

Spring 2015

Volume 5 ~ Issue 1

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

“Spring is when you feel like whistling even with a shoe full of slush”. (Doug Larson)

Inside this issue:

<i>Reflections on Spring</i>	1
<i>Worth Viewing</i>	2
<i>Worth Reading</i>	2
<i>Know Your Board</i>	4
<i>AGM Announcement</i>	5
<i>Retiring Toward Art by Sharon Wildwind</i>	6



Photo by Sharon Moore, March 2015



Photo by Suzanne Cleave, April 2015



<i>Good Vibes at East Village</i>	8
<i>Call for Board Members 2015-2017</i>	10
<i>Upcoming Events</i>	11
<i>CACS Information</i>	12

“Behold, my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love”! (Sitting Bull)

As I was thinking about the coming of spring, I came across this quote and there was something about it that resonated with me. “In the Spring, I have counted 136 different kinds of weather inside of 24 hours”. (Mark Twain)

“Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait! Be patient. The storm will pass. The spring will come”. (Robert Schuller)

Worth Viewing

***St. Vincent (2014)* - Movie reviewed by Movie Review Editor: Zoe Greaves, MA: Volunteer Program Administrator, Calgary Seniors' Resource Society**

An emotional roller coaster, filled with charm and wit, **St. Vincent** is destined to become an instant classic. Centering on the character of Vincent played by Bill Murray, the film yarns a tale of a hard living man, a War Veteran who's lost his way. Drinking, gambling, sleeping with a pregnant hooker - this is Vincent.

When Maggie (Melissa McCarthy) and her son, Oliver, move in next door, life starts to change for Vincent. He begins babysitting Oliver, as Maggie works long hours trying to make a life for the two of them. On their first evening together, Vincent serves Oliver what he calls Sushi – pickled herring with crackers – and Oliver devours it. Thus, the relationship is born between Oliver and Vincent. Although not always appropriate, Vincent does a wonderful job of mentoring Oliver. There is cursing, Oliver gambling with Vincent, Vincent getting drunk in front of Oliver – at times hard to watch - but throughout the course of the movie, Oliver begins to have a profound effect on the “down on his luck” Vincent.

To add intensity to the film, Vincent's wife lives in long term care and is dying of Alzheimer's. In a rare show of tenderness, the film shows Vincent visiting his wife weekly pretending to be her doctor, as she doesn't remember him as her husband. Eventually, she does pass away and the reaction from Vincent is anything if not heart-wrenching. Tissue alert: The ending is truly magnificent and it is then that we discover the meaning of the title **St. Vincent**.

Too often we cast aside those individuals who seem to be in the depths of despair, who don't fit with main stream society, not understanding the why; not knowing or caring to know the person behind the face. If anything, this movie will make viewers think twice before judging the drunk on the corner, the homeless man begging for money or the person who sets up barriers so no one can ever get close.

Although this very brief movie review does not give the reader a clear insight into the film, as it is almost impossible to do, I hope it will provide encouragement to go out and watch this film. **St. Vincent** is truly a masterpiece.

Worth Reading

***Let the Elephants Run: Unlock Your Creativity and Change Everything*—Book reviewed by Joanne Morcom: gerontological social worker, laughter yoga leader, author of two poetry collections and co-author of two poetry anthologies**

Author: David Usher, 1966 - , Toronto, Ontario, House of Anansi Press, Inc., 2015, 227 pp.

According to singer / songwriter David Usher, we're all creative by nature, but over time we tend to set aside our creativity as we pursue other goals, such as getting an education, starting or changing careers, raising a family, etc. The good news is that creative thinking and doing can not only be rediscovered, but can transform our lives at any age and stage.

Let the Elephants Run is essentially a workbook of activities designed to rediscover and re-energize our innate creativity. At the beginning of the book, Usher encourages readers to write in it and mess it up, as a way of

Worth reading continued from p. 2

taking notes, saving ideas and breaking rules. We're not supposed to write in books, but we should go ahead and do it anyway!

Other activities include doing things differently, being open to new experiences, spending thirty minutes a day just thinking of ideas, and sharing ideas with a trusted group. Throughout the book, Usher emphasizes that creativity is a skill set that can be learned and developed, more often than not with hard work. Yet the results in terms of goal achievement and overall life satisfaction make the effort worthwhile.

