

Where you live, how you live

5th Annual Creative Aging Symposium

May 13th, 2014, 8:30am-5:00pm



Photos from classes at Spring Arbor of Greensboro, Smith Senior Center, and Haliwa-Saponi Multipurpose Center.



Greensboro Cultural Arts Center, 200 N. Davie Street, Greensboro, NC 27401



THE RETIREMENT resource guide

This year's Symposium "Where you live, how you live" is all about fostering a **new direction** in late-life living. It's about creating **vibrant spaces** of learning, motivation, and activity that take a **whole-person** approach to creative and healthy aging.

Objectives:

- Learn about award-winning models: Senior Arts Colony and EngAGE
- Learn ways to engage older people in meaningful programs which encourage creative self-expression, build confidence, increase social connection and improve overall well-being
- Learn the value and power of creative engagement for older adults and those closest to them
- Engage in experiential sessions to discover, or rediscover, your innate creativity

Who Should Attend?

Artists, older adults, family caregivers, and healthcare providers including administrators, physicians (gerontologists, palliative care), physician assistants, psychologists, counselors, nurses and nurse practitioners, social workers, health educators, activity directors, and recreational, occupational and physical therapists.

Cost: \$99 Registration through May 6
\$130 Late Registration May 7 – May 9
\$59 Students & Medicare recipients
Pre-registration is required. There will be no on-site registration.

CEU: \$35 – 5.0 contact hours from Northwest AHEC

Learn More or Register Online: <http://www.can-nc.org/creative-aging-symposium/>

Questions: Contact Lia Miller at lia@can-nc.org or 336-253-0856.

REGISTRATION INFORMATION:

EARLY BIRD Deadline April 11th, 2014. No walk-ins can be accepted. **Cancellations must be made in writing by May 9th.** **Substitutes are permitted with advance notice.** Complete this form and mail with payment to CAN-NC, PO Box 10322, Greensboro, NC 27404.

Name _____ Title _____

Company _____ Phone _____

Email _____ Special needs: _____

\$99 Registration (through May 6)

\$134 Registration with CEUs (through May 6)

\$59 Student or Medicare Recipient

\$94 Student/ Medicare Recipient with CEUs

Please list your choice of afternoon workshop sessions:

Enclosed is my **TOTAL PAYMENT** of \$ _____.

Check-in 8:30am-9:00am

Welcome 9:00am-9:10am

Creative Aging Network-NC Board Chair Nancy Lenk & Executive Director Lia Miller

Setting the Stage 9:10am-9:30am



Heather Burkhardt, Planning and Evaluation Coordinator from the DHHS Division of Aging and Adult Services, will share the latest information about the state of aging in NC. Learn about the current landscape and research, and what is being planned for the future.

Keynote Presentation 9:30am-10:15am



"Communities of Artful Aging" by Tim Carpenter

Founder of EngAGE, Tim knows that every day you delay the progression of aging, you reap a huge savings in human potential and the cost of caring for frail elderly. EngAGE is a nonprofit that takes a whole-person approach to creative and healthy aging by providing arts, wellness, lifelong learning, community building and intergenerational programs to thousands of seniors living in affordable senior apartment communities in Southern California.

EngAGE catalyzed the development of and provides programs for The Burbank Senior Artists Colony, a first-of-its-kind 141-unit senior apartment community that offers art and creativity as the core physical and intellectual unifying amenity. The NOHO and Long Senior Arts Colonies opened within the past year. This new system of senior housing was built first and foremost on respect and appreciation for the interests and preferences of each individual resident. By providing life-enhancing programs to seniors living in apartment communities, EngAGE is transforming aging into a new beginning.

Tim will share how his integrated business/nonprofit model successfully provides college level classes in creative writing, filmmaking, music, dance, visual arts, theatre and more. Symposium attendees will learn about how this model of active engagement and lifelong learning results in improved health and well-being for the older adults involved.

15 MINUTE BREAK

Explore our sensitivity kits, visit our vendors, & view Guild members' artwork

Forum on the Future 10:30am-11:30am

Join leaders and colleagues invested in arts and aging to hear updates and share opportunities on creative aging efforts at the local and state levels. Key leaders for this discussion will be Heather Burkhardt, Tim Carpenter, John Fugo (NC developer for the Senior Arts Colony), Tom Phillion (CEO Arts Greensboro), Mac Sims (Pres. East Market Street Development Corporation), and others interested in community planning, arts and aging.

To provide groundwork for the forum we will ask, what resources are available to help make North Carolina more attractive and progressive in its approach to creativity and healthy aging. What are the individual and collective actions that will help raise awareness about this important topic? Looking ahead, how can we collectively position this work to ensure ample support in the future?

LUNCH ON YOUR OWN OR WITH OUR LUNCH LEADERS

Concurrent Workshops 1:00pm-2:15pm



Let Me Tell You My Story: The importance of shaping and sharing our life stories by Donna Anthony

This presentation will utilize various methods to offer participants opportunities to tell life stories. It has been well documented through empirical research and qualitative methods that life review and reminiscence have positive benefits for people of all ages. How we tell and relate our life stories can help us heal, connect, find meaning and place our lives in the context of the larger social and historical arena in which we live. Throughout our lives, the need to tell our stories takes on different levels of importance; as young ones we need to tell stories that help us feel a part of our world, in middle age our stories help teach and promote the lessons we have learned, in older age our stories help us make sense of the lives we have lived, connecting the various stages of our lives into a cohesive whole. All our stories are important, and we all have stories to tell. Join this workshop to learn a variety of ways to tell your own stories and encourage others to tell theirs.



