

# CREATIVE

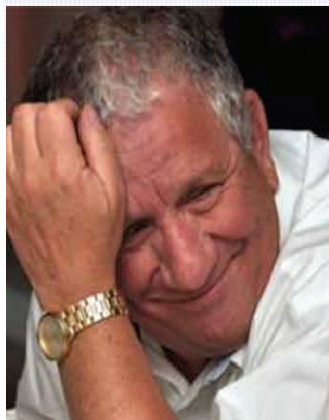
## *expressions* NEWSLETTER

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

“Keep close to Nature’s heart... and break clear away, once in a while and climb a mountain or spend a week in the woods. Wash your spirit clean”. (John Muir).

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Interview with Bob Chartier

In the Valley of Fire, Nevada

Photo by Sharon L. Moore, December, 2013



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This is the place that I find peace—the mountain grandeur, the stillness of the desert, the strength of the mountains and the sun, inviting us to feel its warmth and to be drawn to its light and shadow. (Sharon Moore).

Once you choose HOPE, anything is possible (Christopher Reeve).

## “Music is My Life Everyday”



Imagine being six years old and being told you can't sing. That's not an uncommon story says local singer songwriter Bob Chartier. Bob, age sixty-six became a singer song writer at age sixty. Many of us have old memories from when we were young that said "You can't draw. You can't sing," says Bob. According to Bob these old memories create powerful belief systems that prevent us from trying new things. You end up believing you can't so something so you don't try.

A change happened for Bob when he went to a Foothills Acoustic Music Institute (FAMI) camp. For years he dabbled in music playing the guitar and upright bass, but never saw himself as a singer songwriter. At age sixty Bob still believed he couldn't sing. Then someone offered to help him find his voice. That same weekend Bob performed in front of other musicians singing in a deep Johnny Cash type voice. The crowd cheered. Bob said after that he cried because of the joy he felt. He could sing. "It was a paradigm shift," Bob said, claiming those old memories were no longer going to hold him back.

Calling himself a singer songwriter has given Bob the joy, incentive and commitment to work at his craft. Six years later, he has written and publically sang many of his songs and recently was short listed in a local song writing contest.

Bob believes there is a philosophy people should live by when doing any type of art forum. Be committed to your craft by making it part of your life and sharing it with others. Don't call it a hobby. Take it seriously. Embrace your art forum as part of your life. When it comes to art and aging Bob says the cool part is that it is less important that you are very good at your craft, and more important that you just do it. Find a group of similar minded individuals, a community or what Bob calls a "Tribe," to help you have fun with your craft.

When asked why this art forum was such an important part of his life Bob responded by saying, "Anything made by hand is beautiful including a painting, a folk tune and even a salad. It touches your spirit."

With age 67 on the horizon, Bob is planning to soon retire. He sees some people struggling with this transition into retirement. "They find themselves in a black hole, needing to find a life balance between the physical, mental and spiritual." For Bob, the focus on being a singer songwriter helps with his life balance. As part of his retirement transition, Bob is planning a road trip south to many great music destinations including Memphis, Mississippi, St Louis, Kansas City, New Orleans and Austin. The goal is to immerse himself in his passion and leave his world of decades of work behind.

When asked what the future holds as he ages, Bob visions himself as being eighty and sitting on his porch singing songs. He says, "Music is in my life every day. It's not anything special. It's what I do."

Interviewed by John Mungham, fall 2013

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## Worth Viewing

**Written by Movie Review Editor: Zoe Greaves, MA: Volunteer Program Administrator, Calgary Seniors' Resource Society**

"Five ordinary people needed a miracle. Then one night, Faye Riley left the window open."

An absolute favourite of my husband, *Batteries Not Included* is a touching tale of love, belief, wonder and the power of friendship. The film was made in 1987, was directed by Matthew Robbins and starred Hume Cronyn, Jessica Tandy and Frank McRae among others.

Simply, this movie can be explained as a group of senior tenants in a New York apartment complex being forced to leave their homes for the purpose of demolition by the owner and developer of the apartment and surrounding property. The developers hire a gang to aid in persuading the reluctant seniors to leave. Fortunately, a family of alien machine-repairing life forms befriend the tenants and help them "fight" against the gang, owner and developer.

