

# Creative Expressions

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

The Official Newsletter of the Creative Aging Calgary Society

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## Still Aging Creatively at 85



Joyce Doolittle, age 85,  
Passionate about the arts.

Joyce Doolittle was born in 1928 in Morgantown, West Virginia. She and her husband, Quenten, moved to Calgary in 1960 with their four children. She has had a distinguished career in theatre as a performer, director, producer, educator, editor, and author. She began performing while in Junior High School and began directing in college in her early twenties. In 1965 Doolittle became a faculty member at the University of Calgary in the Department of Drama, where she taught for over twenty four years. In 1972 she co-wrote *Mirror of Our Dreams* with Zina Barnieh. In addition has written many scholarly articles relating to the arts. As a founder of the Pumphouse Theatres, she was recognized for her contributions with the dedication of the Joyce Doolittle Theatre.

Joyce Doolittle now resides at Garrison Green Seniors Community with her husband Quenten. The retired couple maintain a strong connection with the arts and she feels that she is even more passionate about the theatre now. Performing and the arts have played a major role in her life. What continues to draw her to  
*Cont. p. 2.*



## SPECIAL INTEREST

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- Professional Development Workshop! p. 3
- Submissions to our newsletter are welcome! See page 8 for details.

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the theatre as a performer is her love of acting—“the live performance and being out on stage with direct contact with the audience”.

As an aging adult, Doolittle finds that the key benefits of being involved in the arts is that it encourages empathy and tolerance for ambiguity. “If mankind had more empathy it would decrease conflict in the world”, she says. She feels that it enriches a person’s life immeasurably and keeps you socially active and engaged. Doolittle explains that creative expression is unquestionably based on individual interpretation. In her teaching career she incorporated movement memory and sense memory exercises into her learning philosophy. These exercises utilize the individual’s experiences of physical movement and the four senses to recall memories, thus, enhancing their ability to be creatively expressive. “Not for the purpose of performance but for their own personal creativity. My students were fearless by the end of the year”, she declares.

Although Joyce Doolittle’s first love is performing, she encourages participation in *all* of the arts. When asked how one might go about discovering *their* creativity she suggests that you need to “allow yourself” to be creative. She further suggests that society does not always encourage creativity, sometimes, pushing more towards conformity. Creative expression can occur during a simple conversation, which she clarifies is a form of improvisation ,

and that even the evening meal is a creative expression. Doolittle says that she is always happier with a project on the go. It doesn’t matter whether it is a big or small project she just finds it personally satisfying. When asked, this icon of the theatre and ambassador for the arts summarizes her personal definition of creative and positive aging as doing things that you love and recommends “keep moving and keep thinking”.

Joyce Doolittle will be performing at the CACS annual general meeting and Creative Expression Showcase on October 8<sup>th</sup>, 2013. Joyce Doolittle along with retired colleague and film critic from CBC Radio, Phillip McCoy, will be performing their co-written piece entitled, “Act Your Age”. The duo’s performance is based on Shakespeare’s monologue on the “Seven Ages of Man”. The piece is a humorous reading from the perspective of older adults and the reality of their aging in comparison to the emblematical expectations of aging. Doolittle and McCoy correspondingly share their own personal reflections on their experiences as an aging adult. Please join us on October 8<sup>th</sup> for a wonderfully humorous look at the realities of aging presented by two of our own Calgary performers, Joyce Doolittle and Phillip McCoy.

**By Pamela Anderson** Social Work student from Mount Royal University and based on an interview with Joyce.

### *Reflections from the Mountain*

**By Sharon Moore** CACS Newsletter Editor & University Professor who uses photography to strengthen and nourish her hope

There’s something about a mountain that gives me pause for reflection. It grounds me and connects me to hope and I am reminded of the words of Jevne & Miller (1999, p. 33).

*“Hope is not about moving mountains. It’s about moving one single stone, and then another. Hope is not about changing the world. It’s about making a little difference in one part of the world”. (Finding Hope: Ways to See Life in a Brighter Light).*

Hope is such a big part of life. As I age, I continue to reflect on “what gives me hope? How do I nourish and strengthen my hope? And how do I share my hope with others?”