The elephants in the title are the big, creative ideas that we need to set free but also to harness if we want to turn those ideas into completed projects. Judging by the author's many accomplishments at the relatively young age of forty-nine, he's mastered the art of both freeing and reining in his elephants.

This book is an easy yet thoughtful read, with eye catching graphics and blank spaces for scribbling, doodling and drawing. I haven't been able to bring myself to actually write in it yet, but when I do I'll know for sure that I've let loose at least one elephant. The trick will be to catch up to it, leap on its back and ride it to the finish line.

I would recommend *Let the Elephants Run* to anyone interested in beginning or continuing a journey of creativity, which thankfully never really comes to an end. The only quibble I have with the book is the occasional salty language. Some readers may find it slightly offensive, while other will simply overlook it.

A Note of Thanks

As we said good bye and thank you in our last newsletter to Book Review Editor, Maureen Osis, we were delighted to have three people step forward in response to the call for a new Book Review Editor. Many thanks for your interest Joanne Morcom, Kathleen Honeychurch and Jane Reif. You will note a contributions from Joanne in this current newsletter and over the coming months, we will discuss as a committee how to manage various contributions. Stay tuned!!

We also wish to thank Zoe Greaves who has agreed to continue as the Movie Review Editor. She has inspired many to view movies they may not otherwise have watched.

We are also grateful for all who submitted articles and photos for this edition of the newsletter.

Note that June 4, 2015 is National Creative Aging Day and CACS is hosting special events in recognition. See page 5 for details.

Get to Know Your Board



Carol Henckel is the Director of Care at The Beverly Centre Glenmore, AGE CARE Communities of Care and Wellness site in Calgary. She is a Graduate from Montreal General Hospital, Graduate of Gerontology Certificate – Mount Royal College, Graduate – Advanced Mental Health Studies Certificate.

Carol is passionate about the EDEN Alternative philosophy and with support from her team, Beverly Centre Glenmore, has become the first registered Eden Alternative Site in Alberta. Carol loves art and also has taken lessons in water colours, pen and ink. She loves to sketch and enjoys photography. Fitness is also a passion, an owner of a Curves franchise, Carol has completed many Triathlons, Half Marathon Walks in Alberta and Ontario. Carol has arranged for a ZUMBA instructor to come to The Beverly Centre Glenmore and many residents, staff and families participate to get in shape with three classes a week. Carol was a student of Dianne McDermid, Barbara Bell and Dr. Sharon Moore. Carol continues to work with Dr. Sharon Moore at The Beverly Centre Glenmore facilitating a 'Hope' focused group.

Fifth Creative Aging Symposium

SAVE THE DATE

Advance notice of the **Fifth Creative Aging Symposium**. Mark your calendars for **May 5, 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.

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/>



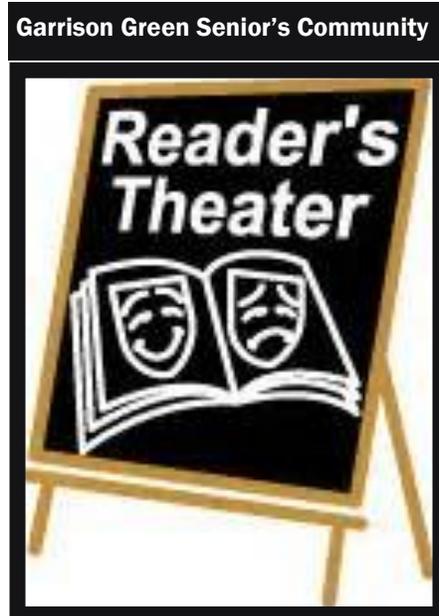
Annual General Meeting

June 4, 2015; 6:30—9 pm

Location: Garrison Green Seniors Community Theatre
3028 Don Ethell Blvd. SW, Calgary

Agenda:

- 6:30—7:00 pm Networking - Appetizers / Refreshments
- 7:00—7:30 pm AGM
- 7:30—9:00 pm Creative Expressions Seniors Showcases featuring:



Retiring Toward Art by Sharon Wildwind

It took me four years in university to prepare for my profession. When I turned sixty, I thought if I'd been willing to spend four years getting ready to work, wouldn't it be a good idea to spend the same amount of time, or a little longer, getting ready to retire?