Although this description might sound childish, *Batteries Not Included* does an excellent job of busting the stereotypical view of what "aging" looks like. The film really brings to light the strength and determination human beings possess, especially seniors. In a world where older adults are often viewed as unproductive, and are pushed aside, it is overwhelmingly refreshing to see a movie where seniors are the victors and refuse to be silenced.

The relationship that develops between the alien machines and seniors is moving to say the least. A dry eye will not be had when viewing this film. The individual idiosyncrasies of getting older surround themes of memory loss, outliving children, cancer, and commitment and are played out between the characters making the moments leading up to the heart-wrenching ending even more worthwhile. The unwavering faith that the characters exhibit, never questioning the existence of the alien machine-repairing life forms, makes the viewer yearn for the days of youth and exuberant imagination.

If you are in need of a movie that is both light hearted and deeply meaningful, *Batteries Not Included* is for you.

## Worth Reading

**Written by Book Review Editor: Maureen Osis: "Post-career (aka retired) Gerontological nurse and marriage & family therapist and late-life blooming piano player"**

Once again, I have chosen two books that touch on the same theme but with very different styles. Author Leslie Larson introduces us to 82-year old Cora who is determined to get out of the assisted living home and back into her own home. Author Jonas Jonasson takes us on a fascinating journey with 100-year old Allan Karlsson, as he breaks out of the nursing home on the day of his 100th birthday. But there the similarity ends.

Cora is very outspoken and can be crude, rude and sometimes profane. (Warning to readers who might not be interested in reading about her sexual fantasies or her judgements of other residents.) Allan is quiet and appears to be conservative until we are introduced to his very quirky and exciting life experiences.

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*Worth reading continued from p. 3*

A different warning to readers; if you are looking for an accurate autobiography of a centenarian's life, this is not likely to please you. It is unlikely that you will believe that he helped to make the atom bomb, was friends with American, Russian and Chinese leaders and influenced world events but as a friend said to me "When one opens the cover of a novel, one should suspend belief -- or why read it at all?)

I want to express thanks to two good friends who read *Breaking out of Bedlam* along with me - and my colleague Maureen Leahey for her review of the *100 Year Old Man Who Climbed Out the Window and Disappeared*.

Personally I liked both books for different reasons. Cora inspired me that people can change, at any age. Allan provoked my interest in reading about many key events of the twentieth century; events that I learned about in school and have long forgotten.

*Breaking out of Bedlam* by Author: Leslie Larson. (Published by Broadway Paperbacks, New York, 2010).

On the first encounter with 82-year old Cora, the reader might be shocked by her crass description of the assisted living home and its residents; but this is not a book about the state of seniors' care but the perceptions, some outrageous and profane, of a woman who has been forced to leave her home by her well-intentioned but misguided adult children. They cannot cope with the state of their mother's house and hygiene (or lack thereof) and her pill-popping, cigarette-smoking lifestyle.

Initially, Cora thinks that she will just go to bed and die, as soon as possible. But this is not to be so Cora seeks her revenge - on everyone - by writing a tell-all journal using the book given to her by her grand-daughter. Through her journal Cora tells us of her childhood in Missouri, her first love affair and her shotgun wedding, and we are drawn into her revelations about some secret that has ruled her life. Larson weaves Cora's reminiscences of her past heartaches with current day dramas at the Palisades, including a spree of thefts, her irreverent fights with table mates, and her rule-breaking antics with one of her health care providers.

Three friends read this book and all agreed that Cora's story was funny, and in the end, inspiring. We wondered whether Cora would be so naive as to be taken in by the romancing romeo but perhaps her loneliness clouded her usual skeptical nature. And the title is intriguing as the reader wonders what "bedlam" Cora will "break out of" as she takes control of her life.

*The 100 Year Old Man Who Climbed Out the Window and Disappeared* by Author: Jonas Jonasson (Published in Swedish in 2009 and in English in 2012 by Harper Collins, [www.harpercollins.ca](http://www.harpercollins.ca)) Reviewed by Maureen Leahey

If you are looking for a story embodying creativity, humor, moxie, and a delightful sense of imagination, look no more! *The 100 Year Old Man Who Climbed Out the Window and Disappeared* is the book for you. Allan Karlsson is 100 and lives in a nursing home. He wants more control over his life and alcohol consumption. He climbs out the window just before his big birthday party and engages in a surprising journey.

The book has several quirky characters whom Allan befriends and their adventures are delightfully engaging.

