

# CREATIVE

## *expressions* NEWSLETTER

Inspiring vibrant and positive aging ∞ Promoting participatory arts ∞ Engaging civic stakeholders

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### *In Quietness and Solitude*

In quietness and solitude, on a sunny fall day, while lunching by the river, I completed the final hand stitching on my quilt. Bathed in warm sunlight,, the birds singing their glorious songs, the Canada geese, soaring above on their way south, *PEACE* flooded my spirit.

'Twas a perfect day.



Quilts on the Bow River, Canmore Photo by Sharon Moore, October 2015

... 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

Quotes from in Helen Huxley *Taking Time to Just Be*

Exley, H. (2005). *Taking time to just be*. Watford, UK: Helen Exley Giftbooks.

## Worth Viewing



**GLEN CAMPBELL: I'll Be Me (An Amazing Story of Someone With Alzheimer's Disease).** Reviewed by John Mungham, Coordinator, Seniors Age Friendly Strategy Implementation Plan, City of Calgary

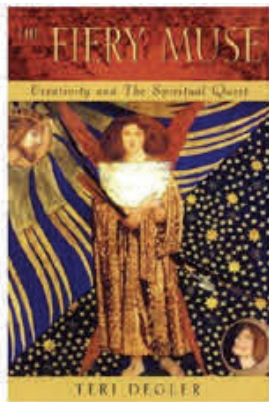
If you've ever had anyone close to you diagnosed with Alzheimer's disease, you will know the journey ahead. Progressive memory loss causes them to forget important information. Alzheimer's disease is a fatal disease that eventually affects all aspects of a person's life: how they think, feel, and act. Each person is affected differently. It is difficult to predict symptoms, the order in which they will appear, or the speed of their progression.

In 2014 a documentary was released called "Glen Campbell: I'll Be Me." It is a story of Glen Campbell, who in 2011, at the age of 75 was diagnosed with Alzheimer's disease. During the 1960's Glen Campbell worked as a well known studio musician in Los Angeles. In the late 1960's and 1970's he had several hit songs including Rhinestone Cowboy, Gentle On My Mind, Wichita Lineman, and Galveston.

In 2011, after recently being diagnosed with Alzheimer's disease, Campbell along with his three children who are also musicians and his wife, set out on unprecedented concert tour across America. He thought it would last five weeks. Instead it went for 151 spectacular sold out shows over a year and a half.

This documentary is about that journey and how Glen and his family who, with love and compassion were able to face the many challenges of early onset Alzheimer's. The song "I'm Not Gonna Miss You" is sung by Campbell. It is a powerful message about the experience of Alzheimer's. I highly recommend this documentary. It is truly a wonderful and at times emotional experience.

## Worth Reading



***The Fiery Muse – Creativity and the Spiritual Quest.*** (1996). Written by Teri DeGler and published by Random House of Canada. Reviewed by: Kathleen Honeychurch (Member of the Creative Aging Society of Calgary) Freelance Custom Clothing Designer, Library Assistant and Expressive Arts Practitioner

*The Fiery Muse* weaves stories of the impassioned lives of great visionaries, such as **St. Hildegard of Bingen** OSB (The Order of Saint Benedict) (1098 – 17 September 1179), **Rumi** (1207 – 17 December 1273), who was a 13th-century Persian poet, jurist, Islamic scholar, theologian, and Sufi mystic, and **Walt Whitman** (May 31, 1819 – March 26, 1892) famous American poet, essayist and journalist. A humanist, Walt was a part of the transition between transcendentalism and realism, incorporating both views in his works. Along with these historic icons, are examples of everyday people –

who range from teachers and homemakers to artists and actors – to show how the creative impulse can transform your life. Also included are the stories of celebrated: British composer Sir John Tavener (January 28, 1944 – November 12, 2013) known for his extensive output of religious works, including *The Protecting Veil*, *Song for Athene* and *The Lamb*. He describes how he was “steeped in the holy ethos” of his work:: renowned Canadian Jungian analyst and mytho-poetical author Marian Woodman (born August 15, 1928)

*Worth reading continued from page 3*

explains how embracing images from our unconscious can unleash powerful waves of creativity and ground-breaking. Author **Sylvia Fraser** (born 8 March 1935) of Hamilton, Ontario is a Canadian novelist, journalist and travel writer. She illustrates how the creative process can heal wounds we never knew that we had.

