

Memories in the Making® Art Supply List

The Memories in the Making program aims to improve self-esteem by validating artists. Providing the appropriate art supplies will help foster their dignity; please avoid children's supplies. The quality of the art supplies directly affects the outcome of the art and does make a difference. There are affordable options available. Using the supplies recommended, the average start-up cost for supplies for 10 people is \$120.

In order to preserve these memories and vibrant images, the following supplies are recommended:

- **Watercolor Set:** watercolor with pigment, tray sets with varied colors. Prang is an affordable quality brand as the paints have pigment which means the color will be more vibrant and last longer.
- **White paint:** including white for mixing color variations or adding accents. Either watercolor or acrylic – if using acrylic be sure to provide supervision if necessary to avoid ingestion.
- **Color pencils** and watercolor pencils.
- **Markers** can be a good choice as an alternative to painting and can be used to add detail to watercolor paintings.
- **Brushes** (the best you can afford, synthetic are fine): variety, including #8 or #10 with #2 or #4 for detail work and #18 or #20 for large areas. Clean them thoroughly after each use with water and lay them flat to dry.
- **Watercolor paper:** the best your budget will allow, minimum of 90lb, heavier is preferred; the better the quality of paper, the better the art. Low quality paper will not absorb as much water and results in the paper curling and warping.
- **#2 Pencils and erasers.**
- **Sponges.**
- **Pencil sharpener.**
- **Water containers** for each artist which are low and flat and do not resemble drinking cups. If an artist drinks the paint water, don't worry, it's non-toxic.
- **Paper towels.**
- **Inspiration pictures:** from calendars and magazines. Large images without wording and clutter are best. Be sure to have a variety of images that each artist will enjoy.
- **Small tabletop easels** / stands to prop the inspiration up (optional).
- **Matting** helps visualize that a painting is completed. Place the mat over the art and show the artist and class the end result. You will have a class full of smiling artists who may even experience a surge of dopamine!
- Although the program focuses on watercolors and collage, which are safe for older adults living with dementia, the use of a variety of art media is encouraged: pastels, chalk, ink, clay, poetry, etc.

SUPPLIERS

- **Discount School Supply** 800.627.2829 www.DiscountSchoolSupply.com
- **Art Supply Warehouse** 714.891.3626 6672 Westminster Blvd, Westminster
- **Ben Franklin Crafts** 714.968.6674
18305 Brookhurst, Fountain Valley
- **CM Educational Emporium** 714.680.6681
1025 E. Orangethorpe, Anaheim
- **Michael's** various locations
- **Nasco (Arts & Crafts) Catalog** 800.558.9595
4825 Stoddard Rd. Modesto, CA 95356-9318
- **S & S Worldwide Catalog** 800.243.9232
www.sns.wwise.com
- **Aaron Brothers** various locations
- **Teacher Supply Warehouse** (714) 521-7607
6561-71 Beach Blvd., Buena Park, Anaheim 714.777.2274
Torrance Plaza 310.530.0808
- **Office Supply, Office Depot, Office Max, Staples,** ect.
- **Discount Stores: K-Mart, Target, Wal-Mart, Big Lots, Pic-n-Save, 99 Cent,** etc.
- **Amazon.com**