Art was already part of my life. I'd been a serious knitter since nine, a competent sewer since thirty, and a semi-serious paper artist for a decade. I was also a published author, with one non-fiction book, and three mysteries to my credit. What I wanted was art to be a large part of my retirement, but I wasn't sure what that larger picture would look like.

The first thing I did was change the way I responded to the, "What do you do?" question. It was important for me to give writing and art equal billing with my day job. My answer became, "I'm a nurse, a writer, and a fibre and paper artist."

Early on, I realized three principals that became the base for my art practice.

There are 168 hours in a week. That's it. I'm not getting any more time.

An artistic life is a marathon. If I want to stay in for the long game, and I do, I can't consistently cheat on good health habits — sleep, healthy eating, exercise — for the sake of art. In fact, cheating on those things damages my art.

There will always be something else in my life: family, friends, health, finances, major and minor crises, and unexpected opportunities. If I put my art away until [fill in some ideal condition], I won't be an artist. As Steve Jobs of Apple said, "Real artists ship."

In addition to a nursing degree, I also have an English/creative writing degree, so I can't say I'm a totally self-taught writer. But I am completely self-taught as an artist, thanks in large part to the Calgary Public Library. I've checked out hundreds of arts and crafts books, read them, and dabbled in the techniques I learned there. Gradually, I started to make a yes/no list for what kind of art attracted me.

Writing was a no brainer. Hi, my name is Sharon, and I'm addicted to writing. The question was, on what kind of writing did I want to focus? I settled for books and, later, plays. Not that other kinds of writing weren't equally valuable, but two formats was all I could squeeze into that 168 hours/week.

Art was harder. I was the world's greatest dilettante. When I started my first art notebook, I listed eighteen kinds of art that I was committed to doing. It may not surprise you to learn that eighteen were too many.

Now, seven years later, I'm down to half that number.

- Bookbinding
 - Containers (boxes and bags)
-

- Dolls
- Embroidery
- Journaling, both as writing and as drawing
- Knitting
- Pen and ink graphics
- Sewing
- Watercolors



Photo by Ken Wildwind

Sharon Wildwind is a (gratefully) retired nurse, Calgary writer, and artist, who hangs around the usual social media.

e-mail: cml@wildwindauthor.com

Web site: www.wildwindauthor.com

blog: sharoncreate.wildwindauthor.com

Google+: plus.google.com/102256940134291898953

LinkedIn: <https://ca.linkedin.com/in/sharonwildwind>

Twitter: [@sharww](https://twitter.com/sharww)

Sorry, no Facebook friends. I use Facebook only for closed groups, like on-line classes.

Fortunately, most of these dovetail together in some way. I use embroidery on boxes and dolls, and pen and ink graphics on the books I bind, and so on, so the list isn't as formidable as it might look.

If you're on your way to becoming an artist, or upping your art game, here's what I think is important.

- If we say we're an artist, we are an artist. We don't have to take any certifying exams, or get registered anywhere.
- Get a library card. Most libraries in Alberta are part of a consortium, so with a local library card, I can check out books from any library in the province.
- Experiment and explore, but don't invest in a lot of expensive equipment or supplies until we know a particular art form is for us. When I started exploring pen-and-ink drawing, I had 1 bottle of India ink, 3 ink nibs (they came as a set), 1 nib holder, and paper. That was plenty to get me started.
- Art is dangerous. I don't mean that in the sense that artists may want to deliver risky or unpopular messages. I mean that art = chemicals, heat and sharp, pokey tools. Read labels. Find Workplace Hazardous Materials Information System (WHMIS) information on line. Use protective gear. Have a good idea of what "adequate ventilation" means, as in the phrase, "Use with adequate ventilation."
- Most of all, have fun. Be prepared to laugh at projects that don't turn out the way we expected. Don't save supplies because they are "too good to use." More supplies will always come along. Trust me on this.

Good Vibes at create! in the East Village *by Wendy Lees*

If good vibes could be measured, a recent session of create! in the East Village would have rated 10/10 when the level of harmony, friendship and hope surpassed all other sessions.

I am sure I saw Tony's usual big smile grow even wider as he received numerous compliments for his recent paper mache Inukshuk, with one participant even choosing to capture it in a still-life painting.