The author, Teri Degler resides in Toronto, Ontario with her husband and teenage daughter. An experienced public speaker, Teri has made many national television and radio appearances. Her freelance writing has appeared in such widely divergent publications in the United States as Family Circle and New Age Journal. In Canada, she has written for More Magazine, Today's Parent, The Toronto Star, The United Church Observer, and many other publications. Her work has been published in the United States, Canada, Germany, India, and Italy.

The workshops Teri leads on creative writing and the link between creativity and the spirituality have met with great success, and she now divides her time between leading workshops and writing. She continues to study the philosophy behind Kundalini Yoga and researches the link between creativity, inspiration, and mystical experience. Both her latest book, *The Divine Feminine Fire: Creativity and Your Yearning to Express Your Self* (© 2009, Dreamriver Press), and *The Fiery Muse* deal with this topic. The author offers exercises that can focus creative energy, increase inspiration and still the harsh inner voice of criticism. The *Fiery Muse* will help you embrace the innate light of creativity within. I am now curious and excited about the prospect of reading her most recent book, and following her website. For more info, go to: <https://www.teridegler.com/>

**"Creativity and the Aging Brain"** published in *Psychology Today*, March 2008 by Shelley H. Carson Ph. D.

Article reviewed by Joanne Morcom BSW, RSW, Gerontological social worker, laughter yoga leader, author of two poetry collections and co-author of two poetry anthologies.

Recent scientific studies indicate that the aging brain resembles the creative brain in a number of ways. For example, both types of brains are less inhibited than younger brains. Both brains also process information in a more diffuse, less focused manner. Older people tend to speak their minds more than younger people, and most have a wealth of experiential knowledge, characteristics that both inspire and support creativity.

The article gives examples of creative types who continued to be innovative as they aged, such as Benjamin Franklin, who invented the bifocal lens at age 78 and Thomas Hardy, who published a book of poetry at age 85.

The author suggests that we should expect seniors to be creative and productive, while providing them with opportunities to fulfill those expectations. She also challenges seniors themselves to express their creativity, for their own benefit and for the betterment of society.

## ***A Day in Review***

**Creative Aging Calgary Society** hosted a Professional Development Day on October 19, 2015.

Confederation Park 55+ Activity Centre was the scene of learning, action, and laughter when Tina Thrusell presented a workshop entitled "The Joy of Movement". Twenty six participants including seniors and staff representing diverse facilities were able to learn specific techniques and activities to use with their populations. The areas represented were :Greater Forest Lawn 55+ Society, The Kerby Centre, Alberta Health Services, United Active Living. Garrison Green, Westview Lodger (Rocky Mountain House), and City of Calgary. We were also delighted to welcome a number of interested Calgary Seniors who learned about the workshop through Social Media.

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## *Dear Future Generation*

Submitted by Jeff Chan: Artistic Coordinator Garrison Green Seniors Community, Calgary

This piece was created by both seniors at Garrison Green and students at Sir John Franklin School. Participants were asked; “Why is Remembrance Day still relevant one hundred years later?” With an age gap of up to ninety years, the work displays perspectives from those who have experienced war and those who have not.

Participants created individual artworks that were combined to form the final work. Narratives that emerged showcased a range of experiences and knowledge of war, from personal stories, to icons of war, to hope for the future.

Knowledge of war is both passed down and shared back in this piece of art, emphasizing how our individual insights create collective narratives. In the case of war, it so important that we all have an active role in this creation of history. Remembrance is an act of honouring the history we come from and recognizing its importance in shaping the present.



## ***Fifth Creative Aging Symposium***

### ***“Wellness, Aging and Creative Expression”***

#### ***May 16, 2016***

**COMING SOON:** the **Fifth Creative Aging Symposium**. Mark your calendars for **May 16, 2016** for the next biennial Creative Aging Symposium. We are delighted to announce our keynote speaker, Dr. Dalia Gottlieb-Tanaka from British Columbia. She is a Dementia Care Consultant who has won an award from the American Society on Aging and the Metlife Foundation for her Creative Expression Activities Program that she designed for people living with dementia.

The Symposium will also host hands on workshops that are fun, creative and inspiring.



