Carolina Kaufman, Ed.M.
Director of Education & Engagement
The Pentacrest Museums
(she, her, ella)
The Pentacrest Museums present:

The Mindful Museum

Exploring the role of Museums in Health & Wellbeing

April 5, 2023
When you think of your ideal Museum experience, what do you hope for?
Museums on Prescription
Museums and the Pandemic

Fitzwilliam Museum in Cambridge, UK

Museum of Fine Arts, Boston, Artists surgical Mask on the Day Statue
Photo PETER AGOOS

Field Museum socially distanced blood drive
SCOTT OLSON/GETTY IMAGE
### Social Prescribing

**5 + YR**

Living in a community with cultural resources confers a five-year advantage in cognitive age:

<table>
<thead>
<tr>
<th>Health Issue</th>
<th>Audience Impact</th>
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<tbody>
<tr>
<td>Alzheimer's</td>
<td>5 million Americans w/ Alzheimer's disease and 1/8 people 60+ report memory loss (CDC)</td>
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<tr>
<td>Autism</td>
<td>1 in 44 children diagnosed (CDC)</td>
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<tr>
<td>Mental Health</td>
<td>Anxiety and Depression up 8.4% up since 2007. Worker stress in 2022 was at 44% worldwide, 13% increase since 2009. (GALLUP)</td>
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<tr>
<td>Visual Impairment</td>
<td>12 million 40 years + individuals have a vision impairment. 93 million adults at risk. (CDC)</td>
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Our Tree Tours program series helped us get away from screens, incorporate some movement into our days, and reconnect with each other and nature. 423 guests joined us on a Tree Tour in 2022.
Dr. Suzanne Bartlett Hackenmiller
MD, FACOG, ABOIM
Physician & Author
CAMPUS WELLNESS

SCAVENGER Hunt

71% of Campus Wellness Scavenger Hunt participants improved their well-being.
STRATEGY

The Pentacrest Museums
Mother Trees: Dr. Suzanne Simard
Tree Tours 2023

Pentacrest Tree Tours
Earth Day, Sat. April 22 1:30 and 3:00 p.m.
Summer—Sat. June 17, noon-1
Fall—Sat. October 14, noon-1

West Campus Tree Tours
Spring — Friday, April 28, noon - 1
Summer — Friday, June 23, noon-1
Autumn — Friday, October 20, noon-1
Ama Tu Naturaleza
Coming in 2023

liveWELL Architecture Scavenger Hunt

Architecture Tours: *If Walls Could Talk*
Art & Write Night: Ongoing

Monthly: First Fridays 6-8 p.m.
Thank You, Gracias, Ketebi, 謝謝, Meci, תודה, شكرا لك, 감사합니다, Teşekkürler, ありがとう, धन्यवाद, Спасибо

Questions?

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https://pentacrestmuseums.uiowa.edu/