I learned of the stress resulting from a night of dishwashing at a busy restaurant being lifted off Alberto's shoulders as he painted in his quiet, gentle way. I enjoyed watching Jo-Anne, a talented portrait painter, receive a commission to paint DeRae, a create! participant and a new resident of Murdoch Manor. I looked on in appreciation at Mike, a younger participant, having the interest and ability to help Inez who is in her 80's achieve the unique effect she was looking for in her art. I was pleased to help Gordon, a resident from Murdoch Manor who made an unexpected visit to us and purchased nine paintings, making him our biggest patron so far! I reveled in Diane's obvious pleasure at receiving \$15.00 for one of her paintings, money she said she could really use to get through the weekend. I was touched by the noticeable boost in confidence Pat showed when two of his paintings were purchased and I watched in enjoyment as he photographed Gordon, promising a complimentary portrait as a thank you.

At create! in the East Village many participants have experienced mental illness, abuse and poverty in their lives but for a couple of hours, several times each week, all this gets forgotten and it makes me wonder whether there is truly a way to measure hearts expanding, smiles increasing and connections deepening.



...Good Vibes cont'd.



Founded in December 2013 by Wendy Lees, a social worker and art facilitator, create! in the East Village in Calgary, Alberta offers free, drop-in, inclusive visual art and writing sessions to residents of the East Village and members of the Golden Age Club many of whom are low-income seniors. Each week four sessions are offered on topics including acrylic painting, pastels, mosaic, collage, creative writing and more. The program was developed to meet a need for creative programming in the area and to support the positive integration of the new development in the East Village with the current residents and community.

For further information about create! in the East Village contact Wendy Lees at 403.880.3001 or wendylees@shaw.ca

Call for Abstracts

The Canadian Association on Gerontology (CAG) is accepting submissions for their conference to be held in Calgary in October 23-25, 2015 (abstracts due April 15, 2015). Check out the CAG conference website to keep up to date on conference happenings. <http://cag2015.ca/>



New!

[Awards and Prizes from the CAG](#)

Special Offer to Help Us Grow the CAG

Reminder! Showcase your organization at CAG2015!

CALL FOR BOARD MEMBERS 2015-2017: CACS

The CACS is a leader in promoting vibrant and positive aging. Our mission is to increase awareness of the positive impact that arts participation can have on older adults.

The process of aging is a profound experience marked by increasing physical and emotional change and a heightened search for meaning and purpose. Creative expression is important for older people of all cultures and ethnic backgrounds, regardless of economic status, age, or level of physical, emotional, or cognitive functioning. The arts can serve as a powerful way to engage elders in a creative and healing process of self-expression, enabling them to create works that honour their life experience.

The Nominations Committee of the Creative Aging Calgary Society (CACS) would like to hear from creative and strategic thinkers who are interested in volunteering for a two-year term on the Board of this forward-moving, not-for-profit organization.

We are seeking Board Members who have:

- Strong interests in promoting Creative Expression through practical applications
- Experience in working with Seniors
- Motivation to explore, plan and implement education and research related activities
- Willingness to support us to achieve our key initiatives

FAQs

How much time will I have to commit?

Participation in board meetings (max. 2 hours) held once per month alternating between face to face and conference calls; annual general meeting; and special events (2 – 3 per year)

What is my role?

- To share information about CACS and its events/activities with your organization and professional network (prepared documents will be provided)
- To think creatively and suggest ways to network organizations, people and resources to advocate for participatory arts and aging programs
- To engage with the other board members in implementing the CACS Strategic Plan by assuming a participatory role in one or more of our priority areas: advocacy, education, marketing and communications, research, practice and governance

It is an exciting time of innovation and progress as the Creative Expression movement builds amongst aging services organizations! If you or someone you know has the time to give, passion for the issues, and feel that you or they can play a role in inspiring the investments of stakeholders, partners and funders in the CACS and our work, we would like to talk to you.

For more information on the nomination process please contact:

Ralph Hubele, CACS Advisor, E-mail: Ralph.Hubele@gov.ab.ca Phone: 403.644.7846

Upcoming Events

Event: 34th AGNA AGM & Conference: Older Adults at Risk: Strategies for Support and Care

Date: April 23-24, 2015

Location: Radisson Hotel, Red Deer, Alberta

Info: 1-(780) 735-3329 conference2015@agna.ca

Event: Alberta Seniors Care Coalition Conference 2015

Date: April 25, 2015

Location: DoubleTree by Hilton West Edmonton, Edmonton AB

Info: (780) 488-2395 or info@acfp.ca

Event: Certified Eden Alternative Associate Training—Western Canada: A Principle-Centered Approach to Culture Change

Date: April 28 - 30, 2015

Location: Beverly Centre Glenmore, Calgary AB

Info: (306) 655-3646 or edenalt.canada@gmail.com

Event: Mary O'Connor Palliative Care Conference: Empathy. Compassion. Acceptance.

