



CREATIVE
aging CALGARY
SOCIETY

Annual Report 2016-2017

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Participants sharing Wood Carving talents at CACS Showcase & Networking Event April 19, 2017

Creative Aging Calgary Society (CACS)

CACS Tagline

Celebrating all forms of creativity in later life

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 Pillars

Awareness – Enhance awareness of participatory arts and aging programs through community connections

Education – Share information about local arts participation

Research - Clearly communicate cutting-edge research pertaining to the arts and creative activities

Governance – Generate an effective diverse Board

President's Annual Highlights

"Go back?" he thought. "No good at all! Go sideways? Impossible! Go forward? Only thing to do! On we go!"
So up he got, and trotted along with his little sword held in front of him and one hand feeling the wall, and his heart all of a patter and a pitter.

- J.R.R. Tolkien, The Hobbit

Interesting way to introduce a report you may say. However it has been a year of change for the Creative Aging Calgary Society. Many of the previous founders of the CACS had resigned in May of 2016 after many years of hard work. The CACS was on the cusp of becoming a registered charitable organization. The board was challenged to develop a renewed strategic plan. Also we have new Directors on our board. As President, I, too, am walking a new journey!

Hence the introduction, a quote from the Hobbit, the Board could not go back nor sideways but had to move, move forward. And that is what we did! Here are some of the highlights of 2016-2017:

- Strategic Planning - Cathy Hume organized and facilitated a Strategic Planning Session on September 19, 2016. Two major changes resulted. First, our strategic plan is now 3 years rather than 5 years. Second, we now have 4 strategic pillars instead of 5 pillars.
- Governance - Charitable Status. Diane McDermid initially took the lead in communicating with Service Alberta and then Zabin Jadavji continued with the final requirements. The Board is so pleased that we are now Registered Charitable Society.
- Website - Alice Lam completed some major changes to our website and works hard to maintain the website current.
- Education - we have two new members on our team, Cherie Ratte and Karen Boyd. Along with Norma Karlinsky, the team developed very successful Showcases. They are presently working on Symposium 2018.
- Research - Elaine Danelesko, Ralph Hubele and Beth Gorchynski are providing our website readers with many interesting resources.
- We have a new treasurer, Nhi Tran, who comes with lots of experience.
- Awareness – Connections to senior communities and brand awareness of CACS has been important for the board. We presented at the Creative Aging Think Tank where Cherie Ratte, Zabin Jadavji and Alice Lam created a new PowerPoint presentation. CACS board member, Beth Gorchynski, is also a member of the Dementia Network in Calgary. She formalized a link between CACS and DN. Alice has taken the lead in helping CACS become a Community Partner with Top 7 Over 70 Awards. John Vaillancourt helps to maintain links to the Kerby Centre in Calgary.



Carol Henckel

I would like to thank the board so much for your hard work. I would also like to thank Dianne McDermid for her diligence and tireless work during the last year.

Our vision is "Vibrant and Positive Aging" and our mission is "to increase awareness of the positive impact that arts participation can have on older adults." Many research studies are confirming this. According to Bruce Miller, MD, a behavioral neurologist at University of California, San Francisco Medical Center, while brains inevitably age, creative abilities do not necessarily deteriorate. Actually, the aging brain responds well to art by allowing the brain's two hemispheres to work more in tandem. This ability to use one's creativity throughout a lifetime and the impact of crystallized intelligence gained from the years of accumulated knowledge and life experiences help to cultivate the aging, creative brain¹.

Please tell your friends about CACS. You, too, can help us make a difference! Remember ... as stated in The Hobbit, Only thing to do is to MOVE FORWARD.

- Carol Henckel

¹ Bagan, B. (n.d.) Aging: What's Art Got to Do with It? Retrieved September 10, 2017, from http://www.todaysgeriaticmedicine.com/news/ex_082809_03.shtml

Strategic Pillar Reports

Awareness Team

The Awareness Pillar evolved from the Strategic Planning that was done in the fall of 2016. The Awareness team's objective is to develop and strengthen the CACS brand and create increased brand awareness in the community. We aim to connect with leaders and practitioners in the elder care industry, the arts sector, as well as with all older adults to promote the interests of the Creative Aging Calgary Society.