## *Older Adults, Creative Expression & ART*

### A Professional Development Opportunity

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

**Date:** September 24, 2013  
**Place:** Kerby Centre, 1133 7th Ave. SW  
 Calgary  
**Time:** 0830-1600  
**Cost:** \$150.00 (includes lunch)



Jeff Nachtigall, artist and creator of a studio program for residents in a long-term care facility

#### Target Audience:

- aging services leaders
- recreation and art therapists
- activity coordinators

#### Workshop Objectives:

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

0830-0900	Registration
0900-1030	Presentation: <b><i>Role of Art &amp; Creativity in Healing, Wellness and Hope</i></b>
1030-1045	Break & networking
1045-1230	Hands on experiential creative work
1230-1330	Networking lunch and resource sharing
1330-1500	Panel: <b><i>Engaging Older Adults in Creative Expression</i></b> Panelists: Elaine Danelseko, Sue Hall, Jade Powers, Sharon Moore, Jeff Nachtigall
1500-1515	Break & networking
1515-1600	Presentation: <b><i>Shifting Theory in Use: Strategies and Best Practices for Implementation</i></b>

#### Schedule:

Information and registration at: [www.creativeagingcalgary.ca](http://www.creativeagingcalgary.ca)

## *Get to Know Your Board*

Over the next few newsletters, we will continue our introductions to members of the CACS Board of Directors



*Dianne McDermid, President*

Dianne is a registered nurse who has been working in the field of aging since 1981. She has taught gerontology to staff in a continuing care setting and at Mount Royal College (now University), in the Post Basic Studies in Aging Certificate Program. Dianne is an avid hiker, skier, and cyclist, and frequently finds herself with older adults who defy society's common view of seniors as uninvolved and unhealthy. As a result, she is particularly fond of reinforcing the notion of pursuing health at whatever stage of life one is in.

Introduced to the arts in health movement by one of her students, Dianne has embraced the role that creative expression can play in improving the

health and quality of life of older adults. She was a founding member of Creative Aging Calgary, and chaired the Education and Program Committee for the first 4 years. Dianne now continues her involvement as chair of Creative Aging Calgary Society.

For the past several years, Dianne has had the opportunity to work in an assisted living organization where creative expression forms the foundation of the organizational culture and philosophy. This experience is providing strong evidence of the significant impact that engagement in the arts can have in promoting health and well-being in later life.

## **2013 Silver Gallery Awards: Celebrating Calgary's Senior Art Community Call for Nominations**

The Calgary Chapter of the Alberta Association on Gerontology is proud to be sponsoring the First Annual Silver Gallery Awards. This new event is for those creative seniors out there; those who have discovered arts in their senior years and for those who have been creating all their lives. Anyone can nominate them. They are looking for seniors who express artistically in both Fine Arts (painting, drawing, photography, sculpture etc.) and Craft (ceramics, woodworking, metal/jewelry, fibre arts etc). Nomination forms will be available on the AAG-Calgary Chapter website [www.ccaag.com](http://www.ccaag.com) after August 12, 2013 or by emailing [info@ccaag.com](mailto:info@ccaag.com)

*You are invited to*  
***Act Your Age***

created by Joyce Doolittle and Philip McCoy

Join us for an entertaining exploration of the contrasts between the traditional roles that older people are expected to play, and the realities of old age in the 20th and 21st centuries. Created and performed by two retired actors and university professors, ***Act Your Age*** will invite you to think about aging and relationships in other ways. This will be performed as part of the AGM of the Creative Aging Calgary Society. Details on next page.

## *Creative Aging Calgary Society AGM & Creative Expression Drama Showcase “ACT YOUR AGE”*

**October 8, 2013**

6:30-7:00 pm	Registration and Reception	<b>Location:</b> Garrison Green Seniors Community Theatre 3028 Don Ethell Boulevard SW, Calgary, AB
7:00-7:30 pm	CACS Annual General Meeting	
7:30-8:25 pm	<b>Act Your Age</b> (55 minute performance)	

## *Creative Aging Calgary Society CACS Call for Board Members 2013-2015*

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; 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 Vice-President E-mail: [Ralph.Hubele@gov.ab.ca](mailto:Ralph.Hubele@gov.ab.ca) Phone: 403.644.7846

## Waking Ned Devine: A Movie Review

A long time movie buff, I recently watched *Waking Ned Devine* and was wonderfully surprised. Set in Ireland, but filmed on the Isle of Man, this movie tells the tale of Jackie O'Shea and his best friend Michael O'Sullivan, as they hear the news that someone from their small town has won the Irish National Lottery. Along with Jackie's wife, the threesome goes to great lengths to find the winner in hopes that they can share the wealth. As word begins to spread, many of the eccentric town folk become curious and plan a chicken dinner plot to see who this elusive winner might be. As it turns out the only absent town person is Ned Devine. When they arrive at Ned's home (on a rainy night), they find him dead, with a smile on his face, the winning ticket in his hand.

It turns out that the winnings of the lottery are much greater than originally thought. Protocol lends itself to a lottery inspector visiting the town to meet with Ned and confirm that he is indeed the winner. An elaborate ruse is set in motion to fool the inspector so the town's people can benefit from the money. This ruse goes as far as when the funeral for Ned is in session – and the inspector makes unexpected appearance – the town's people have to pretend it's a funeral for Mi-

chael, and Jackie delivers a heart-felt eulogy to his friend. With twists, turns and comedic moments you would never expect, *Waking Ned Devine* is simply a wonderful movie experience. Of course there are little sub-plots curving in and around the main story, and an astute observer would not miss the allusions to religion. No matter, this movie, originally released in 1998, still has the power to thoroughly enthrall and amuse.