Allan has had many escapades in his long life up to his time in the nursing home. His spirit of adventure, fun, willingness to take risks, and delight in the unexpected were all appealing to me personally. Thinking of someone at their 100th birthday as continuing to pursue new adventures was very refreshing for me.

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## **Instrumental and Choral Creative Expression Showcase:**

**Tuesday, February 25, 2014**

**1:30 – 2:15 pm**

**Kerby Centre, 2<sup>nd</sup> Floor Lounge**

**No registration required**

**Donation at the door**

**The Creative Aging Calgary Society invites you to an Instrumental and Choral Creative Expression Showcase facilitated by Barry Luft.** Barry was born and raised in Calgary and from a young age has been a musical soul. Paralleling a 32-year teaching and counselling career with the Calgary Board of Education, he engaged in a vocation as active folk singer and music educator.

This showcase profiles two groups Barry currently facilitates at the Kerby Centre ... Ukulele Magic and the Singing Circle. Please join us to celebrate the instrumental and choral success achieved by older adults participating in his classes.

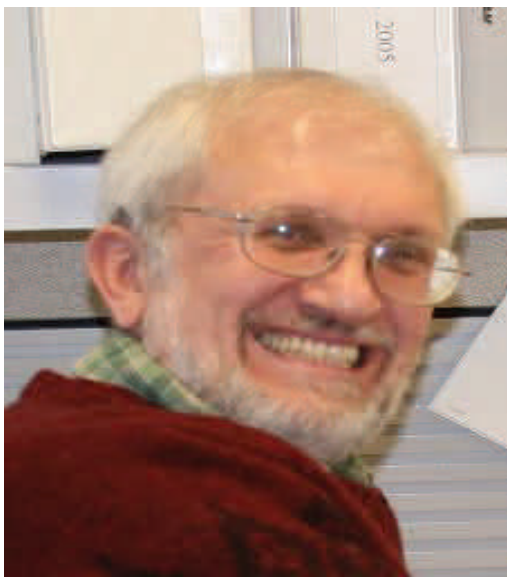
**Everyone is welcome.**

**Celebrating all forms of creativity in later life**

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

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## *Get to Know Your Board*



**Ralph Hubele**

Ralph has worked in the field of seniors housing for the past 33 years. He is currently working for the Province of Alberta as the Senior Manager, Housing and Health Initiatives, with Seniors Services and Continuing Care Division, at Alberta Health.

His most recent activities include assisting in the management of capital grant programs encouraging the development of affordable supportive living projects in the Province of Alberta. He also provides information and advice to the community, private-for-profit, and not-for-profit sectors, in the design, development and operation of supportive housing environments in Alberta. In addition to a Masters Degree in Environmental Design, he holds an Advanced Certificate in Gerontology from the University of Calgary. In addition to his participation on the Creative Aging Calgary Society Board, he participates in the Calgary and Edmonton Seniors Housing Forums, and he is also a member of the Calgary Seniors and Special Needs Housing Sector Committee, as well as the Calgary Action Committee on Housing and Homelessness. In assisting the creation of a number of seniors housing projects over the years, he has come to realize that just as important as the provision of appropriate housing, is the development of environments that provide individuals with opportunities to continue to be engaged and grow as human beings.



**John Mungham**

John is a registered social worker who presently works for the City of Calgary Community and Neighbourhood Services, Senior Services Section. He sits on the Creative Aging Calgary Society (CACS) board of directors as an advisor. John has a broad range of

knowledge in the area of community and program development spanning the areas of homelessness, poverty, mental health and older adults. He has been working for the City of Calgary for the past two years and much of his past social work experience has been with the not-for-profit sector. This is John's second term as a board member of CACS.

At age ten John was introduced to the guitar and can't remember a time when he did not have an interest in the arts, especially music. He also plays the ukulele and dabbles with any instrument he can get his hands on. In short, he can't imagine what it would be like not being able to sing and play. He is presently a board member of the Foothills Acoustic Music Institute (FAMI), and has been actively involved with them for the past nine years, often performing at their events.

Through his experience at FAMI and his daily work for the City of Calgary, John has become keenly aware of the impact the arts can have on adults as they age. Embracing any type of art is not only good for brain development it is good for the spirit, especially when it is shared with others. Being an active member of CACS is a way of spreading the word. John believes that any art needs to be more than a hobby. The arts are a vital part of our healthy human experience and are vital for healthy aging.