Dr. Gottlieb-Tanaka is an author, teacher, and international speaker. She is the founder of the Society for the Arts in Dementia Care in British Columbia. She is instrumental in national and international conferences on creative expression, communication and dementia (CECD).

Read about Dr. Gottlieb-Tanaka and her work on her website.

<http://www.daliagottlieb-tanaka.com/>

#### **Keynote Address:**

*Why Being Engaged in Creative Expression is Important as We Age*

Plan to join us for an exciting day of workshops and activities.

### ***Pausing to Reflect***



Nature is painting for us, day after day, pictures of infinite beauty if only we have eyes to see them (John Ruskin, 1819-1900)

Quote from in Helen Huxley *Taking Time to Just Be*

(McArthur Lake, Photo by Sharon L. Moore)

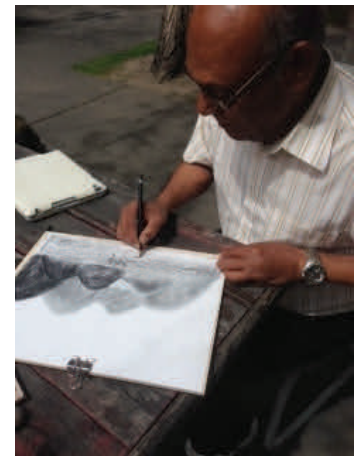
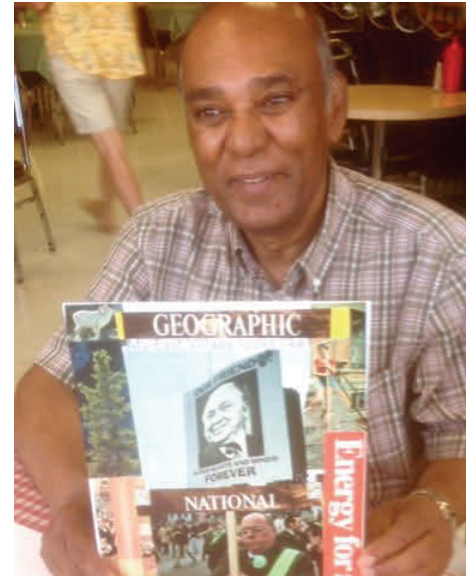


## *An Artist in the Making*

Submitted by Wendy Lees, founder of create! In the East Village

Pathrose began coming to create! in the East Village occasionally 18 months ago while he was still working part time. Since his retirement he has become a dedicated and enthusiastic participant, eager to communicate his love of nature into much of his art. An avid photographer, Pathrose refers to the images he has taken on walks in the East Village as inspiration for his work and he speaks often about his appreciation of all things in the area whether magpie nests, unique plants and trees, the Bow and Elbow rivers or the interesting activities at Ft. Calgary. It is touching to see how this new artist blends community with creativity.

Skilled with technology, including social media, Pathrose frequently shares news about East Village happenings as well as his creative endeavors on Twitter. He is often surprised by the appreciation shown by others toward his work and recently said he wished he had began doing art at a younger age. Last summer while visiting his family he missed his regular creative outlet so his daughter arranged an afternoon at a ceramic studio for Pathrose and his two granddaughters!



Founded in December 2013, “create! in the East Village” is a free, drop-in, inclusive art program for residents of the East Village, many of whom are low income seniors.

For information please contact Wendy Lees at [wendylees@shaw.ca](mailto:wendylees@shaw.ca) or 403.880.3001

create! in the East Village is on Face book

<https://www.facebook.com/createintheEastVillage?ref=bookmarks>

## *Inspired and Inspiring*

Submitted by Sharon L. Moore (Editor Creative Expressions)

In May 2015, I received an email with an attachment from a friend in Ottawa. He said “my mother knows you are a quilter and she was at the quilt show and saw a display she thought you’d be interested in”. When I opened the attachment, there was a handout that described “Touch Quilts”. With curiosity, I

*Inspired... cont'd from p. 6*



read the handout and discovered that Touch Quilts are textured lap quilts designed for those who need sensory stimulation, especially those with Alzheimer's and other forms of dementia. Touch quilts provide comfort, calming and stimulation for people with late mid-to late-stage Alzheimer's disease and related dementias. I had never heard of these before, and I was very curious. In re-searching a little on the internet, I discovered that people were saying they are straightforward to make and they can have an incredible impact on quality of life (Ottawa Citizen, 2015).