A family favourite, this movie is touching in its simplicity and sincerity. Haven't we all wished we had the chance to experience the small town, everyone-knows-everyone, charm portrayed in this film? *Waking Ned Devine* is an easy watch. The capers that Michael and Jackie conjure up will leave you in stitches, but not before you have fully contemplated the true value of life, love and friendship. In my opinion, this movie showcases the reality of humanity and small town life. It's an absolute classic!

**By Zoe Greaves, MA**

Volunteer Program Administrator,  
Calgary Senior's Resource Society

## The Creative Aging Calgary Society (CACS) is seeking a Book Reviews Editor

Responsibilities:

1. locate a minimum of 4; maximum of 8 books of possible interest to members of CACS
2. review or seek others to review these books
3. ensure that reviews are received according to schedule (Fall, Winter, Spring, Summer)
4. edit the book reviews
5. forward edited copy to the Newsletter Editor as per schedule
6. correspond with reviewers and interested reviewers on the topic of book reviews; and maintain contact with Newsletter Editor on relevant issues.

The Book Reviews editor should be:

- interested in principles of creative aging
- a keen writer
- well organized and able to maintain deadlines

For further information contact CACS Newsletter Editor, Sharon Moore at:  
editor@creativeagingcalgary.ca

## *Upcoming Events*

**Event:** 2013 Supportive Pathways Train the Trainer Session (offered by Carewest Innovative Health Care)

**Date:** September 12 - 13, 2013

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

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

**Event:** IQ 2013 Conference: Inspiring Quality in Continuing Care Conference

**Date:** October 8 & 9, 2013

**Location:** Marriott River Cree Resort, Edmonton AB

**Info:** (780) 435-0699 or [conference@ab-cca.ca](mailto:conference@ab-cca.ca)

**Event:** Alzheimer Europe 23rd Conference 2013

**Date:** October 10 to 12, 2013

**Location:** St. Julian's, Malta

**Info:** +352-29 79 70 or [info@alzheimer-europe.org](mailto:info@alzheimer-europe.org)

**Event:** 2013 Supportive Pathways Train the Trainer Session (offered by Carewest Innovative Health Care)

**Date:** November 21 - 22, 2013

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

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

**Event:** 6th Clinical Trials Conference on Alzheimer's Disease 2013 (CTAD 2013)

**Date:** November 14 - 16, 2013

**Location:** Westin Gaslamp Quarter, San Diego, CA USA

**Info:** [ctad@ant-congres.com](mailto:ctad@ant-congres.com)

**Event:** Authentic Leadership Course

**Date:** November 18 & 19, 2013

**Location:** Hyatt Regency Hotel, Calgary, AB

**Info:** (613) 241-6472 or [info@trilliumteams.com](mailto:info@trilliumteams.com)

**Event:** Authentic Leadership Course

**Date:** November 21 & 22, 2013

**Location:** Fairmont Waterfront, Vancouver BC

**Info:** (613) 241-6472 or [info@trilliumteams.com](mailto:info@trilliumteams.com)

**Event:** International Federation on Aging 12th Global Conference on Aging

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

**Location:** Hyderabad, India

**Info:** <http://www.ifa-fiv.org/ifa-activities/ifa-conferences-meetings/ifa-12th-global-conference-on-ageing/>

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

**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 Forest 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 Raging Grannies**

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

**Calgary Chapter of the Alberta Association on Gerontology**

[www.ccaag.com](http://www.ccaag.com)

## *Creative Aging Calgary Society*

### **Executive**

Dianne McDermid President  
 Gail Hinchliffe, Past President  
 Ralph Hubele, Vice-President  
 Bernice Schumlich, Treasurer  
 Elaine Danelesko, Secretary

### **Board of Directors**

Sharon Moore  
 Wendy Rodger  
 Carrie Erickson  
 Christine Gordon

James Milne

Karina Szulc

### **Board Advisor**

John Mungham

### **Newsletter**

Phone: 866-375-8570

Email: [editor@creativeagingcalgary.ca](mailto:editor@creativeagingcalgary.ca)

## *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 quarterly newsletters.

Creative Expressions is the official newsletter for the Creative Aging Calgary Society (CACS). It is published four times a year and distributed electronically ([www.creativeagingcalgary.ca](http://www.creativeagingcalgary.ca)). Questions regarding article / photo contributions should be directed to the editor at [editor@creativeagingcalgary.ca](mailto:editor@creativeagingcalgary.ca) or 866-375-8570. **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 2013. Submission deadline June 30, 2013.

## *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.ca](mailto:editor@creativeagingcalgary.ca). Next issue: Fall 2013. Submission deadline: September 30, 2013.

“**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)**

