

October 2013

Volume 3 ~ Issue 3

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

“A lake is a landscape's most beautiful and expressive feature. It is Earth's eye; looking into which the beholder measures the depth of his own nature.” Henry David Thoreau, *Walden*

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Three Sisters, Canmore

Photo by Sharon L. Moore, October 2013

Summer has slipped away and the beautiful fall colours bathe us in their beauty as they remind us to give thanks and invite us to transition reluctantly into winter.

# Older Adults, Creative Expression & ART: Workshop in Review

September 24 was the workshop day on Older Adults, Creative Expression and Art.

Dialogue, fun, networking, painting, photography and art displays along with Jeff Nachtigall's energy and engaging personality provided lots of activity for workshop participants to meet old friends and new colleagues. Conversations about engaging older adults in creative expression led by a panel provided a common theme throughout the day.



Nell Smith shows off her beautiful art piece that she created at the workshop.

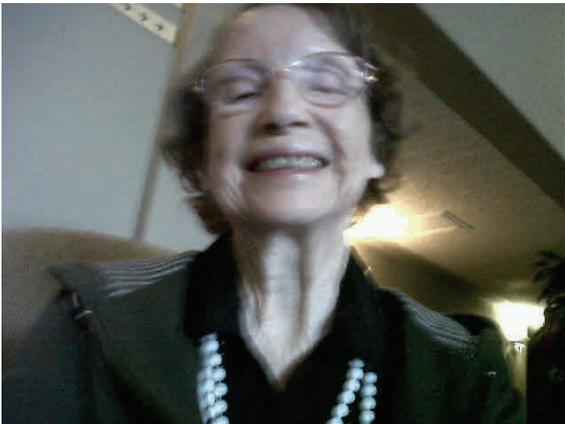




## Geese

By Esther Harris

Oblivious to ordinances proclaiming noise-abatement laws  
wild Canada geese in vee-flight formation  
honk their good-byes over Vancouver city lights  
like roistering party-leavers homeward bound  
in the pre-dawn of a smoky Fall morning



Sleepless in narrow confinement on a gray unyielding bed  
an old man listens  
turns his head impoverished with sparse white hairs  
strains his gaunt body to the sombre unawakened sky  
knowing he's never going to shuffle off to Buffalo in a hurry again  
nor to the tenement window of his room curtained with grime  
in time to catch a glimpse of wild geese oblivious to him.

Esther is an 87 year old writer and poet from Calgary.

## Worth Viewing

**Movie Reviewed by: Zoe Greaves:**

### *The Best Exotic Marigold Hotel (for the elderly and beautiful): A movie review*

From the culturally rich country of India, filled with color, smell and sounds unheard before, comes the most telling of tales, *The Best Exotic Marigold Hotel for the Elderly and Beautiful*. An all-star cast this film has; from Dame Judi Dench to Bill Nighy and Maggie Smith, Tom Wilkinson and Dev Patel. This interwoven story tells of six people, strangers, from Britain, who for their own personal reasons are struggling with aspects with aging. Aspects that the world over faces and will continue to as demographics change. Whether these age related issues have financial ramifications, whether they are festering stereotypes ingrained in our communal psyche perpetuated by media and the like, or whether it's simply the quest for love in older age; it all comes to a head in this most marvelous of films.

Situated in a small town in India, these six strangers come to meet at the airport and eventually must find alternative ways of arriving at their destination, as the connecting flight has been cancelled. This is where they meet and find out they all have traveled to India to live at the Best Exotic Marigold Hotel. Thus the stories of each unfold; slowly, methodically.

Upon first sight, the hotel is not as its photo indicated, very run down and in need of work. Some of the guests adapt and others do not. The manager of the hotel is incredibly passionate, in his devotion to his girlfriend and in his desire for this hotel to 'outsource old age' from the countries that do not want them.

As the film continues, stories emerge from each of the characters; a love story between two men, separated by oceans and guilt, a woman wanting to meet a rich husband, a man wanting to meet a woman and explore his sexuality, one widow who has never experienced life without her husband and a couple, whose differences can no longer be denied.