According to the Alzheimer Society of Manitoba, "sensory stimulation can increase happiness, enjoyment and relaxation as well as lessen sadness and fear. Touch quilts can provide dementia patients with sensory

stimulation, reducing unwanted behaviours without requiring sedatives or physical restraints".

In speaking with Grace, she told me that she started making these quilts after attending a workshop in 2006. I had pictured myself speaking with a middle aged woman who travelled back and forth across the country to visit her daughter in Western Canada. About 40 minutes into the conversation Grace said "people are just going to have to learn how to make these quilts. After all, I'm 86 years old and I'm not going to be around forever". I discovered that I was speaking with a woman who has incredible passion and vision for the potential for what these touch quilts can offer to individuals living with dementia. She talked about how this work has given her a sense of meaning and purpose in her life and that she has learned a lot about how people respond to the quilts through her volunteer work. "I volunteered at the Emergency Department of the local hospital for 12 or 13 years which is how I started to get making touch quilts for 'charity'. I felt so sorry for some patients with Alzheimer's who came in, thinking they had been kidnapped, and not having a clue why some stranger would stick them with a needle, make them stay in bed, or attach funny things to their skin".

The more I learn about Grace, the more inspired I am. She has taught workshops on how to make these quilts and she has created and maintains a website about this work [Quirky Quilt](#). Prior to her retirement, Grace "worked for a small town newspaper right out of university. After marriage and four children I went to Carleton University and took degrees (MA, PhD) in sociology. Then I worked as a contractor doing program evaluation for federal government social programs for some twenty years. I started quilting when I retired".

As I have been reflecting on this remarkable woman and her work, I am reminded of a book I read a few years ago called *Aging with Grace: What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives* by David Snowden. I think that Grace MacNab brings new meaning to "Aging with Grace".

Grace has generously shared her time, and her instructional materials to assist others in making these quilts. My connection with Grace has shown me that it is possible to combine a personal passion (quilting) with my professional work (teaching, research). If these quilts work as well as the anecdotal reports suggest, this is a simple and amazing intervention that can make a very big difference in the lives of individuals living with dementia. In a review of the extant literature, I could not find much research that has been done on these, and we are in the process of designing a research project that explores the use of touch quilts in residents living with dementia. As I write this article, I am preparing to meet with members of my quilt guild on the weekend at a "Quilt till you Wilt" day where we will begin the work on 36 quilts needed for the research project. You can read more about Grace's work in an article in the [Ottawa Citizen](#).

## *Creative Aging through Poetry*

Submitted for Joanne Morcom, BSW, RSW Gerontological social worker, laughter yoga leader, author of two poetry collections and co-author of two poetry anthologies

Like a lot of teenagers, I wrote poetry, but eventually lost interest and stopped altogether. In my thirties, I rediscovered it, in the form of haiku. I was struck by the fact that it says so much in just a few words, as in this classic Japanese haiku written by Matsuo Basho in the 17th century:

old pond  
a frog jumps in  
water's sound

Over the years, I've read thousands of haiku, written hundreds of my own and had some published. I'm also a member of a close-knit poetry group that meets regularly to read and write haiku, as well as a slightly longer poetry form called tanka. In both poetry forms, the emphasis is on revealing the extraordinary in the ordinary, the universal in the particular and a flash of insight into the nature of reality.

Now, on the verge of turning sixty and working to complete my third poetry anthology, I believe that I've made significant progress as a haiku and tanka poet, much to my satisfaction. I also feel that my best work may lie ahead of me, as experience is the best teacher, in life and in art. I've come to the conclusion that aging and creativity have at least one thing in common - there's no end in sight. For group member Pat Campbell, who's retired from a busy career as a Calgary actor, director and teacher, writing haiku became, in her words, "a terrific challenge to find the right words, the right tone, the fine line between the immediate truth and the contrived truth."

She notes that creating a haiku takes her hours, sometimes days or weeks, as she shapes those few words into something that tells a fine story to her satisfaction. That kind of demand on the brain is what she loves the most about poetry writing. As far as Pat's concerned, there are no age limits to creativity, and the rewards are exhilarating, to say the least. In Pat's experience, each new crafted poem sharpens her brain and leaves her in awe that such a little gem of about seventeen syllables has the power to "rule her life." It's no wonder that she's hooked on haiku!

