



Older Adults, **Creative Expression and ART:** Professional Development Workshop

Sep 24, 2013 8:30 am – 4 pm

Kerby Centre

Facilitator: Jeff Nachtigall, Artist and Artistic Director of Creative Expression Programming for Older Adults

The Creative Aging Calgary Society is pleased to host a professional development workshop facilitated by Jeff Nachtigall, Artist and creator of a studio program for residents in a long-term care facility. This interactive ‘hands-on’ creative experience will focus on the role of art and creative expression in facilitating older adults’ transformation, wellness and hope. This isn’t about offering art classes within activity programming; it’s about creating a rich environment to foster creative expression through art using a variety of mediums.

Session objectives

- examine the role that art and creativity can play in promoting healing, wellness and hope
- demystify myths and "tear down" walls that separate us from our creativity
- develop strategies for incorporating creative expression in practice

Target audience

- aging services leaders
- recreation therapists
- art therapists
- activity coordinators
- community programmers
- artists
- healers
- change makers

Schedule

0830-0900	Registration
0900-1030	Welcome - Dianne McDermid, President, Creative Aging Calgary Society Presentation: Role of Art & Creativity in Healing, Wellness and Hope – Jeff Nachtigall
1030-1045	Break and networking
1045-1230	Hands-on experiential creative work with Jeff Nachtigall
1230-1330	Networking Lunch and Resource Sharing
1330-1500	Panel: “Engaging Older Adults in Creative Expression”. Panelists: Sue Hall, Jade Powers, Sharon Moore and Jeff Nachtigall. Moderator: Elaine Danelesko
1500-1515	Break and networking
1515-1600	Presentation: Shifting Theory in Use - Strategies and Best Practices for Implementation - Jeff Nachtigall Closing Remarks: Creative Aging Calgary Society Education and Program Committee

Facilitator: Jeff Nachtigall BFA

Jeff Nachtigall is a multidisciplinary artist, curator, activist and speaker. His work has been exhibited throughout North America, Europe and China, and is represented in numerous public and private collections. He has participated in residencies across Canada and regularly lectures and facilitates workshops at institutions across North America.

Jeff’s curatorial practice focuses on community based projects like STUDIO 99 (1999), a month-long multidisciplinary art collaboration involving over 200 artists and more recently (In)Accessible City (2010) and The Insiders (2007), part of an ongoing series of exhibitions that challenge the stereotypes and stigma surrounding those living with special needs.

In 2006 Nachtigall developed the Open Studio model for healthcare. This inclusive, non-hierarchical, client-centered strategy challenges the traditional clinical approach of art therapy and pushes the boundaries of the arts in health care. This model has evolved and grown into a community based practice, engaging marginalized groups in art interventions that act as a catalyst for social change. Nachtigall is the inventor of the Mobile Painting Device (MPD), which transforms a wheel chair into a giant paintbrush, giving people living with neurological deficits opportunity to express themselves on a very large scale.

In 2009 and 2012 Nachtigall was short listed for the Lieutenant Governor’s Award in Arts and Learning.

In 2011 Nachtigall co-founded Make Work Projects, a 2000 square foot storefront studio and *sometimes* art project space located in the Riversdale district in downtown Saskatoon, SK.

Panelists



Sue Hall

Sue Hall has worked in long term care for 20 years as an RN and later as the pastoral care nurse. She is involved in a variety of activities with residents in long term care and has developed expertise in facilitating how residents find meaning by engaging with each other.



Jade Powers

Jade Powers has always had a love for the arts and making it accessible for people of all ages and abilities. She recently founded the Mandala Art Centre in the NE of Calgary. With a Master's in Art Therapy, this has always been Jade's dream, to open a centre for the arts that would allow all people to be able to enjoy the arts. Her facility houses three studio spaces - One for art, one for movement/yoga and one for multi-purposes. Jade creates programs and activities that are success based regardless of ability and encourages people to work at their own pace and in their own time.



Sharon Moore

Sharon is a registered nurse and registered psychologist. She is a professor at Athabasca University and has been involved in health education for the past 30 years. She loves to combine her passion for photography with her research and teaching and has used the outcomes of her work to engage older adults in exploring how they live and experience hope using photography. Earlier this year, Sharon's photography exhibition "*The Spirit of Aging*" was the featured exhibit at the McMullen Gallery in Edmonton.



Jeff Nachtigall

Jeff believes that we are all artists. Art is our first language. Before we can read or write or speak we are drawing; making marks to express ourselves. Art can empower those that have lost the ability to communicate verbally. Those that find themselves on the margins of society can reclaim their voice through creative expression. In my twenty years as an artist I have seen art transform lives. Self expression and creativity help build confidence. With confidence individuals can move forward and undertake new challenges. Art is more than a process or a product. Art is a vehicle for change, healing and hope.



Moderator: Elaine Danelesko

Creativity is a common thread woven throughout Elaine Danelesko's professional and personal life. In her role as the Program Development Director in Mount Royal University's Faculty of Continuing Education and Extension, she explores community needs and engages in an artful process to design new course and program offerings for delivery to students ranging from young children to older adults.

Sponsors



Host



Our Vision:

Vibrant and positive aging

Our 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

"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, Sheriden Elder Research Centre

www.creativeagingcalgary.ca