



CREATIVE
aging CALGARY
SOCIETY

Annual Report 2015-16

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Creative Aging Calgary Society Vision

Vibrant and positive aging

Mission

To increase awareness of the positive impact that arts participation can have on older adults

Our Values

- Living well
- Increasing opportunities for arts participation
- Building capacity for social inclusion
- Individual and collective growth
- Evidence-informed practices
- Cutting-edge learning opportunities
- The strength of community collaboration

Strategic Priorities

Advocacy – Enhance awareness of participatory arts and aging programs with a variety of stakeholders

Education – Share information about local arts-based programs and opportunities for learning

Research - Clearly communicate cutting-edge research specific to arts participation

Practice – Foster connections between older adults, artists, professionals and interested community members

Governance – Generate an effective Board with membership that reflects our diverse community

Celebrating all forms of creativity in later life

2015-16 Highlights by Numbers

- 165 members
- 10 active board members and 1 advisor
- 3 publications of Creative Expressions newsletter produced
- 2 Educational Events-a Professional Development Afternoon and a day long Symposium



Creative aging is about possibilities, freeing ourselves of limiting beliefs about aging and embracing the reality that individuals continue to grow, learn and contribute to their communities throughout the life journey

~ Pat Spadafora, Sheridan Elder Research Centre ~

President's Report – Dianne McDermid

At the last AGM, we added 2 new members to our Board. Unfortunately, one new Board member was unable to continue, however the second Board member, Ali Shivji, has been a great addition. Over the past year, we have been managing Board business without a secretary and a treasurer. Thanks to the other Board members for taking on the responsibilities of these positions and keeping our records in order.

In January we were fortunate to have Zabin Zadavji and Cathy Hume, nominees for the 2016-2017 Board, come to our meetings. They dived right in. Zabin has since helped us with the secretarial work and Cathy has taken on the marketing for the Symposium. We are very grateful for their enthusiasm and their efforts.

In October, 2015, we submitted an application for Charitable Status to Revenue Canada. We have not yet heard whether we have been approved. Since reviews can take 6 or more months, we should be hearing shortly. We have also been involved in two major initiatives. We have been developing governance guidelines for the Board and have been planning the May 16 CACS Symposium. Our Board Governance Guidelines will serve as a foundation for Board activities and decisions as well as being an orientation document which outlines to new Board Members, how we do our business. An overview of the educational events carried out by CACS will be described later in this report.

For our Board Governance Guidelines, we have developed job descriptions for all the positions on the Board and have also outlined some terms of reference. Over the 2016 – 2017 year, we will continue development adding on a range of Board policies.

We have also created a new Board position—Business Development. The role of the Chair of Business Development is to assemble a portfolio of partnerships and funding sources that enable the organization to achieve its annual and long term goals, as well as providing a basis for ongoing operations. Thanks to Ali Shivji for agreeing to map out, establish, and take on this new role.

Thank you to all the current board members—Gail, Sharon, Suzanne, Norma, Elaine, John V., Carol, and Ralph—for their hard work over the past year. We have made significant progress in achieving the goals of our action plan, and in moving toward our vision of vibrant and positive aging. As we move forward, we say good bye and a huge “Thankyou” to Suzanne Cleese for her strong and creative efforts in co-chairing the Education Committee. We also said good bye earlier this year to John Mungham, an advisor from City of Calgary who has worked with and guided this committee through strategic planning and implementation since 2012.

As of the 2016 AGM, I will be stepping down from the role of President of CACS after 4 years as president. It has been an incredible and rewarding journey. One cannot be in such a situation and not grow and develop new skills, as well as appreciating new colleagues and new friends. I

will continue to remain on the Board to support the new president, the new members and the continuing executive as they move forward.

Education and Programming Report—Norma Karlinsky and Suzanne Clease

In 2015, the Education Committee held two events:

In June, in conjunction with our Annual General Meeting, a Seniors Showcase was held at Garrison Green Seniors Community. The German Ladies Choir of Calgary entertained with a lively and engaging performance which included enthusiastic audience participation.

On Oct 19, 2015 Tina Thrusell presented a workshop entitled “The Joy of Movement”. Twenty-six participants representing diverse facilities for Seniors were able to learn specific techniques and activities to use with their populations.

