

THE ART OF AGING



We are Alice Matzkin, 75, portrait painter, and Richard Matzkin, 72, sculptor.

As we entered our middle age we became disturbed by the increasing signs of aging we were experiencing – wrinkles, bulges, grey hair, etc. Being artists, we began our personal odyssey by using our gift of art (instead of a psychiatrist’s couch) as a vehicle to come to terms with our fear and curiosity about the process of aging, growing old and dying—and ultimately, fulfill our desire to live positive and meaningful lives. Over a period of almost two decades, we produced an impressive body of work – over 60 paintings and sculptures – and wrote a beautiful dual award winning art/inspirational book entitled, **THE ART OF AGING: Celebrating the Authentic Aging Self.**

There are six art projects that encompass a wide range issues related to aging.



WOMEN OF AGE- Alice’s portraits, stories and interviews with American women of varied ethnicities, aged 70 to 105, who are living their lives in positive, generous and creative ways.



NAKED OLD MEN – Richard’s emotional series of sculptures of old men, confronting the viewers with their fear and judgement about the vulnerability of old age.



NAKED TRUTH –Alice’s touching and respectful paintings of women age 58-87, who pose without clothes and without shame, illustrating acceptance of the aging body.



LOVERS – Richard’s sculptures of older couples in loving embrace showing the warmth and endurance of mature love.



DECLINING YEARS – Alice’s series of sequential portraits of beloved Aunt Kitty from age 89-97, showing the rapid progression of physical changes in late old age and death.



FAMILY - Alice and Richard’s paintings and sculptures speak of coming to peace with their parents in their old age and death.

These art projects, writings, and interviews with elders who are living their lives with passion and zest, have helped us discover that aging can be a time of ripening and harvest.

Now that we have crossed through the doorway of our “old age” we have found the present moment to be among the best in our lives. While we don’t minimize the challenges of growing old, we have seen that age has given us a wider perspective, a deeper understanding of the meaning of our lives, a gratefulness and appreciation of the preciousness of “now”. This has come about primarily because instead of trying to hide or deny the ongoing effects of time on our body and mind, we have attempted to consciously and joyfully embrace our aging.

To get more of a sense of our message and who we are, please view our website at matzkinstudio.com and the youtube videos listed below.

<http://www.youtube.com/watch?v=PizJjpNkULI>

<http://www.youtube.com/watch?v=TZsQObmiYkc>

BIOGRAPHIES

ALICE MATZKIN has two paintings in the permanent collection of the National Portrait Gallery of the Smithsonian Institution, an entire collection of her work appeared in Ms Magazine, and her commissioned painting of Chelsea Clinton hung in the White House during the Clinton administration. Her “WOMEN OF AGE” video was screened at the United Nations, she appeared on the Oprah Winfrey television

show in a segment entitled , “Remembering Your Spirit”, and she is recognized in the prestigious directory, Marquis Who’s Who in American Art.

RICHARD MATZKIN holds a Master’s Degree in Psychology. He is a former therapist, men’s group leader, adjunct instructor in California Community College system, and program director of a psychiatric hospital in Los Angeles. His sculptures have appeared in numerous one man and group shows, and he has pieces in collections throughout the United States. He was a key artist in a monumental equestrian piece in a train station in Ventura County. His sculpture appeared in an art/inspirational book - The Great Age - a UNESCO publication. He is also an accomplished jazz drummer.

THE MATZKINS have written an art/inspirational book entitled, “THE ART OF AGING: Celebrating the Authentic Aging Self. The book has won two awards - The IPPY from Independent Publishers Book Awards - world’s largest international book competition, and the NAUTILUS AWARD - for books that promote spiritual growth, conscious living and positive social change. They were selected in 2012 by the National Center for Creative Aging as “one” of twelve “Beautiful Minds” in a national campaign that celebrates individuals 55 and older who are keeping their minds beautiful.

