KAIROS dancing heart, the pioneering, national award winning research-based performing arts program for elders by KAIROS ALIVE!, is featured in the new 2-part public television documentary, Arts and the Mind, airing on PBS stations across the U.S. and available streaming online after September 12 at pbs.org. (KTCA Twin Cities/Channel 2: Friday, September 14 and Friday, September 21 at 8PM. Other cities, check local listings.)

Pictured: Irv Williams, Tommy O'Donnell and Maria Genné
The KAIROS dancing heart, founded and developed by Maria Genné and KAIROS ALIVE!, is an immersive participatory performing arts and leadership development program that has significant health and quality-of-life benefits, and promotes cost-of-care savings, as well as positively changing the cultures of sponsoring organizations. Alzheimer's disease researcher Dr. Peter Davies, from the Litwin-Zucker Research Center in Long Island, NY, is quoted in Arts and the Mind as saying,

"Participating in an ongoing dance program reduces the rate of developing Alzheimer's by 75%." Genné and KAIROS dancing heart™ are pioneers in working with "memory care" patients and have come to similar conclusions about the importance of dance, story and theater participation to effect health benefits.

Also included in the documentary is a second story about KAIROS dance, including members of the intergenerational company, ages 1-93, and longtime collaborator and beloved Twin Cities jazz tenor saxophonist Irv Williams. The program incorporates performance vignettes with Williams and colleagues with modern dancers of Kairos Dance shot at the Dakota Jazz Club in Minneapolis. To watch an exciting mini-documentary about the Dancing Heart program, Dancing Heart – Power to Nurture and Heal, visit http://vimeo.com/9239437 .