

FEBRUARY 2023

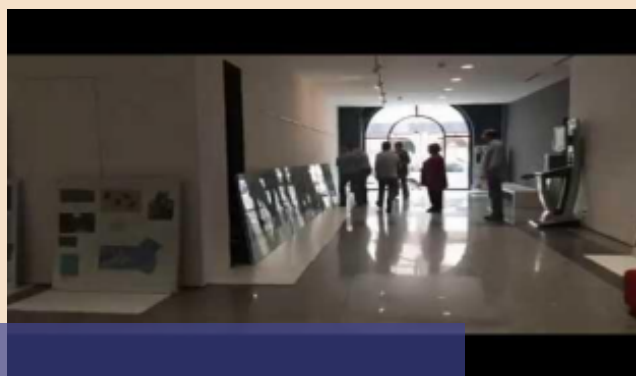


# MAIL ART 4 SENIORS

## CREATING CONNECTIONS

Despite the fact that the lockdown era has taken a toll on artistic production, it has also yielded some scrappy, alternative forms of making—and revived old ones. Months of quarantine has ushered in a mini-renaissance for mail art, a decades-old genre. Many artists have turned to a decidedly low-tech alternative to the internet—the Postal Service —engaging with the history of mail art, sharing physical artworks, and creating connections, even in isolation.

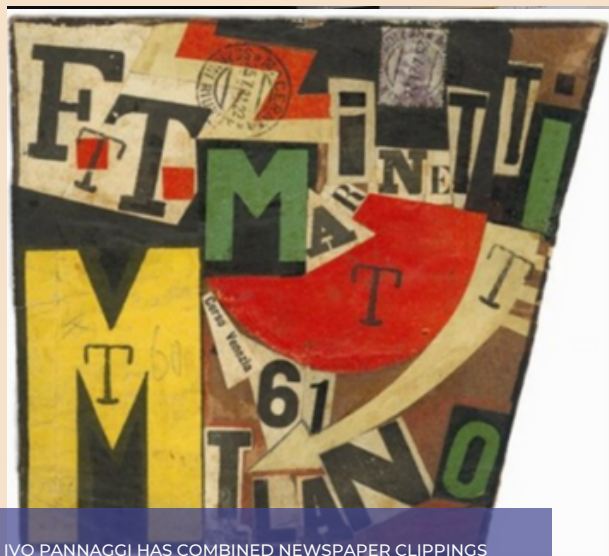
Art has a positive role on older people. It is evidenced that a higher frequency of engagement with art results in a higher level of well-being and affects health in a positive way. Up until now, it has been reported that art programs in relation to medication and doctor visits have a remarkably lower cost even when it is used alongside conventional treatments.



IDA E VOLTA (POSTAL ART) EXHIBITION

### WHY DID WE DECIDE TO COLLECT BEST PRACTICES OF ARTISTS INVOLVED IN MAIL ART?

This had allowed us to explore how mail art worked across different cultural circumstances and was a huge help to better adapt the outputs and products of the project based on the realities (best practices-cases) at the local/national and EU levels. We were able to identify patterns and common obstacles, opportunities, and needs when it comes to Mail art during COVID-19 which provided a clear understanding of the context and history of Mail art. In this output we included useful recommendations to guide the methodological implementation of the project product.



IVO PANNAGGI HAS COMBINED NEWSPAPER CLIPPINGS AND STAMPS IN ORDER TO WRITE THE NAME AND THE ADDRESS OF FILIPPO TOMMASO MARINETTI.

#### IKONEN RIITA FINLAND



Riitta Ikonen: Mail art, Art  
Paul Tiitila's collection has been granted for the Finnish Postal Museum

#### KARKATSELIS VASSILIS GREECE



#### BINGA TOMASO ITALY



## ŠILEIKA RIČARDAS LITHUANIA



## BARBARA R. PORTUGAL



## CYPRUS



## WHAT IS OUR PROJECT ABOUT?

Mail art has been around for many decades. It's not a particularly new idea, but in this time of people's isolation due to the pandemic, it felt very important to revive it and utilize it as an artistic means of expression.

Therefore we are successfully implementing MailArt4Seniors project which focuses on the building of a new innovative non-formal training program for Adult educators (social workers involved with the elderly, professionals working in elderly care homes, geriatric psychologists, geriatric nurses, artists offering workshops to elderly people) to help seniors cope with isolation and loneliness, ensure their personal well-being, maintain their social life and enjoy a quality daily living during the pandemic through mail art activities.



## SO WHAT HAVE WE PRODUCED IN THE FIRST RESULT?

All partners had conducted a desk/field research both internationally and locally to investigate the history of the Mail art movement, how it started, and how it has changed and developed over time, and created a collection of best practices, both old and new in order to put together IO1, a booklet for both adult education trainers and learners (seniors), but can easily be transferred to other target groups.

We all had identified and developed at least 1 local artist involved in mail art and develop a 1) presentation card and 2) a short explanatory video of around 5 minutes of their mail artwork process. Each individual artist had presented through video medium (MP4) their Mail art artistic process through one descriptive example of the process of their work, explaining each phase step-by-step through incorporated text cards.

This collection of best practices had contributed to the development of an Educational eBooklet accompanied by the explanatory videos for the training of adult educators and seniors.

The e-format of the booklet and the explanatory videos are really valuable for the training course that is being offered by our project.



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