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### **“Jazzed About Healthy Cooking” – Thursday Arts4Wellness Event – Open to Public**

CINCINNATI (May 17, 2021) — As part of its year-long Arts4Wellness series, ArtsWave, the engine for the region's arts, will host an event, “Jazzed About Healthy Cooking” this Thursday, May 20 at 7 p.m.

“Jazzed About Healthy Cooking” is part of a 12-month Arts4Wellness series of events, meant to keep ArtsWave donors healthy and hopeful throughout 2021. **Due to the generosity of sponsor Mercy Health, this month's event will be open to the public, free of charge. Reserve your spot [here](#).**

For this event, ArtsWave delves into the art of healthy cooking, made with fresh, local ingredients purchased from Findlay Market merchants and prepared at Elaine's Kitchen, under the direction of Carolyn Wallace, co-founder of It's Commonly Jazz and owner of An Artful Table and The Perfect Brew. Along with chef Michael Vinegar, the two take you on a virtual shopping trip to Findlay Market and then prepare a hearty and healthy jicama salad with grilled sourdough bread, while providing tips on grilling your main dish of meat, fish, poultry, lamb or eggplant.

During a live discussion with Wallace and Toncia Chavez, farmer and owner of ETC Produce & Provisions, moderated by longtime food critic Polly Campbell, you'll discover how cooking can reduce stress and strengthen a sense of community and learn tips on how to buy and grow healthy ingredients. In addition, you'll hear a few selections from vibraphonist and It's Commonly Jazz performer, Josh Strange, along with the latest news about this year's festival.

Ingredients for the meal come from more than a half-dozen merchants at Findlay Market, including Colonel De Gourmet Herbs & Spices, Country Meat Co., Eckerlin Meats, Em's Bread, ETC Produce & Provisions, The Gourmand Group, Kofinas Olive Oil, LK at Findlay Market and Luken's Poultry, Fish, & Seafood.

Arts4Wellness is an added benefit to ArtsWave's most popular benefit, ArtsWave Pass, which is available for donors who give \$75+. Timing of the series has been aligned to the 2021 ArtsWave Campaign, the traditional time of year in which the community comes together to fund the arts.

2021 ArtsWave Campaign Chair and HORAN President and CEO Terry Horan sees this year's reimagined ArtsWave Pass and its new addition of an Arts4Wellness series

as “a relevant and much needed way to use the arts on a personal level to stay healthy, mentally and physically. This series shows how the arts can both ground and uplift us.” ArtsWave President & CEO Alecia Kintner adds that “in this unique year, the arts are essential for our own personal wellbeing as well as our region’s overall health. With the help of the community, this year’s funding will assist in jumpstarting the Cincinnati region economically through the arts.”

For more information on the new arts and wellness series, please go to [ArtsWave.org/Arts4Wellness](https://ArtsWave.org/Arts4Wellness) and to gain access to the new series, please consider a donation of \$75+, selecting ArtsWave Pass as a benefit when you make your [gift](#).

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### **About ArtsWave:**

ArtsWave, a nonprofit serving the Greater Cincinnati and Northern Kentucky Region, is the engine for the arts. Its roots stem back to the late 1920s when the Cincinnati Taft family provided initial investment matched by community support. In the late 1940s, it evolved to become the first united arts fund in the nation and in the mid-1970s, the first organization to initiate workplace giving for the arts. ArtsWave continues to innovate while leading, as illustrated by its No. 1 rank nationally in community arts fundraising; coordination of a sector-wide Blueprint for Collective Action; piloting of new technologies to maximize arts engagement; and development of resources for the arts.

Strong funding for the arts has allowed Cincinnati’s arts and culture scene to become a national draw and regional asset, creating a wave of economic and community benefits. Each year, ArtsWave supports the work of over 100 arts organizations, school outreach programs, festivals, community centers, neighborhoods and various collaborations through impact-based grants. In 2020, ArtsWave amassed \$13+ million for the arts, through a combination of its 2020 Campaign and a separate Arts Vibrancy Recovery Fund, designed to ensure the solvency and a vibrant return of the region’s arts assets in the wake of the unprecedented health and economic crisis.

ArtsWave is focused on helping the Cincinnati Region’s arts sector weather the coronavirus crisis. The region’s arts sector has an economic impact of more than \$300 million annually and includes more than 225 organizations that employ 10,000 individuals as artists, performers, and staff. When venue and performance closures were announced in early March 2020, ArtsWave worked quickly to accelerate \$2.4 million in grant payments for 43 organizations that receive operating revenues, expanded its \$10,000 Working Capital Bridge Loans for eligible arts organizations, provided Emergency Arts & Culture Organization grants to 47 organizations, and administered \$3,700,000 in relief funds at the federal, county and city level to arts organizations and artists. Throughout the year, ArtsWave provided \$750,000+ in support to cultural organizations led by or serving primarily BIPOC audiences. ArtsWave amassed \$13+ million for the arts last year, through a combination its 2020 Campaign and an additional Arts Vibrancy Recovery Fund, focused on getting the

arts through this challenging time. The public can help fund the Campaign and additional, evolving efforts at [artswave.org/give](https://artswave.org/give).