We are eagerly anticipating our 5th CACS Symposium, “Wellness Aging and Creativity” which is taking place May 16, 2016 at Mount Royal University.

Membership Report—Elaine Danelesko, Web Administrator

CACS currently has 165 members. Our numbers reveal a decrease since last year. Despite our intent to remain engaged with all registered members, this drop is attributed to our Canadian Anti-Spam Legislation (CASL) compliance initiative requiring all members to actively confirm interest in continued communications.

Website Report—Elaine Danelesko, Web Administrator

The Creative Aging Calgary Society website is our organization’s most effective tool to communicate with our members and the public. This year we continued regular review of the site for readability and information accuracy. Website analytics are monitored and reported monthly. Our newsletter publications and event notices are of distinct interest and promote increased activity to the website. More recently we notice heightened interest from other artistic focused organizations requesting opportunity to post community events notifications on our site. We welcome this collaboration.

Creative Expressions Newsletter Report—Sharon Moore, Newsletter Editor

Creative Expressions is the newsletter of the CACS that seeks to inspire, inform and celebrate Creative Aging in a variety of ways through stories, images, books and journal article reviews. The following images and quotes are excerpts taken from each of the three newsletters published over the past year.

“I hear the passing echoes of winter and feel the warming spring on my face. (Terri Guillemets).



Ice on Waterfall-Grassi Lakes, AB

Spring translates earth's happiness into colorful flowers. (Terri Guillemets).



Flowers in bloom at Sunshine Meadows, AB

(photos by Sharon L. Moore)

Over the past year, ***Creative Expressions*** has featured older adults who continue to inspire with their creativity, their vision and their zest for life. The fall newsletter highlighted the life and work of Grace McNab, an 86 year old quilter from Ottawa who has been involved in making “touch quilts” for the past 10 years for individuals living with dementia. These quilts have been said to be calming quilts, helping to soothe anxiety and fear and even reduce the need for medication at times. Her story inspired me, a quilter and editor of the newsletter to propose a research study regarding the use of these quilts. After sharing the story with my quilt guild in November 2015, the Canmore Mountain Quilters’ Guild took up the cause and four months later, we presented 42 quilts to a long-term care centre where we will be exploring the experience of using touch quilts on a dementia care unit. .



She epitomizes creative aging and **“aging with Grace”**

Other featured seniors over the past year were:

Doug Rathwell, (Summer newsletter)



One of my favourite moments in interviewing Grace for the newsletter was asking her for a photo. She replied “I just got a new computer so I’ll have to wait till my husband comes home to show me how to attach a photo”. When the photo arrive, her accompanying note said “here’s the photo but it makes me look old”. She truly is an inspiring woman who lives life to the fullest and has provided comfort and care for some of societies most vulnerable individuals and has inspired those around her to be better people.

One day on hike in Canmore, Doug started gathering branches. Determined to keep building, he went to work with a knife and hack saw in his suite. He was soon invited to share his creative side and was set up in the back of the Art Studio at Garrison Green Seniors Community. Doug got straight to work building a log cabin.

Michael Lomas (Winter Spring newsletter)



A retired 82-year old writer, Michael admits to being a compulsive sketcher and uninhibited cartoonist.

He also is an enthusiastic umbrella-sailing kayaker who enjoys hammock-camping on Ontario's Rideau Canal.

Creative Expressions is published three times a year and along with stories, poetry and images, features regular columns:

Worth Reading Column
Worth Viewing Column

Upcoming Events
Information about CACS

Joanne Morcom, BSW, RSW, gerontological social worker, laughter yoga leader, author of two poetry collections and co-author of two poetry anthologies and *Kathleen Honeychurch* Expressive Arts Practitioner, Freelance Custom Clothing Designer, and Library Assistant both joined the newsletter committee over a year ago and they continue to make valuable contributions to the newsletter in reviewing journal articles and books and you will see their work in the Worth Reading column of the newsletter.