## Announcing



### 4th Creative Aging Symposium

Thursday, May 1, 2014, 8:30 am - 4:30 pm

Mount Royal University, Calgary, AB

## Hope, Aging and Creative Expression

Bringing together aging services organizations, artists, healers, practitioners, researchers, elected officials, funders, change-leaders, policy makers and older adults to learn, advocate and promote creative expression amongst older adults

### Preliminary Program

#### Keynote Address: *A Funny Thing Happened on the Way to Wrinkles*



**Dr. Ronna Jevne** is a registered psychologist, internationally renowned speaker, hope researcher and author, and professor emeritus at the University of Alberta. She has been listed in International Who's Who in Medicine, Foremost Women of the Twentieth Century, International Leaders in Achievement and International Who's Who in Women. Recipient of numerous awards such as the Pettifor Award for Outstanding Contribution to Psychology in Alberta, the University of Alberta Board of Governors Award of Distinction, Global Woman of Vision, The Queen's Golden Jubilee Medal and the YWCA Woman of Distinction for the Social Sciences. You will be moved and inspired as she shares her wisdom and her passion for hope and creativity.

#### Concurrent Workshops (a.m.)

Hope Puppets: Wendy Passmore

Spiritual Literacy: Judy Steirt

A Writing Toolkit: Ronna Jevne

#### Concurrent Workshops (p.m.)

Chair Yoga: Spring Lambrakos

Inner Vibrations: Kim Polvi

**Closing Event:** Simon Billo and John Mungham

## Mark your Calendar

Registration opens March 1, 2014

Fee: \$150

[www.creativeagingcalgary.ca](http://www.creativeagingcalgary.ca)

*Celebrating all forms of creativity in later life*

## **Announcement of the AGM of the Creative Aging Calgary**

**The Annual General Meeting (AGM) of the Creative Aging Calgary Society will be held during lunch hour at the Creative Aging Symposium.**

Date: May 1, 2014

Time: 1:00-1:30 (lunch is included for Symposium registrants). Non symposium registrants please bring bag lunch or purchase lunch on site)

Place: Ross Glen Hall, Mount Royal University  
4825 Mount Royal Gate SW Calgary, AB

## **Wisdom From Elders**

***When speaking about her life, an elderly woman said “I would rather be overwhelmed than underwhelmed”.***

(Excerpt from a study that my colleagues Barbara Metcalf and Elaine Schow and I were conducting)

I thought of this quote when I visited a friend last summer. She said to me “guess what I did for my 80th birthday?” Casually I said “tell me”. “I went hang gliding”. “Wow, what did you think of that”. With a huge smile she replied “I want to do it again”. I wondered if this is what being “overwhelmed” might feel like.

By Sharon L. Moore, PhD, RN

## **Hope**

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” ~ (Viktor Frankl ).

“Hope is grounded in the past, focussed on the future and experienced in the present. It is capable of changing people’s lives, enabling them to envision a future in which they are active participants” (Ronna Jevne).



## Upcoming Events

**Event:** Canadian Geriatrics Society 34th Annual General Meeting - Geriatric Medicine: Leading the Way

**Date:** April 10 to 12, 2014

**Location:** Sutton Place Hotel, Edmonton AB

**Info:** (780) 735-6232 or [conference@canadiangeriatrics.ca](mailto:conference@canadiangeriatrics.ca)

**Event:** Alberta Gerontological Nurses Association Annual Conference – “Conversations from Practice”

**Date:** April 25, 2014

**Location:** Red Deer Lodge, Red Deer Alberta

**Info:** <http://www.agna.ca/annual-conference-and-general-meeting-2014/>

**Event:** 2014 Supportive Pathways Train the Trainer Session (offered by Carewest Innovative Health Care)

**Date:** May 8 & 9, 2014

**Location:** Carewest Signal Pointe, Calgary AB

**Info:** Kirsten Cloutier (403) 267-2752 or [kirsten.cloutier@albertahealthservices.ca](mailto:kirsten.cloutier@albertahealthservices.ca)

**Event:** International Federation on Aging Conference – “Health, Security and Community”

**Date:** June 10-13, 2014

**Location:** Hyderabad India

**Info:** <http://ifa2014.in/>

**Event:** THE CREATIVE AGE: Exploring Potential in the Second Half of Life A National Leadership Exchange and Conference on Creative Aging