Lucille Raizada, another long time group member and retired teacher, started writing haiku about twenty years ago and estimates that she's written thousands of poems since then. She was attracted to the form because, as she says, "I like things that are precise and don't drag on; that's why Japanese style poetry suits me so well". Writing very short poetry has helped her to enjoy the present and its "endless gratuitous offerings". She writes spontaneously, edits very little, and at this stage of her life has no urge to be recognized or reap monetary rewards for her work. Yet she feels a responsibility to cultivate the gift of creativity, and to this end produces a yearly poetry chapbook in conjunction with the Lenten Development & Peace Project, which is the main Canadian Roman Catholic charitable organization. (She designs greeting cards and decorates pebbles for the project too). As a mature creative writer and artist, Lucille sets no deadlines or expectations for herself as to how much work she produces. She simply loves to write, draw and paint, as well as share her work with others, through occasional publishing, public offerings and group meetings.



She's also encouraged by her family's ongoing support, and proud of their own creative accomplishments. I consider it a privilege to work alongside these two dynamic women who inspire me with their artistic sensibilities, as well as their upbeat attitude towards growing older. They're just the kind of individuals the poet Robert Browning might have had in mind when he wrote, "Grow old along with me! The best is yet to be."

(Photo, L-R Lucille Raizada, Joanne Morcom, and Pat Campbell)



## Get to Know Your Board



### Ali Shivji

Partner, [Optima Living](#); Founder, The Shivani Group

Ali Shivji is a partner with Optima Living, a boutique seniors living company focused on creating smaller, more intimate seniors living communities that allow residents to be “welcomed home.” He is also the founder of the Shivani Group, a best-practice consultancy in care, housing, design and programming for seniors, with clients across Canada. He has previously worked with the National Health Service in the UK, McKinsey & Company and AgeCare Seniors Communities. Shivji sits on numerous boards and committees focused on improving seniors’ quality of life including the Dementia Journey task force for the Province of Alberta.

Shivji holds a B.Eng. from McGill, an MBA from INSEAD and a certificate in Value Based Health Care Delivery from Harvard Business School. He was also one of Avenue’s Top 40 Under 40 in 2006.

We are delighted that Ali joined the Creative Aging Calgary Society Board in June 2015.

### The Grey Coat

Once my grey coat was new and nice, but that was long ago. Time had yellowed the once fine fibres, it was patched and battered. A smear of goose grease lingered; Where, Ricky had wiped his fingers. A seam, that Rowena had torn, was delicately re-sewn in poppy thread. Pockets, worn clean through by Michael, had to be reworked with sheets from off his bed. If only mother had known. Three siblings, and three buttons, later the coat was just my size. My cuffs were hemmed to hide the fray, and I was sent to school. “Hey Patchwork Princess” the kids cried. My mended elbows betrayed me, filling me with shame. I promised myself that never again would I wear that coat. At home, I threw it away into the depths of the hamper. Mum could not make me wear it. In the dark it lay. My father hugged me, wiped away my tears and said, “But Wendy, you are warm.” Some children had no coats to wear.

### New to You

She came to school in her new dress, worn but pressed. Her mother had lifted the heavy iron with care, scraping it firmly across the fabric, pulling it taut. We all knew that it was a new dress; perhaps we read it in the tilt of her head and she entered the classroom, or in the pretty printing of her primer. Straight backed she sits, pencil poised between fingers and lips. We did not know where the new dress had come from; but, we knew. Everyone was wearing second hand clothing, especially the children. Church rummage sales were a cornucopia of material for the creative mind. Jewels were found amidst the hand-me-downs. Once I found a pair of tiny socks ringed with ribbon and lace. A lady’s dress might be re-dreamed into two tiny dresses. A worn sweater might be unwound and re-worked into expertly wrought socks. Another girl enters the classroom, slightly older or slightly taller perhaps? She turns her head, taking stock of the new dress. She suddenly squeals out “OH! You’re wearing my old dress!”

Those things happened;  
it trained us for the war years.

Poems written in collaboration by Garrison Green resident Wendy Martin and MRU student Alexandra Daignault for the Writer’s in Residency project.

During the fall of 2015 six students in the department of English, Languages and Cultures were paired with six residents from Garrison Green Seniors Community to capture and write life stories and memories of our residents from their experiences during the 1930’s.



