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The Creative Center at University Settlement presents culminating performance by Heather Woodbury based on her teaching experience with older adults and people living with chronic illness

New York, NY (February 14, 2023) – The Creative Center at University Settlement will host a live works-in-progress performance of Heather Woodbury's latest work *Periodic Fable*.

Date: March 11, 2023

Time: 6 – 7 pm

Location: Speyer Hall, in University Settlement's historic headquarters at 184 Eldridge St

The performance is free and open to the public.

In *Periodic Fable*, Woodbury weaves together three distinct endeavors while blurring the lines between past and present, and life and art. The work reflects a series of Woodbury's emergences in the wake of COVID-19 pandemic isolation, as she began reconnecting with a changed world outside. In quick succession, she moved back to New York City; traveled across the United States by train to connect with undecided voters and with her family's astonishing past; and led a cohort of older adults and persons living with chronic illness in an alchemical solo theatrical performance workshop, which culminated with a unified ensemble performance event themes of mortality, dignity, and identity.

Sophia Heinecke, former Arts and Wellness Manager at the The Creative Center, noted: "This has truly been a dream project for us, generously funded in full by The Rorick Trust, which has allowed an artist to approach our community with a one-of-a-kind educational experience which can also serve as a learning lab to further develop their own creative ideas to then be presented back out in our community as a visionary work of art available to all."

"In teaching solo storytelling I discovered everyone's tale had to do with 'losing' one story and having the guts to tell a new one – the 'found' part," said **Woodbury**, who served as lead artist and educator on the project. "My new performance is sparked by the participants' moving ability to do just that."

The performance of *Periodic Fable* on March 11, 2023 is presented as a collaboration between The Creative Center and [The Performance Project @ University Settlement](#).

About The Creative Center @ University Settlement

Founded in 1994 on the belief that "medicine cures the body, but art heals the spirit," The Creative Center began as a series of free art workshops for women with cancer. More than 28 years later, with immeasurable recognition in the field of arts in healthcare and the nonprofit sector, The Creative Center is proud to serve people of all genders and all ages 18+. We do this by offering:

- Hospital Artist-in-Residence Programs within the New York metropolitan area
- Free online art workshops five days a week
- Our Training Institute, held annually in the Fall
- Private consulting to a robust roster of artists and administrators who are eager to implement our time-tested methods.

In 2011, The Creative Center became a program of University Settlement and expanded into the growing field of creative aging. We began putting into practice what recent research demonstrated: in addition to providing opportunities for self-expression, arts activities and experiences have measurable health benefits for older adults at all stages of the aging continuum, enabling them to live better and healthier lives.

University Settlement forges relationships between neighbors to build stronger communities, partnering with more than 40,000 New Yorkers on the Lower East Side and in Brooklyn every year. University Settlement's offerings include arts programs, support for the aging, early childhood and youth development, mental health and wellness, eviction prevention and benefits assistance, adult literacy, and community and recreation centers. Through these programs, US works to address many of the inequities caused by social determinants of health that result from historically rooted injustices, such as access to quality healthcare, education, and shelter. The Creative Center is proud to be part of University Settlement, the oldest settlement house in the United States.