Elements of usefulness and uselessness, sexuality, death, mourning, grief and change are explored from the beginning of this movie to the end. Indian culture and the familial values that often transcend continents and oceans are brought forward with it all ending very peacefully and right.

Certainly the take away is that one is never too old to change, that you need to be strong in order to deal with disappointment, that one must take risks, try and learn and to celebrate the changes. Whether this change comes with wrinkles on one's face or with finding your true self in your 70's – the point is, is that change is necessary for growth. As the manager of the hotel says throughout the film, "Everything will be alright in the end. If it's not alright, then it's not the end."

## Worth Reading

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

*Retire Smart, Retire Happy* (2004) by N.K. Schlossberg. Washington, DC: American Psychological Association (168 pages)..

For most of us, men and women alike, work is the central focus of our lives and defines who we are and with whom we interact; influences our lifestyle and our financial options; and determines the structure of our lives. For many, retirement can be a stressful event that brings many changes, and not all of them are under our control. In preparation for my own retirement, I sought the wisdom and experience of friends, attended a seminar or two (mainly on financial planning), and searched the shelves for a helpful book on the topic. By good fortune, I came upon "Retire Smart, Retire Happy," written by Nancy Schlossberg, a counselling psychologist specialized in helping people cope with transitions, including those associated with mid-life and aging. To study transitions through retirement, Dr. Schlossberg interviewed 100 men and women, retirees from all walks of life, to explore the major themes of leaving work, changing relationships, changing physical body, and self-image (identity). The process of retirement is unique and the author shares with us her observations of the different paths chosen which she categorizes as "Continuers", "Adventurers", "Searchers", "Easy Gliders", and "Retreaters". She also openly shares the surprises, both positive and negative, that can accompany this life phase.

The author's style is clear and succinct. Beyond a description of others' paths, she encourages self-reflection for the reader through questions and brief "audits". She also provides tips in many chapters and offers ten practical lessons that help ease the transitions and the surprises that may come.

I would recommend this book for anyone anticipating retirement as well as the recently retired who want to engage in a satisfying and fulfilling life.

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*The Third Chapter: Passion, Risk, and Adventure in the 25 Years After 50.* (2009) by S. Lawrence Lightfoot. New York: Farrar, Strauss and Giroux. (260 pages).

In the last century, there was a strong focus on the human developmental phase called “adolescence”. In the 21st century, demographers are interested in looking at those people, aged 50-75, who are “neither young nor old.” Author, Sara Lawrence-Lightfoot, a noted sociologist and author, interviewed 24 women and 16 men who were navigating the transitions associated with aging, while embracing new challenges and searching for meaning as they moved into the “Third Chapter” of their lives. Lawrence-Lightfoot weaves these personal stories of experience and wisdom with theoretical models of life-stage development, to challenge the outdated images of aging as loss. She presents evidence that these years can be the most transformative of our lives: presenting the choices between engagement and retreat; labor or leisure; and reinvention or retirement.

The stories are fascinating and many show the individual “looking backward into the future”; for example, a lawyer retires from a successful law firm partnership and becomes involved in urban gardening, something he loved doing with his mother when he was a child. These individuals support the notion of “*learning* something new” but with the new idea that they are “*becoming* something new.” I found myself recalling an anecdote involving a delightful geriatrician who agreed that his work was not earning a living -- but learning a living.

This book is recommended for readers who might be feeling restless or burned out, that something is missing; who want to challenge the cultural definitions of retirement; or who want to engage in self-reflection to face risks and adventures that might, in the moment, make them feel like an “uncool novice”, but over time allow them to follow their passions.

As a therapist, I also recommend this book to counsellors/therapists who work with those facing or in the “third chapter” for the insights it offers into ways that people can overcome old injuries and harmful narratives, and use their *post-career years* to redefine themselves, and engage in meaningful activities for themselves and society.

### **Book Review Comparison**

Two books on the “retirement phase of life”, same topic, different premise.