We wish you a very Merry Christmas if you celebrate Christmas and Happy Holidays.

May 2016 be a year full of meaning, hope and creativity.

Image from Free [Christmas Images Website](#)

### Art Sale

create! in the East Village artists  
Saturday, December 5th 11 - 3  
Orange Lofts Common Room  
535 – 8th Ave SE - main entrance

paintings - drawings - wood carving - greeting cards

create! in the East Village is a free, drop-in, inclusive art program for residents of the East Village For information please contact Wendy Lees 403.880.3001 or [wendylees@shaw.ca](mailto:wendylees@shaw.ca)



## Upcoming Events



Puppet Power is a biennial conference that examines the power of applied puppetry. Puppet Power 2016's theme, "connecting generations", examines the compelling strength of puppetry in advocating, educating and celebrating community connections across generations. *Learn, play, and galvanize* with hands-on workshops, keynote speakers, panels, and more. A conference for everyone from artists, activists, idea generators, and thought leaders to educators, therapists, and helping professionals.

Presenters include Karrie Marshall from Scotland, Eric Bass of Sandglass Theatre, and Sharon Bayly from Vancouver.

Learn more at <http://wppuppet.com/puppet-power/>

**Best-selling author**  
**Gail Vaz-Oxlade**  
launches her new book, "Money Talks"  
at Kerby Centre!

Gail Vaz-Oxlade is one of Canada's most successful and respected financial writers.

She has authored several bestselling books, including *Money Rules*, *Never Too Late*, *Money-Smart Kids*, *It's Your Money* and the #1 bestseller *Debt-Free Forever*.

She doles out her no-nonsense financial advice as host of the television shows *Money Moron*, *Princess*, and *Til Debt Do Us Part*, as a radio host on NewsTalk 1010, and as a columnist for Metro.

Gail will be at Kerby Centre to answer your questions and sign your books!

**Tickets \$25 for members  
\$35 for non-members.**

**Ticket price includes a copy of Gail's new book "Money Talks" and light refreshments.**

Donate an additional \$10 to Kerby Centre and get your photo taken with Gail!

**January 15, 2016 at 2:00 pm**  
Kerby Centre  
1133 7 Ave SW, Calgary

Tickets at  
[www.kerbycentre.com](http://www.kerbycentre.com)  
Phone 403-705-3233

*Upcoming Events cont'd*

**Event:** Walk with Me 2016 (conference on changing the culture of aging in Canada)

**Date:** March 10-11, 2016

**Location:** Fantasyland Hotel, Edmonton

**Info:** <http://www.the-ria.ca/walkwithme/>

**Event:** Aging in America 2016

**Date:** March 20-24, 2016

**Location:** Washington, DC

**Info:** <http://asaging.org/aia>

**Event:** Our Future is Aging Conference: Current Research on Knowledge, Practice and Policy

**Date:** June 16-17, 2016

**Location:** Halifax

**Info:**

<http://www.msvu.ca/en/home/research/centresandinstitutes/centreonaging/agingconference/default.aspx>

**Event:** International Federation on Aging 13th Global Conference: Disasters in an Ageing World: Readiness, Resilience and Recovery

**Date:** June 21-23, 2016

**Location:** Brisbane, Australia

**Info:** <http://www.ifa-fiv.org/project/ifa-13th-global-conference-on-ageing/>

Call for abstracts extended to February 5, 2016

**Event:** IAGG's 21 World Congress: Global Ageing and Health: Bridging Science, Policy and Practice

**Date:** July 23-27, 2017

**Location:** San Francisco, California

**Info:** <http://www.iagg2017.org>

## *Organizations*

**Alberta Association on Gerontology** [www.albertaaging.ca](http://www.albertaaging.ca)

**Alberta Gerontological Nurses Association**

<http://www.agna.ca/>

**City of Calgary—Seniors Programs and Services**

<http://www.calgary.ca/CSPS/CNS/Pages/Seniors/Seniors-Programs-Services.aspx#recreation>