**Date:** June 10-14, 2014

**Location:** Washington, DC

**Info:** <http://www.creativeaging.org/events/creative-age-exploring-potential-second-half-life-national-leadership-exchange-and-conference>

**Event:** 2014 Supportive Pathways Train the Trainer Session (offered by Carewest Innovative Health Care)

**Date:** September 11 & 12, 2014

**Location:** Carewest Signal Pointe, Calgary AB

**Info:** Kirsten Cloutier (403) 267-2752 or [kirsten.cloutier@albertahealthservices.ca](mailto:kirsten.cloutier@albertahealthservices.ca)

**Event:** Canadian Association on Gerontology – “Landscapes of Aging”

**Date:** October 16-18, 2014

**Location:** Niagara Falls, Ontario

**Info:** <http://cagacg.ca/>

## Associations / Organizations that support Seniors participation in Arts

**Alberta Association on Gerontology**  
[www.albertaaging.ca](http://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](http://calgarylifelonglearners.ca/wordpress/?page_id=1859)

**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>

**SAG-Seniors Action Group**  
[http://www.seniorsactiongroup.com/pb/wp\\_c06741e7/wp\\_c06741e7.html](http://www.seniorsactiongroup.com/pb/wp_c06741e7/wp_c06741e7.html)

**Seniors A Go-Go**  
[http://www.calgarysexualhealth.ca/aging\\_intro.html](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>

## **The Gum-totin' Grandmama by Esther Harris**

Throughout my lifetime, chewing gum was never a favoured activity of mine. I was only persuaded to consider it to ease my dry mouth when I was well past my 85<sup>th</sup> birthday following advice I received from the dentists at the Dental Laboratory, adjacent to Tom Baker Cancer Centre at the Foothills Hospital.

At the time, I was attending the dental clinic regularly every few weeks during my daily face and neck cancer radiation treatments which were scheduled over four separate sessions which began November 21, 2011 and carried through to January 31, 2013.

I am now just past my 87<sup>th</sup> birthday and still not chewing gum. In the beginning of treatment, I certainly bought a supply of the recommended sugarless gum and have faithfully carried or toted it around with me all this time either in my purse or my pocket, but could not bring myself to chew it. Except once. Having bought it, I thought I ought to try it. Chewing it made my jaws ache but, more importantly alongside this activity, I could not shake the remembrances of strictures from some powers-that-be that conditioned my life from age 11 on.

The “powers” were the mistresses and Head Mistress of the posh all-girls school I was sent to (in London, England) two years before the Second World War broke out on September 3, 1939. The strictures applied to the code of conduct we were to observe when we were out in public whether in school uniform or not and these strictures obviously still affect my life. I was too young to rail against the rules then and I am too old now to countenance rebellion for rebellion’s sake.

When in school uniform we were to wear our hats (straw in summer or velour in winter) straight on our heads, not at a side-slant or at the back of our heads. The greater emphasis, however, was on NOT eating in public (or “snacking” as we refer to it today) especially while walking or waiting for a bus, thereby bringing shame on our uniform and our school by behaviour that should only have been followed in private. As for chewing gum! Well, the thought was so reprehensible that I don’t think it was even mentioned specifically by the powers-that-be.

So here I am, only three years away from reaching the ninetieth milestone of my life-span, still totin’ not only a package of sugarless, unchewed gum around but also a sticky adherence to my early life’s conditioning.

“Does Your Chewing Gum Lose Its Flavour (On the Bedpost Overnight?)” was a British novelty song by Lonnie Donegan. According to Wikipedia, it was released as a single in 1959 and peaked at number three in the U.K. Singles Chart that year. It was also Donegan's greatest chart success in the United States, reaching number five on the Billboard Hot 100 chart in 1961.

However, it had appeared first in 1924 (two years before I was born) as a humorous ditty under the title "Does The Spearmint Lose Its Flavor on the Bedpost Overnight?" Thirty-five years later, the title and lyrics of the Donegan version were changed in the UK because "Spearmint" is a registered trademark there, and the BBC (British Broadcasting Corporation) does not play songs which mention trademarks.

