

Registration

Online - www.creativeagingcalgary.ca

Mail - Complete form.

Submit registration with cheque payable to
Creative Aging Calgary Society to:
35 Valley Creek Crescent NW
Calgary, AB T3B 5V2

Name _____
Last First

Address _____
Street

City Province Postal Code

Email _____

Phone (____) _____ Cell (____) _____

Company/Affiliation _____

I am Registering for these Sessions:

◇ **Perlstein Workshop** **\$119** (includes GST)

Concurrent Workshops (choose only one)

◇ **Express Yourself – Art** **Free**

◇ **Express Yourself – Music** **Free**

◇ **Express Yourself – Drama** **Free**

Cancellation for Perlstein workshop available until August 31, 2010 subject to an administration fee of \$50. No refund for cancellation after September 1, 2010. All insurance including medical and cancellation insurance are the responsibility of the delegate. The conference organizers reserve the right to cancel the event in case of low registration.

The Creative Aging Calgary Society

Vision

Vibrant and positive aging

Mission

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

Objectives

- promote participatory arts and aging programs with a variety of stakeholders
- host an annual Creative Aging Symposium
- conduct professional development seminars
- offer a resourceful website

Membership in the Creative Aging Society is free and has many benefits!

See the website for more information:

www.creativeagingcalgary.ca

info@creativeagingcalgary.ca
403.836.5631

The Creative Aging Calgary Society
presents ...

2nd Annual Creative Aging Calgary Symposium

Saturday, September 18, 2010

Ross Glen Hall
Mount Royal University
Calgary, AB



Creative Aging Calgary Symposium

A dynamic forum designed to promote engagement in the arts in later life

Intended Audience

- Health and human services workers
- Professionals in aging services organizations
- Artists
- Healers
- Practitioners
- Older adults

Benefits of Participation

- 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
- Network with individuals actively engaged or interested in creative expression and aging programs

★ *Symposium approved for professional association CEUs.*

Arts and Aging – How to Develop Creative Expression Programs for Seniors (Fee \$119)

9 a.m. ~ 12 noon

Facilitator: Susan Perlstein MSW



Susan Perlstein is a noted expert in the field of creativity and aging. She is the founder and director of education and training for the National Center for Creative Aging in Washington, D.C. At present, she is the Director of Special Projects.

Susan is an educator, social worker, administrator, and artist, and has written extensively on creativity and late-life learning. In collaboration with Dr. Gene Cohen from the Centre of Aging, Health and Humanities at George Washington University, Susan conducted a study which provided evidence of positive benefits associated with involvement in arts and cultural programs.

In this interactive workshop, Susan presents an overview of the field and current research findings that have provided evidence of positive health benefits associated with involvement in arts and cultural programs. Participants will engage in exercises demonstrating the three developmental currents in the field of arts and aging: principles of lifelong learning through the arts, fundamentals of arts and community engagement (intergenerational connections), and use of the arts in social service and health care settings.

Susan will conclude with best practice examples of creativity and aging programs. Your registration fee includes a copy of *Creativity Matters: The Arts and Aging Toolkit* (value \$40)

(Mid-morning nutrition break provided; lunch is on your own)

1:00 ~ 1:30 p.m. **Welcome and Introduction**

1:30 ~ 4:00 p.m. **Concurrent Workshops**
(Free; Choose only one; Includes nutrition break)

Express Yourself - Art

Facilitator: Straja Linder-King BFA, MA

Celebrate wisdom of harvest and the colours of change. Participants will use seasonal elements from the natural world to celebrate their inner wisdom. You do not need any art experience to enjoy this workshop. Straja extends a gentle art invitation and provides relaxing music to allow participants' creative spirits to unfold. The mandala, or sacred circle, will be used to connect body, mind and spirit. Tangus, Straja's therapy dog, will be present. Time will be allotted for reflection and discussion on art as creative expression.

Express Yourself - Music

Facilitator: Jennifer Buchanan BMT, MTA

Music occupies more of our brain than language. It can help us go to sleep, find inspiration, concentrate and de-stress. For the senior, music can quite simply be a lifeline into their past. It is a medium that brings back positive memories, celebrating a life that contributed greatly to family and community. This workshop is an inspirational and reflective presentation that weaves stories and songs together. Jennifer has touched hundreds of audiences' hearts and minds with her delightful passion, music and upbeat, inspirational presentations. She helps them learn the value of personal music preferences and past musical histories.

Express Yourself - Drama

Facilitator: David Barnet BA, 3M National Teaching Fellow

David will lead participants through a typical theatre workshop he would conduct with seniors and inter-generational groups. Games, songs and improvisation will lead to stories, and these will transform into moments of theatre that can be shared with others. The session will be fun, filled with laughter, spontaneity and reflection: no drama experience is required! It will conclude with a discussion of the principles involved in teaching/directing drama with seniors. A list of theatre resources and websites will also be available.

4:00 ~ 4:30 p.m. **Endnote: Creativity Matters!**