**Kerby Centre for the 55 plus—Education and Recreation**

<http://kerbycentre.com/calgary-adult-services/education-and-recreation/>

**Greater Forrest Lawn 55+ Society—Activities and Classes**

<http://www.gfls.org/activities--classes.html>

## *Associations / Organizations that support Seniors participation in Arts*

**Confederation Park 55+ Activity Centre—Classes and Clubs**

<http://www.conpark55.org/#!classes--clubs/cxin>

**Ogden House Seniors—Activities and Calendar**

<http://ogden50plus.org/>

**Alliance for Active Aging—Programs**

<http://www.allianceactiveaging.ca/programs/>

**Bow Cliff Seniors—Activities**

<http://bowcliffseniors.org/>

**Parkdale Nifty 50's—Activities**

<http://pdnf.org/#>

**Calgary FLC Seniors Club—Activities**

<http://www.flcseniors.ca/activities>

**Calgary Association of Life Long Learners**

<http://calgarylifelonglearners.ca/>

**Silver Stars Musical Revue Society**

[http://www.calgary-acts.com/view\\_member.php?MemberID=24](http://www.calgary-acts.com/view_member.php?MemberID=24)

**“Voices” Seniors Choir**

<http://www.thirdagecommons.ca/resources/voices-seniors-choir>

**Calgary Music Makers Senior Citizens Choir**

<http://calgarymusicmakers.ca/>

**Calgary Raging Grannies**

<http://www.facebook.com/pages/Calgary-Raging-Grannies/149773808411499>

**National/International Organizations**

[National Center for Creative Aging](#)

**Directory of Creative Aging Programs in America**

<http://www.creativeaging.org/programs-people/cad>



## *Creative Aging Calgary Society*

### **Executive**

Dianne McDermid President  
Gail Hinchliffe, Past President  
Bernice Schumlich, Treasurer

### **Board of Directors**

Sharon Moore	John Vaillancourt
Suzanne Clease	Carol Henckel
Ali Shivji	Shanna Hakala
Norma Karlinsky	Elaine Danelesko

### **Board Advisors**

John Mungham      Ralph Hubele

### **Newsletter Editor: Sharon Moore**

Phone: 1.403.678.2995

## *Membership Info*

Memberships are available at no charge online:  
[www.creativeagingcalgary.com](http://www.creativeagingcalgary.com)

Members receive event and information updates as well as newsletters three times per year.

Creative Expressions is the official newsletter for the Creative Aging Calgary Society (CACS). It is published three times a year and distributed electronically ([www.creativeagingcalgary.com](http://www.creativeagingcalgary.com)). Questions regarding article / photo contributions should be directed to the editor (Sharon Moore) at [editor@creativagingcalgary.com](mailto:editor@creativagingcalgary.com) or 1.403.678.2995.

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**Vision:** Vibrant and positive aging

### **Mission**

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

### **Strategic Priorities**

#### **Advocacy**

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

#### **Practice**

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

#### **Research**

Clearly communicate cutting-edge research specific to arts participation

#### **Education**

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

#### **Governance**

Generate an effective Board with membership that reflects our diverse community

## *Volunteer Here*

The Creative Aging Calgary Society is a relatively new group and is seeking volunteers to help with our various committees.

Please contact: [info@creativeagingcalgary.com](mailto:info@creativeagingcalgary.com) for more information related to:

*Education & Programming, Communications, Membership, Sponsorship & Funding, Marketing & Promotion or Research.*

## *Submissions Welcome*

Articles, book reviews, event and special interest items related to Creative Aging are all welcome. Please contact the editor at [editor@creativeagingcalgary.com](mailto:editor@creativeagingcalgary.com) for more information. Next issue: Spring 2016. Submission deadline February 15, 2016..

## *Your Business Ad Here*

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“**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.”

*-Sheridan Elder Research Centre Sheridan College*

## *The Creative Aging Calgary Society* welcomes new members

### Benefits of Membership

- Appreciate the importance of arts and aging
- Discuss the benefits of professionally conducted, participatory arts and aging programs and why it is necessary to reach out to many stakeholders (artisans, elected officials, funders, partners, and policymakers)
- Explore how to design, implement, market, support, evaluate, and sustain arts and aging programs for older adults
- Experience examples of arts-based programs and services in and around Calgary (fee reduction for members)
- Network with individuals actively engaged or interested in creative expression and aging programs
- Receive an informative newsletter four times per year (advertisement opportunities available at reduced prices for members)

**FREE memberships available online**

**[www.creativeagingcalgary.com](http://www.creativeagingcalgary.com)**

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