In *Retire Smart, Retire Happy*, author Nancy Schlossberg proposes different paths that individuals take through the phase of retirement, based mainly on their personalities and previous lifestyle choices. She draws from 100 interviews yet also proposes that retirement is a unique experience. This book takes a very practical and educational approach to the topic.

Author Sara Lawrence-Lightfoot also acknowledges the uniqueness of each individual’s experiences. She takes a more narrative approach based on the stories of 40 individuals. One limitation to this book is that these individuals are both affluent and educated; they are financially secure, which gives them options that are not easily available to those having to focus on day-to-day survival.

Readers may want to open the pages of both books; the first for encouragement in self-reflection and planning, and the other for inspiration.

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## *Get to Know Your Board*

Over the next few newsletters, we will continue to introduce you to members of the CACS Board of Directors



**Carrie Erickson** has been the Director of Recreation and Community Relations at Whitehorn Village Retirement Community since 2005.

She also took on the challenge of becoming the National Manager of Life Enriching Programs for Origin Active Lifestyle Communities in 2009.

Carrie has a Bachelor of Arts in Recreation and Leisure Studies from the University of Alberta majoring in Recreation for Special Populations. Carrie is a certified Master Trainer with Urban Poling and completed Fall Proof (the gold standard in fall prevention fitness initiatives for older adults) in 2010 from California State University Fullerton.

Carrie's role with Origin Active Lifestyle Communities is to develop Life Enrichment Programs and ensure that Origin is offering our residents the best possible quality of life. Through innovation and creativity, Carrie leads Origin's Life Enrichment Team in moving towards becoming the gold standard in active lifestyle retirement living by focusing on Origin's branded programs. (SWING, Think Fit, Original Expression, Tempo and Origin Way-to-Go).

Carrie has always been an avid music lover and considers herself a creative person. Carrie hopes that through the Creative Aging Calgary Society, she can contribute to the opportunities for older adults to engage in and be engaged by the arts in Calgary.

At the Annual General Meeting, the board of the Creative Aging Calgary Society welcomed two new board members: Suzanne Clease and Ruth Loughlin. You will meet them here.



**Suzanne Clease:** We welcome Suzanne Clease as a new Board member this fall. Suzanne Clease, a teacher by profession, is presently registered in a Masters Program at St Stephen's College and studying to become an art therapist. Suzanne has an appreciation for the arts and over the years has played with a variety of mediums. She is a firm believer that seniors need to be treated like artists in charge of their own expressions. She looks forward to being an active board member of the Creative Aging Calgary Society.



**Ruth Loughlin:** I believe my whole life, education and work experience with seniors in their 'home' environments has allowed me the ability to communicate, relate and interact creatively to allow these individuals the ability to grow, learn and contribute back to their communities.

Extensive life and work experience in both rural and urban communities with organizations in the development of supportive living communities has allowed me to gain the insights to collaborate and not only enhance, but proactively encourage individuals to create their own pathway.

My education in Community Rehabilitation, Management and Consultation on Aging has given me a wealth of opportunities to enhance the quality of life by facilitating many

creative opportunities. These include, but are not limited to successful marketing and leasing initiatives, community relations events and resolution to innumerable 'life' challenges for Seniors.

Currently, I am continuing my commitment to Seniors working with All Seniors Care; opening new facilities in both Edmonton and Calgary. In this Marketing position, I am dedicated to assisting Seniors to make positive choices for quality of life in their living, activity and community involvement.

As well as my commitment to Seniors and their creative aging abilities; I am a dedicated volunteer with Calgary Transplant Association- Southern Alberta team. This commitment has evolved from my personal life experience as a kidney donor recipient and now an opportunity to give back to this community.

My observations of the expression and appreciation of art by diverse populations is that it promotes an equalizing experience for all people. I feel creative aging can promote inclusiveness for all communities and I would be happy to be a part of this movement.

**Coming May 1, 2014 Spring Symposium**  
*Hope, Aging & Creative Expression*  
***Dr. Ronna Jevne, Keynote Speaker***

## Act Your Age: A Drama Production by Joyce Doolittle and Philip McCoy



AGM attendees were treated to this drama production.

