then.

Meeting 4: Do some revisions. Review the questions above and keep them in mind as you read your rough draft out loud to one another. Make as many changes as you like within the time you have. Read it again and decide again if you want to work on it before Meeting 5.

Meeting 5: Make some additional rewrites and consider whether you want to make any additions or cut any parts in this draft. You'll spend the next and final meeting polishing your work and getting it ready to present at the celebration.

Meeting 6: See "[6 Week Plan](#)" above.

## Contacts

Please do not hesitate to be in touch with us at any time during the MISCI program.

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## Notes

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