Over the last year, the Awareness team has been working on refreshing the website – giving it an updated look and adding content. We worked on reformatting the newsletter to an electronic version and added blogs featuring older adults and creative expression content to the website. We have worked on increasing our social media presence through active maintenance of our Facebook page. In June 2017, the Awareness team participated in a Creative Aging Think Tank hosted by the City of Calgary and discussed our mandate with other practitioners working with older adults.

As we move forward, we will continue to develop and maintain our website, increase our presence on social media by utilizing multiple channels and participating in other networking opportunities to promote the work of our Education and Research pillars. We aim to use our digital tools to showcase relevant projects and talents from the community. In addition to our online presence we will also be working on marketing collateral which can be shared with other agencies we wish to develop partnerships with.

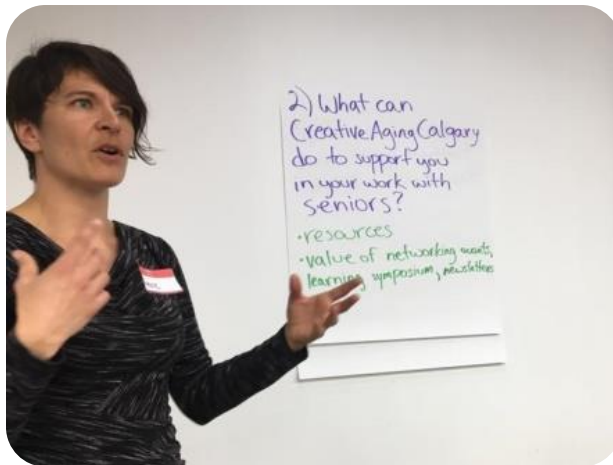
Awareness Team: Cathy Hume, Alice Lam, Zabin Jadavji and John Vaillancourt

Education Team

Two of the three committee members were new Board Members as of September 2016.

We began the year by participating in Board Strategic Planning, and then turned our focus toward developing an understanding and formulating a vision for the Education Pillar, which evolved into our four strategic goals – Regular Showcase/Networking events, Symposia, improving educational content, developing strategic partnerships.

We hosted a Showcase/Networking event on April 19th at the Alexander Calhoun Library. Recreation teams from all of the supportive living and long term care communities in Calgary were invited (E-Blast, website, phone calls, emails). 18 practitioners, 6 seniors, and 6 board members participated. Presenters were: Dr. Margot McKinnon from Spark the Spirit Productions, Janis Kirker from InnerGPS, Gail Whiteford from the Drama Program at the Kerby



CACS Board Member, Cherie Ratte, facilitating discussion at CACS Showcase & Networking Event April 19, 2017

Centre, Marjorie Lucien and Senior Woodcarvers from Good Companions 50 Plus Club. A structured networking activity consisted of a Speed Dating format, and a facilitated conversation in World Café format. Harvested information was transposed to a Wordle and priority ranking summary for posting on the website. These opinions/needs/interests expressed by members will be the basis of future planning, with the intention to continue to ask for, and meet the desires of attending members. Feedback was extremely positive, and motivated the group to commit to hosting quarterly showcase and networking sessions during the 2017/2018 year. The next one is

scheduled in conjunction with the September AGM, where Dr. Sharon Moore will showcase a recent Touch Quilt research project.

The committee is in planning stages for the upcoming bi-annual symposium to be held in the Spring of 2018 with a Theme of “Aging Artfully”. Current discussion is concentrated on a balance of workshops along the continuum of community and care, and also to present a variety of subject matter in order to be able to offer “something for everyone”.

Respectfully submitted by: Norma Karlinsky, Cherie Ratte, Karen Boyer



Wordle created by Board Member,
Karen Boyer, based on participant
facilitated conversation comments

- CACS Showcase & Networking Event
April 19, 2017

Research Team

The Research Pillar and team were developed as a result of the board's Fall 2016 strategic planning session. CACS is not planning to conduct research per se but hopes to share emerging research trends to promote and support creative aging evidence-informed practices. We recognize that research with impact does not happen without multifaceted engagement and should involve organizations that could be expected to find applications for new knowledge. So we started our engagement process by working collaboratively with the CACS Awareness Team and at the April 2017 Networking Session, were eager to hear responses to the question, 'what can CACS do to support your work with seniors?' We heard that 'resources' are sought as well as opportunities to learn from newsletters, networking sessions and professional development. To that end, we have begun to share information about creative aging relative to seniors who are living independently and those who live within the care continuum via creative inspiration blog posts and resources / tool kits for practitioners and caregivers.

