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Friends of IMPROVment®,

It has been an exciting and busy spring with some highs and lows. While our IGROOVE study continues joyfully, we are sad to say goodbye to four of our students who are graduating this week from Wake Forest. Sofia, Payton, Abbi and Sarah—thank you for all you have shared with us! We wish you the best in your new endeavors—medical school (Abbi), dancing professionally (Sofia and Payton—with dental school plans after that for Payton), MBA program at Wake (Sarah).

I write to you with sadness as we mourn the passing of longtime IMPROVment® class participant, frequent performer in our intergenerational works, and dear friend, Carol Roan.

Carol passed away recently at the age of 92 in Winston-Salem, NC. Her family and friends honored her powerful legacy and the delightful spirit she shared with the world [in this beautiful obituary](#). A celebration of her life will take place on June 22nd. If you knew Carol, you know she loved a party. Please attend if you can make it.

I will miss Carol so much and am grateful for all she shared with me and our dance community. Carol's indomitable spirit inspired me for many years. Dance was a creative practice Carol picked up later in her life (she started dancing in her mid-80s!) and she took it on with gusto and aplomb. I have many beautiful memories working with her and our intergenerational casts in the studio for three different dances, as well as visiting with her on her porch or at her dining room table.

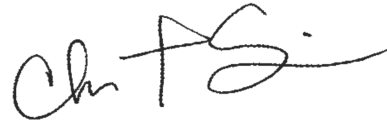
If you'll indulge me a moment, I want to share a memory from a favorite Carol collaboration from 2019. As part of the Music Carolina Summer Music series, Carol and I created a [new work that was inspired by her life](#). I asked Carol to write letters to the five performers in this intergenerational dance, whose ages were 6, 21, 32, 40, and 61. These letters were written from the 87-year old Carol to the 6, 21, 32, 40, and 61 aged versions of Carol. The dancers and I worked together to create solo dances inspired by these letters, which were accompanied by music performed by the Dan River Girls. Below is the 87-year-old Carol writing to the 61-year-old Carol. I know you'll smile reading this as much as I did. I will miss you, Carol.

To the 61-year-old Carol,

Revel in the new life you have been given. You are not going to die a painful death in five years, as the doctors prophesied. Now, with the new medication, they say you will live a normal life span. Don't. Please do not live a normal life. You have suffered far too much to settle for normal. Now is the time to create yourself anew. Now is the time to bend every rule you have been taught. To break those that have closed your heart, knotted your muscles, and weakened your bones. Now is the time to release the soul you have kept hidden. Let it open your heart and flow out to your fingertips and down to your toes. Let your soul sing again. Let it speak through your smiling eyes and your open arms. Let your body love the new man you have found. Let him love your body, every wrinkle, every scar. You will give him more happiness than any of his wives. He will open doors for you that you had thought beyond your reach, hidden doors,

With much love from
The 87-year-old Carol

Thanks for sharing the dance. Love,



Christina Soriano
Founder/Executive Director of IMPROVment®
improvement.wfu.edu

Remembering Carol Roan (1931-2024)



[Read Carol's obituary](#)

In the News



Christina Soriano and Christina Hugenschmidt were both recently featured on WXII with Lanie Pope on segments about the Senior Services' Intergenerational Center for Arts and Wellness.

[WXII Video 1](#)

[WXII Video 2](#)

Partner Spotlight: Authoring Action

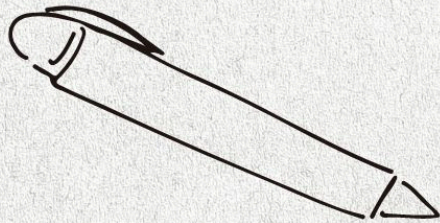
The Intergenerational Center for Arts and Wellness features the work of several extraordinary partners. This month we want to feature this opportunity with our friends at Authoring Action. In the spirit of honoring Carol Roan and her masterful storytelling, consider bringing your stories to the table. Information below.

**Authoring Action
Presents...**

What I Wish You Knew...

Authoring Action is looking for 8 authors - to represent 4 generations - Boomer, Gen X, Millennials, and Gen Z.

**A Six Week Spring Writing
and Engagement Intensive
for Four Generations**



- You'll learn the Authoring Action Creative Writing Process to write to the theme, "What I Wish You Knew"
- Your original work will be adapted into an engagement script (may include original songs)
- Rehearse with the ensemble
- Engage the Blooming Together audience on Saturday, June 22nd

- When - Writing workshops begin the week of May 12, Rehearsals in June, Production June 22nd.
- Where - Intergenerational Center for Arts & Wellness, 114 30th Street
CONTACT LYNN@authoringaction.org
For More information



Alpha Kappa Alpha Class



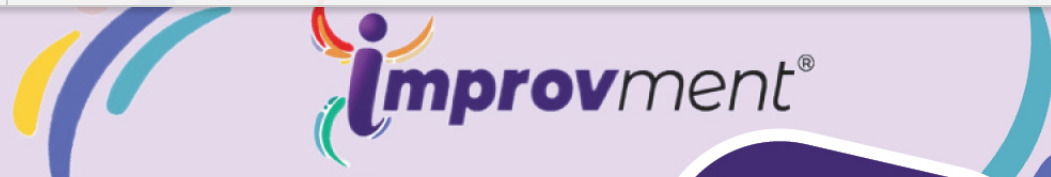
Here's Christina Soriano leading an IMPROVment® health and wellness class for seniors 70+ hosted by the Phi Omega Chapter of Alpha Kappa Alpha Sorority, Inc.

Congrats to our student researchers!



Congratulations! Four of our student researchers are graduating from Wake Forest University. Sarah Binkley, Sofia Campbell, Payton DeLuca and Abbi Fister (pictured left to right above) and have been integral to our research and we can't wait to celebrate their future successes.

Don't Forget! Changes to the Summer Class Schedule



Weekly Community Dance Class

No Classes on May 7, June 25 - July 23
Classes will resume July 30



Tuesdays at 2:30pm
FREE!

The Intergenerational Center
for Arts and Wellness
2895 Shorefair Drive
Winston-Salem, NC



Brain.
Body.
Wellness.
Fun Music.
Social Engagement.

Join Us!

Contact Christina:
sorianct@wfu.edu

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