

# Crafts & Conversations

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TCU Mentor: Jessica Alvarez (temporary), Dr. Misha Galaganov (2023-2024)

## Project Overview

Crafts & Conversations was established to foster community among TCU students and the residents of a local retirement facility, Trinity Terrace. During monthly meetings, students and residents share their stories while collaborating on engaging craft activities, including murals, cross-stitching, snow globes, suncatchers, pillows, and upcycled terrariums. TCU students who volunteer in these monthly meetings build meaningful friendships, combat stereotypes against the elderly, and improve communication and leadership skills. In addition, each event opens with a performance by TCU music students, enabling them to cultivate their craft and share their talent. Even throughout the pandemic, Crafts & Conversations nurtured memories and connections through Zoom and masked in-person meetings. With a commitment to sustainability, this project will continue to enrich the lives of Trinity Terrace residents and provide dedicated student volunteers with opportunities to strengthen the Fort Worth community.

## Background

Collaboration among TCU Pre-Health, TCU School of Music, and Trinity Terrace

- Founder: Annemarie Thompson
- Student Leader: Rima Abram
- Special Events Coordinators: Allison Regan, Erica Kaminga, and Mariana Zollinger
- TCU Mentor: Dr. Misha Galaganov (2023-2024)
- Trinity Terrace Representatives: Carol Stanford, Ruby Ramirez, and Behka Hartmann



### Goals

- Foster meaningful social and community connections
- Combat stereotypes against the elderly
- Allow TCU students to grow as leaders and share their talents

## Accomplishments

- Donated leftover craft supplies to the Welman Project for use in underserved schools
- Suggestions for improvement
  - Engaging Trinity Terrace residents in music performances
  - Providing healthy snack options at meetings

### Sustainability plan

- Engage committed future student leaders
- Involve Dr. Galaganov as our TCU Mentor in 2023-2024



## Project Description

### Monthly Craft Activities

- Zoom -> in-person since November 2021
- Events include music performances by TCU students

### Previous Meetings

- Valentine's Day Heart Mural (02/26/21)
- Start of Spring- Succulents (03/19/21)
- Watercolor Stationary (04/16/21)
- Falling into Cross-Stitching (09/19/21)
- Painting Halloween Pumpkins (10/24/21)
- Gratitude Tree (11/14/21)
- DIY Snow Globes (12/12/21)
- Painting Garden Rocks (02/27/22)
- Leprechaun Hats (03/27/22)
- Upcycled Terrariums (04/24/22)
- Painting Birdhouses (09/18/22)
- Painting Pumpkins and Pumpkin Suncatchers (10/16/22)
- Assorted Holiday Crafts (11/13/22)
- No-Sew Valentine's Day Pillows (02/12/23)
- Painting Squishy Easter Eggs (03/26/23)
- Earth Day Floral Cross-Stitching (04/23/23)



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