*All the world's a stage, And all the men and women merely players; They have their exits and their entrances, And one man in his time plays many parts, His acts being seven ages. At first, the infant, Mewling and puking in the nurse's arms. Then the whining schoolboy, with his satchel And shining morning face, creeping like snail Unwillingly to school . . . Last scene of all, That ends this strange eventful history, Is second childishness and mere oblivion, Sans teeth, sans eyes, sans taste, sans everything.*

This speech, from the play “As You Like It” by William Shakespeare was the introduction to “Act Your Age.” Shakespeare compares the world to a stage and life to a play. So too, do Joyce Doolittle and Philip McCoy as they weave a dialogue that includes an exploration of references to older adults in plays, poetry and novels along with societal perspectives on aging and personal reminiscences. Through this dialogue, they examine the beliefs about aging, humorously poking holes in the myths that commonly perpetrate societal beliefs, and their own experiences.

Joyce and Phil, both in Shakespeare’s “second childishness stage,” keep the audience engaged and laughing for the full 45 minutes. If you haven’t seen the play and have the opportunity to do so, it’s really a “must see.”

## Wisdom From Elders

### *Age doesn't matter unless you are a cheese*

(From website : [http://www.joe-ks.com/Wisdom\\_From\\_Elders.htm](http://www.joe-ks.com/Wisdom_From_Elders.htm))

A man ninety years old was asked to what he attributed his longevity. “I reckon,” he said, with a twinkle in his eye, “It’s because most nights I went to bed and slept when I should have sat up and worried.” *Dorothea Kent*

A man can do only what a man can do. But if he does that each day, he can sleep at night and do it again the next day. *Albert Schweitzer*

A stockbroker urged me to buy a stock that would triple its value every year. I told him, “At my age, I don’t even buy green bananas.” *Claude Pepper*

Aging seems to be the only available way to live a long life. *Daniel-Francois-Esprit Auber*

Celebrate your success and find humor in your failures. Don’t take yourself so seriously. Loosen up and everyone around you will loosen up. Have fun and always show enthusiasm. When all else fails, put on a costume and sing a silly song. *Sam Walton*

## *Upcoming Events*

**Event:** Music Care Conference

**Date:** November 9, 2013

**Location:** Toronto ON

**Info:** (416) 205-1585 or [mromero@healthachieve.com](mailto:mromero@healthachieve.com)

**Event:** Geriatric Grand Rounds - Decision Making Capacity Rounds

**Date:** November 12, 2013

**Speakers:** Andrea Guerrero and Carmen Kent, RSW, Social Worker, Good Samaritan CHOICE Program, Dr. Gerald Zetter Centre

**Location:** Dr. Bill Black Auditorium, Glenrose Rehabilitation Hospital, Edmonton AB

**Info:** (780) 735-8827 or [james.cheung@albertahealthservices.ca](mailto:james.cheung@albertahealthservices.ca)

**Event:** Geriatric Grand Rounds (title to be announced)

**Date:** November 26, 2013

**Speakers:** Cognitive Functional Group, Glenrose Rehabilitation Hospital

**Location:** Dr. Bill Black Auditorium, Glenrose Rehabilitation Hospital, Edmonton AB

**Info:** (780) 735-8827 or [ames.cheung@albertahealthservices.ca](mailto:ames.cheung@albertahealthservices.ca)

**Event:** Accelerating Primary Care

**Date:** December 1 to 3, 2013

**Location:** Edmonton AB

**Info:** (780) 436-0983 or [primarycare@buksa.com](mailto:primarycare@buksa.com)

**Event:** International Federation on Aging Conference

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

**Location:** Hyderabad, India

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

## *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 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>

## *Creative Aging Calgary Society*

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### Newsletter Editor: Sharon Moore

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 newsletters three times per year.

Creative Expressions is the official newsletter for the Creative Aging Calgary Society (CACCS). 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@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: Spring 2014. Submission deadline February 15, 2014.

## *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: Spring 2014. Submission deadline: February 15, 2014.

“**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)**