Zoe Greaves, MA: Volunteer Program Administrator, Calgary Seniors' Resource Society has served as a Movie Review Editor for the past three years and she has agreed to continue in this role. You will see her reviews in the Worth Viewing Column of the newsletter. We appreciate the hard work of these individuals who review books and movies that are of interest to our readers.

We also very much appreciate the submissions that members of Creative Aging Calgary Society. They continue to add life and energy to the newsletter. I'd like to particularly note Wendy Lees from *create! in the East Village*, who has made contributions to each newsletter over the past year.

After five years on the board of Creative Aging Calgary Society, I will be leaving the board and my role as newsletter editor. I have had the opportunity to learn so much about aging creatively and have come to embrace the idea that *Creativity is a renewable resource. Be as creative as you like, as often as you like, because you can never run out!* (Biz Stone).

We welcome Alice Lam to the role of Newsletter Editor for the coming year. You will meet her in the next newsletter.

I leave you with this thought

... there's the real danger of overlooking
a very important day...today.
For this is the place and the time for living.
Let us live each day abundantly and
beautifully
while it is here.

Esther Baldwin York

Respectfully submitted by
Sharon L. Moore, PhD, RN, R.Psych.

Financial Statement – Dianne McDermid, Acting Treasurer

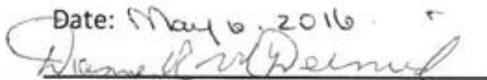
Year Ended March 31, 2016

Balance Sheet	2016	2015
Assets		
Cash	\$ 271	\$ 626
Deposits	\$ 1,110	\$ -
Total Assets	\$ 1,381	\$ 626
Liabilities		
Loan	\$ 1,000	\$ -
Prepaid Symposium Fees	\$ 78	\$ -
	\$ 1,078	\$ -
Equity		
Equity, prior year	\$ 626	\$ 1,325
Current operating deficit	-\$ 323	-\$ 699
Total Equity	\$ 303	\$ 626
Total Equity and Liabilities	\$ 1,381	\$ 626
 Revenue and Expenses		
	2016	2015
Revenue		
Symposium & PD Events	\$ 150	\$ 8,003
Grants & Other	\$ 5	\$ 150
	\$ 155	\$ 8,153
Expenses		
PD Events	\$ 300	\$ 8,439
Administration	\$ 178	\$ 413
	\$ 478	\$ 8,852
Net deficit	-\$ 323	-\$ 699

Approved pursuant to the society bylaws

President, Dianne McDermid

Date: May 6, 2016



Treasurer, Bernice Shumlich

Date: May 6, 2016



CACS Board Directors 2015-2016

Officers

Gail Hinchliffe, Past President

2009 – 2011 (1st term); 2011 – 2013 (2nd term); 2013 – 2015 (3rd term); 2015-2017 (4th term)

Dianne McDermid, President, Past Chair of Education Committee

2009 – 2011 (1st term); 2011 – 2013 (2nd term); 2013 – 2015 (3rd term); 2015-2017 (4th term)

Secretary and Treasurer Positions Vacant

Directors with portfolios

Sharon Moore, Newsletter Editor

2011 – 2013 (1st term); 2013 – 2015 (2nd term); 2015-2016)

Suzanne Clease, Co-Chair Education and Programming

2013 – 2015 (1st term); 2015-2017 (2nd term)

Norma Karlinsky, Co-Chair Education and Programming

2014-2016 (1st term); 2016-2018 (2nd term)

Elaine Danelesko, Webmaster, Past Secretary

2009 – 2011 (1st term); 2011 – 2013 (2nd term); 2013 – 2015 (3rd term); 2015 – 2017 (4th term)

Ali Shivji, Business Development

2015 – 2017 (first term)

Directors at Large

Carole Henckel

2014 – 2016 (1st Term)

John Vaillancourt

2014 – 2016 (1st Term)

Advisors

Ralph Hubele, Alberta Health

Vice President, 2009 – 2011 (1st term); 2011 – 2013 (2nd term); Advisor, 2013 – 2015 (3rd term)

Volunteers

Zoe Greaves – Movie Reviewer

2013 – 2015 (1st term)

Joanne Morcom – Book Reviewer

2015 – 2017 (1st term)

Kathleen Honeychurch – Book Reviewer

2015 – 2017 (1st term)