Research Team: Beth Gorchynski, Ralph Hubele and Elaine Danelesko

Governance Team

Many thanks to Dianne McDermid and Norma Karlinsky for commencing CACS's governance development processes, recognizing the significance of this work at our strategic planning session, a team was developed to address this important pillar. A Board Governance Manual has been drafted and work is underway to achieve our action plan objectives.

Governance Team: Carol Henckel, Cathy Hume and Elaine Danelesko

What is Creative Aging?

"Creative Aging" is the practice of engaging older adults (55+) in participatory, professionally run arts programs with a focus on social engagement and skills mastery. This movement is about providing opportunity for meaningful creative expression through visual, literary and performing arts programming, it is not about making macaroni necklaces¹.

1. creativeagingtoolkit.org

Creative Aging Calgary Society - Financial Statement
Year Ended March 31, 2017

Balance Sheet	2017	2016
Assets		
Cash	\$ 2,064	\$ 271
Deposits	\$ 750	\$ 1,110
Total Assets	\$ 2,814	\$ 1,381
Liabilities		
Loan	\$ 750	\$ 1,000
Symposium Fees	\$ -	\$ 78
	\$ 750	\$ 1,078
Equity		
Equity, prior year	\$ 303	\$ 626
Current operating income (deficit)	\$ 1,761	-\$ 323
Total Equity	\$ 2,064	\$ 303
Total Equity and Liabilities	\$ 2,814	\$ 1,381
Revenue and Expenses	2017	2016
Revenue		
Symposium & PD Events	\$ 9,756	\$ 150
Grants & Other	\$ 5,750	\$ 5
	\$ 15,506	\$ 155
Expenses		
PD Events	\$ 13,595	\$ 300
Administration	\$ 150	\$ 178
	\$ 13,745	\$ 478
Operating income (deficit)	\$ 1,761	-\$ 323

Approved pursuant to the society bylaws

President, Carol Henckel
Date: September 14, 2017

Treasurer, Nhi Tran
Date: September 14, 2017




CACS Board of Directors

Executive Officers

- **Dianne McDermid**, Past President, Past Chair of Education Committee 2009 – 2011 (1st term); 2011 – 2013 (2nd term); 2013 – 2015 (3rd term); 2015 – 2017 (4th term)
- **Carol Henckel**, President, 2014 – 2016 (1st term); 2016 – 2018 (2nd term)
- **Cathy Hume**, Vice-President, 2016 – 2018 (1st term)
- **Zabin Jadavji**, Secretary, 2015 – 2017 (1st term); 2018 – 2020 (2nd term)
- **Nhi Tran**, Treasurer, 2017 – 2019 (1st term)

Directors

- **Karen Boyer**, Education Team, 2016 – 2018 (1st term)
- **Elaine Danelesko**, Past Secretary 2009 – 2011 (1st term); 2011 – 2013 (2nd term); Webmaster 2013 – 2015 (3rd term); Research Team 2015 – 2017 (4th term); 2017 – 2019 (5th term)
- **Beth Gorchynski**, Research Team, 2016 – 2018 (1st term)
- **Norma Karlinsky**, Co-Chair Education and Programming 2014-2016 (1st term); Education Team 2016 – 2018 (2nd term)
- **Alice Lam**, Webmaster, Newsletter Editor and Awareness Team 2016 – 2018 (1st term)
- **Cherie Ratte**, Education Team 2016 – 2018 (1st term)
- **John Vaillancourt**, 2014 – 2016 (1st term); Awareness Team 2016 – 2018 (2nd term)

Advisor

- **Ralph Hubele**, Alberta Health, Vice-President, 2009 – 2011 (1st term); 2011 – 2013 (2nd term); Advisor, 2013 – 2015 (3rd term); 2015 – 2017 (4th term), 2017 – 2019 (5th term)



Dianne McDermid

It is a great pleasure to recognize and thank Dianne McDermid for her dedication and support to the CACS over the past 8 years. Dianne was a founding member of the organization and her stewardship has been characterized by innovative ideas, strategic thinking and most valuable, her stalwart efforts to champion the benefits of creative aging for older adults.

Thank you, Dianne, for your leadership and invaluable mentorship. We know you 'live a creative life' so we wish you all the best in your future creative endeavours.

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ALL
FORMS
OF
CREATIVITY
IN
LATER
LIFE

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