Having missed the song’s first appearance in 1924, two years before I was even a thought to put a twinkle in anyone’s eye, I also missed its second humorous makeover appearance in 1959. By then, I had

## The Gum-totin' Grandmama *cont'd from p. 12*

emigrated and had been living in Canada for four years. But, having lived a British life for all those years before I left for Canada, I was well-schooled in British humour so that the lyrics, in the style of British Music Hall to which I am still so partial, can raise a smile or even a giggle out of me when I hear or read either of the two versions of the Donegan song **“Does Your Chewing Gum Lose Its Flavour (On the Bedpost Overnight?)”**

From Version 2:

**Oh-me, oh-my, oh-you  
Whatever shall I do  
Hallelujah, the question is peculiar  
I'd give a lot of dough  
If only I could know  
The answer to my question  
Is it yes or is it no**

**(Chorus)**

**Does your chewing gum lose its flavour  
On the bedpost overnight  
If your mother says don't chew it  
Do you swallow it in spite  
Can you catch it on your tonsils  
Can you heave it left and right  
Does your chewing gum lose its flavour  
On the bedpost overnight**

**One night old granny Stead  
stuck gum all round her bed  
elastic rollers,  
all that chewing without molars.  
A prowler in the night,  
got stuck on gran's bed, right?  
Old granny leapt up in the air  
shouting out "tonights the night!" (Chorus)**

**The convict out on bail  
said put me back in jail.  
He rang the knocker,  
he must be off his rocker.  
Then back in his old cell,  
the reason he did tell.  
His gum was stuck above his bed  
and his false teeth as well. (Chorus)**

“Know thyself” is an aphorism attributed to many a Greek sage including Socrates, a philosopher about whose life we know little except through classical writers such as Plato and Aristotle. Socrates himself wrote nothing. But he asked a lot of questions about himself and humanity in general. His teaching was of a type in which a series of questions are asked not only to draw individual answers, but also to encourage fundamental insight into the issue at hand.

**The Gum-totin' Grandmama** *cont'd from p. 11*

Having clashed with the then current course of Athenian politics and society, Socrates was put on trial and found guilty of both corrupting the minds of the youth of Athens and of impiety against the gods of the state. He was subsequently sentenced to death and brought about by his drinking a mixture containing poison hemlock..

I find it exciting that my life as I age forces examination of past events I have undergone (especially the cancer experiences of recent years as well as the far-back conditioned behaviours of childhood) and my responses to them in a manner that would have received Socratic approval. He was an exemplar of the examined life having lived by his own maxim that only the examined life is worth living. Socrates' dictum has been pertinent and evident in these past ten years of my life when, in 2003, I was diagnosed with Non-Hodgkins Lymphoma for which I have undergone three chemotherapies, plus in 2008 I had surgery for colon cancer, and from September, 2011 until January 31, 2013, I have weathered two surgeries and four courses of radiation therapy treatments for facial cancers.

Recently a news item from CBC (Canadian Broadcasting Corporation) March 12, 2013, caught my attention. It reported that a well-known chewing gum maker will market a caffeine chewing gum with half the caffeine of a small cup of coffee thus enabling the consumer to retain his/her autonomy in the matter of caffeine control. One piece, the chewing gum manufacturer announced, will contain 40 milligrams of coffee, or about half the same amount as can be found in a small, six-ounce coffee.

Since I neither drink coffee (preferring a nice cup of tea) nor chew gum thanks to my early upbringing, I am left unperturbed by any marketing ploys for caffeine chewing gum. And I will certainly not be toting such a product around with me.

**Esther Harris is an 87 year old writer and poet from Calgary and submitted this article for publication. She uses writing as a means of creative expression regarding life, health and illness.**



## *Creative Aging Calgary Society*

### Executive

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Sharon Moore  
 Suzanne Cleave  
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### Board Advisors

John Mungham  
 Ralph Hubele

### Newsletter Editor: Sharon Moore

Phone: 403 678-2995

## *Membership Info*

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

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.ca](http://www.creativeagingcalgary.ca)). Questions regarding article / photo contributions should be directed to the editor (Sharon Moore) at [editor@creativagingcalgary.ca](mailto:editor@creativagingcalgary.ca) or 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.ca](mailto:editor@creativeagingcalgary.ca)

**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.ca](mailto:info@creativeagingcalgary.ca) 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.ca](mailto:editor@creativeagingcalgary.ca) for more information. Next issue: Summer, 2014. Submission deadline June 15, 2014.

## *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.ca](http://www.creativeagingcalgary.ca)**