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|  |  | **Our Mission** The Apollo Project (TAP) aims to empower and connect those impacted by Alzheimer’s to both their own creative potential and their communities through poetry and similar forms of artistic expression. **Introduction to TAP**Current research has shown positive correlations between engaging in poetry, reading, and writing with cognitive wellbeing in patients with Alzheimer’s and related forms of dementia. TAP seeks to utilize these connections as well as proven strategies of social interaction to benefit Alzheimer patients through the composition and artistic display of poetry. The name of the program itself is inspired by Apollo, the Greek god of both poetry and healing- which are two central ideas of TAP. The logo of the program features blue flowers, which symbolizes living with dementia, and the purple color scheme of TAP corresponds with the official color of the Alzheimer’s movement. **TAP Overview and Plan*** Question cards and various creative prompts or activities provided by TAP as cognitive stimuli- all designed to connect to life experiences, emotions, and senses through creativity
* TAP provided materials include short poems with strong imagery observed to encourage participation, thought inducing images, corresponding discussion questions (no “wrong” or “best” answers- beginning with simple to more explorative questions)
* Prompts organized in themed booklets, handouts, or journals specially designed for patients unlike conventional books: engaging content, simple sentences that are easy to read (large font), vivid images for curiosity and imagination, short and easily manipulated with pleasing visuals
* Responses to prompts can be written (even drawn), audio recorded, or typed to be sent and gathered into poetry collections or other appropriate forms by TAP
* For creating poetry from inspiring prompts: write freely with few restrictions on poetic form- record thoughts and repeat key words to sense rhythm
* Collections can be shared with family and friends, which is shown to have positive effects on personhood
* Culminating exhibits, displays, and/or audio segments organized by TAP to showcase patients’ creativity and connect with community while also benefiting patient personhood and inclusion

**Anticipations and Future Plans** * Potential COVID-19 protocols accounted for- questions and other stimuli can be given to caretakers/those already in physical contact with patients, and communication plan with TAP discussed
* Virtual options include recordings of poetry pieces read aloud to be sent with other TAP materials
* Future efforts towards funding or collaboration with existing organizations (including Alzheimer’s Association chapters, local medical centers, research centers, nursing homes, assisted living facilities, etc.) to expand outreach
* Partnership with schools or community for volunteers to help patients feel more connected (pen-pal program, virtual video-chats, etc.)
* Guide or manual distribution to help bring TAP to care centers, individual families, etc.
* Corresponding music playlists or more artistic accompaniments for themed booklets,
* Possible further research on the relationship between Alzheimer’s and creative expressions, specifically poetry

**More Information on TAP Website:**<https://alz-apolloproject.weebly.com/>**Research**(Research links can also be found on TAP Website)Benefits of Poetry and Creative Arts with Alzheimer’s Patients:**1.)** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6845406/>**2.)** <https://www.heavenathomecare.com/the-power-of-words-poetry-proves-therapeutic-for-alzheimers-patients/>**3.)**<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6845406/pdf/igz038.715.pdf>**4.)** <https://www.ingentaconnect.com/content/imp/jcs/2013/00000020/F0020009/art00008>**5.)**<https://www.mic.com/articles/103490/why-we-should-all-be-reading-more-poetry>**6.)**<https://pubmed.ncbi.nlm.nih.gov/31440055/>**7.)**<https://pubmed.ncbi.nlm.nih.gov/16439826/>**8.)**<https://pubmed.ncbi.nlm.nih.gov/28813243/>**9.)**<https://pubmed.ncbi.nlm.nih.gov/25432934/>**10.)**<https://n.neurology.org/content/81/4/314> |
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