

Press release – for immediate release

CLINICAL RESEARCH UNIQUE IN CANADA ON THE EFFECTS OF ART ON SENIOR CITIZENS

Montreal, November 23, 2017 – **The RUIS McGill Centre of Excellence on Aging, the Jewish General Hospital and the Montreal Museum of Fine Arts (MMFA) are launching a clinical research programme unique in Canada aimed at evaluating the effects of a cultural mediation activity on the health and quality of life of persons aged 65 and older, and are seeking participants to realize this project.**

Since 2015, thanks to a partnership with Réseau Sélection, the MMFA has been enabling senior citizens to participate in various free activities linked to its collections: free visits, guided tours and hands-on workshops in art, music and yoga. These activities, organized every week as part of the [Thursdays at the Museum](#) programme, are increasingly popular. In the space of two years, these days have attracted almost 10,000 people aged 65 and older.

Today, the RUIS McGill Centre of Excellence on Aging, the Jewish General Hospital and the Montreal Museum of Fine Arts are most particularly interested in the hands-on workshops, which constitute a unique opportunity to examine if and how art influences the health and quality of life of the elderly.

Thus, the Centre has conceived a clinical research programme designed to evaluate the effects of art on people aged 65 and older.

This research is unique in Canada and will make it possible to qualify the development of the health status of the participants.

“Art does us good, at any age. The Montreal Museum of Fine Arts is banking on the fact that art enables us to continue growing. The Thursdays at the Museum, unknown in 2015, are still surprising us. The participants create, share and come out of their isolation to meet each other in a beautiful, accessible, open and free space. Every day we see the benefits of this project. So we are proceeding to examine its real impact on this population by launching this research project conducted by experts on the subject”, claims **Thomas Bastien**, the MMFA’s Director of Education and Wellness.

“We believe that Les Beaux-Jeudis, this innovative programme of hands-on art workshops, has an impact on the health and quality of life of the elderly. We hope to determine and understand these effects, so that we can generalize the introduction of such activities that benefit the community and senior citizens across the world”, explains **Dr. Olivier Beauchet**, professor of geriatrics at McGill, holder of the Dr. Joseph Kaufmann Chair of Geriatric Medicine and Director of the Centre of Excellence on Aging.

The research to take place in the course of 2018 is co-funded by the Foundation of the MMFA, **thanks to the support of Mina Drimaropoulos**, and the Foundation of the Jewish General Hospital, **thanks to the support of the Louise and André Charron Family** amounting to \$50,000. The initial results and publications are expected in the spring of 2018.

To successfully complete the research, Centre of Excellence on Aging and the Montreal Museum of Fine Arts are seeking participants in this programme of hands-on art workshops.

To take part in this study, participants must:

- Be aged 65 or older;
- Have access to the Internet at home;
- Beginners or informed amateurs, everyone is welcome!

Advance registration can be made at the website of the Centre of Excellence on Aging at <http://cevimac.com/participate> or by telephone at 514 340-8222, ext. 26120.

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Pictures available on request.

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