Date: May 5, 2015

Location: Coast Plaza Hotel & Conference Centre, Calgary AB

Info: palliative.education@albertahealthservices.ca (403) 943-0251

Event: Geriatric Grand Rounds - Performance by GeriActors & Friends

Date: May 12, 2015

Speakers: GeriActors & Friends (G&F) is supported by the Department of Drama and Faculty of Arts at the University of Alberta.

Info: (780) 735-8827 or james.cheung@albertahealthservices.ca

Event: Canadian Gerontological Nursing Association 18th Biennial Conference - Crossing Bridges: Fostering Potential in Gerontological Nursing

Date: May 27 - 30, 2015

Location: Charlottetown PEI

Info: cgna.conference@gmail.com or (416) 927-8654

Event: Grey Matters Conference

Date: September 29-30, 2015

Location: Drumheller Badlands Community Facility Drumheller,

Info: <http://www.greymatters2015.com>

Event: From Possibility to Practice in Aging: Shaping a Future for All - 44th Annual Scientific and Educational Meeting, Canadian Association on Gerontology

Date: October 23 - 25, 2015

Location: Calgary AB

Info: (855) 224-2240 or info@cagacg.ca

Associations / Organizations that support Seniors participation in Arts

Alberta Association on Gerontology www.albertaaging.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>

Confederation Park 55+ Activity Centre—Classes and Clubs

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

Ogden House Seniors—Activities and Calendar

<http://www.ogden50plus.org/calendar.html>

Alliance for Active Aging—Programs

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

Bow Cliff Seniors—Activities

<http://www.bowcliffseniors.org/Activities.html>

Parkdale Nifty 50's—Activities

<http://www.pdnf.org/Pages/Classes.html#>

Calgary FLC Seniors Club—Activities

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

Calgary Association of Life Long Learners—Programs

http://calgarylifelonglearners.ca/wordpress/?page_id=1859

Silver Stars Musical Revue Society

http://www.calgary-acts.com/view_member.php?MemberID=24

“Voices” Seniors Choir

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

SAG-Seniors Action Group

http://www.seniorsactiongroup.com/pb/wp_c06741e7/wp_c06741e7.html

Seniors A Go-Go

http://www.calgarysexualhealth.ca/aging_intro.html

Calgary Music Makers Senior Citizens Choir

<http://calgarymusicmakers.ca/>

Calgary Raging Grannies

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

Creative Aging Calgary Society

Executive

Dianne McDermid President
 Gail Hinchliffe, Past President
 Bernice Schumlich, Treasurer
 Elaine Danelesko, Secretary

Board of Directors

Sharon Moore	John Vaillancourt
Suzanne Clease	Carol Henckel
Ruth Loughlin	
Norma Karlinsky	

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

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). Questions regarding article / photo contributions should be directed to the editor (Sharon Moore) at editor@creativeagingcalgary.com or 1 403-678-2995.

Please note, the information and opinions in this newsletter are subject to change, and do not necessarily represent the opinions of the publisher, the editor, or the CACS Board of Directors. **Disclaimer:** Any advertisements, businesses, or other parties listed in Creative Expressions should not be interpreted as recommendations or endorsements by the CACS, the editor or the publisher. Re-publication of the Creative Expressions Newsletter (in whole or part) requires the expressed written permission of the article's author and the publisher. Please direct republication requests to: editor@creativeagingcalgary.com

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 relatively new group and is seeking volunteers to help with our various committees.

Please contact: 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 for more information. Next issue: Summer, 2015. Submission deadline June 15, 2015.

Your Business Ad Here

Business ads are welcome: \$20/issue for 40 words (first ad free for members). Graphic ads, 1/8 page size, also welcome for \$75 per issue (members receive 20% discount). Please contact the editor at editor@creativeagingcalgary.com Next issue: Summer 2015. Submission deadline: June 15, 2015.

“**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
