



Danielle Chery
Fall 2024 Sing for Hope Sponsored Artist Award Recipient



The Sing for Hope Fall 2024 Sponsored Artist Award supported the launch of accessible art wellness workshops at my neighborhood senior center. With this award, I was able to introduce my specialty practice- fluid art as a form of moving-meditation to a group of 25 older adults.

Each session invited participants to experience the gentle rhythm of breathwork and art together. Using their breath as a paintbrush, they worked with fluid paints to create marble-like designs that celebrated letting go and embracing imperfection.

For many, it was their very first time painting without traditional tools—and they loved it. The process felt freeing, and the final pieces were not only beautiful but also deeply personal.

What was most meaningful for me wasn't just guiding participants in creating functional pieces for their homes, but holding space where they felt seen, supported, and connected. Together we built a sense of belonging rooted in creativity and shared experience. The room was filled with conversation—stories of past hobbies, favorite colors, and even playful experiments with spoons to swirl the paint. Their willingness to explore and try new techniques was inspiring.

Some participants were so excited after the first session that they encouraged their friends to join the second. They shared how approachable the practice felt, especially compared to more traditional art classes. Beyond the artwork itself, they discovered a mindful technique they can carry forward—intentional breathing, presence, and a creative outlet that nurtures both emotional wellness and self-expression.

If you're an artist hoping to impact your community through workshops, my advice is to start from the heart. Share why art matters to you, how it has shaped your life, and the kind of difference you want to make in your community. That's where the most meaningful work begins.

Thanks to the Sing for Hope Sponsored Artist Award, I've been able to plant the seeds of this practice in my community. My hope is to continue building momentum—offering more workshops at the senior center and neighboring spaces, and eventually curating an art showcase featuring the beautiful works created by the participants themselves.

"That was fun! You're never too old to learn something new."

"I never thought we would get an art class. So many times when I look at art on TV, I never thought I would learn how to do the art."



[click here to visit Danielle's website](#)



[Watch Danielle's presentation](#)

"Art has the power to transform, to illuminate, to educate, inspire and motivate." – Harvey Fierstein