Useful Decor by Jerry O'Donnell

In this session you'll learn how to make coasters using simple materials like wool fiber, soap, water and pressure. Working individually or in pairs, participants will be taught about design and layout, layering fibers and embellishments, wetting the project, agitation, and rolling. The various techniques of fulling and finishing will also be explained. Information will be shared about textural and visual stimulation, particularly helpful for those with cognitive and/or visual impairments. Participants will learn that everyone is creative in their own unique way, and that creating useful items for your home, or as a gift, is a meaningful way to build self-confidence and promote self-worth.



Getting the Feel of It by Bobbie Sonner

Participants will explore shape and value during this hands-on workshop. Found objects of various textures as well as a supply of ceramic tools will be used to react to prompts created by the instructor. Every individual will create their own objects from air-dry clay which they may take home with them. Cooperative creation may also be encouraged. Participants will be encouraged to support each other and to use humor while learning to work with the clay and materials available to them. There are many "right" ways to create art with clay and each person will be encouraged to be flexible as they discover their own innate creative skills.

15 MINUTE BREAK

Explore our sensitivity kits, visit our vendors, & view Guild members' artwork

Concurrent Workshops 2:30pm-3:00pm



Working to Implement a Creativity-Based Enrichment Group for People with Dementia by Bryan Neth & Christina Hugenschmidt, MS, PhD

Learn how a local support group for persons with dementia has begun to include more arts-based activities and their outcomes. Bryan and Christina will talk about their experiences facilitating a "Brain Fitness" group for people with dementia and how they became motivated to shift the group to become more focused on creative and arts-based activities. They will share both the original and arts-based design of the support group including a description of activities and group outcomes and feedback from both participants and caregivers. They will also share future plans for the support group, and show a few samples of art created within group sessions.

Attendees will become familiar with social and emotional challenges that can affect people with dementia. They will also learn how creative and arts-based activities may address some of these challenges.



Diamonds, reefs, and zoo rides, Oh My! by Al Lineberry

Learn about the creative and unique end of life celebrations some people have chosen. Customs are changing: Most of us start thinking about end of life planning when it's unlikely to happen any time soon. It's less painful. But today, with so many personalized celebrations of life people are saying, "I'm going to take action now while I still feel good and I'm still healthy." Many traditional folkways are changing when final events are planned. You will learn ways to engage others in this sensitive topic and the importance of establishing a healthcare proxy. What is your final wish? Discussing end of life plans for yourself, or with a loved one, is a significant first step in making sure that wish is carried out. Perhaps you will be inspired to create a personal lasting tribute that friends and family will never forget.



A New Old: the benefits of creative engagement by Shelby Kline

In our work, we face big challenges but we also have tremendous opportunities to create a special place where growing older is viewed as natural instead of negative; where older people share their talents and knowledge, instead of watching others perform, teach or create; where each of us continues learning and growing, instead of sitting idle and becoming isolated as we age. In short, even without extensive knowledge of the arts, you can use creativity and a team approach to implement culture change in a seamless way. This session is designed to provoke innovative thought and encourage the implementation of creative programs with older people and those closest to them. Understanding these benefits will make it easier to facilitate creative programs for those you work with, regardless of level. After learning about the latest research, we will brainstorm ways to implement and/or increase creative programming with the people you serve.



Creative Spaces by Thomas Chang & Lia Miller

As our state's population ages, there is an increasing need for community environments to support physical activity, creative self-expression and social connections for older adults to help them remain in their homes. PACE (The Program for All-Inclusive Care for the Elderly) helps thousands of families across America by providing and coordinating all the necessary services to help prevent premature nursing home placement. Thomas will share information about the PACE program in Lexington as well as his experience with the layout and design of the site. Providing useful, attractive spaces is extremely important for giving older people, particularly those with cognitive impairments, a sense of belonging and structure. It may also encourage greater activity attendance. In this session, you will learn about a "make-over" for a dementia care space. See photos of the original space and new plans, and discuss considerations such as space size, location, accessibility, lighting, noise and so on. You will also hear about plans for a courtyard renovation and learn how accessible green spaces equipped for age-appropriate physical activity can promote better health.

Concurrent Workshops 3:00pm-4:00pm



Crafting the Future of a Creative Artist by Paul Baker

Presenting yourself in the most marketable way is the key element in achieving success as an independent artist. By developing your professional brand to attract the widest audience, you and your art will become marketable. This session will discuss how to:

- 1.) create those marketing documents such as resumes, bios and mission statements,
- 2.) develop your vision as an artist that complements your artistic style and professional needs,
- 3.) understand your brand and how you are represented to the public, and 4.) how to network to get your name as an artist in the right places. This workshop aims to assist older adults, carepartners, and healthcare professionals who are starting a new or second career in the arts.



A Living Necklace by Crystal Owens

Explore nature by creating your very own terrarium necklace. A terrarium is a collection of plants growing in a transparent, sealed container. Many different natural processes can be observed in this closed environment which simply illustrates how an ecosystem works. Participants will learn about small plants such as moss and lichens as well as micro-organisms and photosynthesis. The easy care and ornamental charm of living plants make a great addition to anyone's home and may serve as a fun and thoughtful gift for family or friends.

You will gain a better understanding of how creative engagement is used as a means for building skills and increasing socialization among older adults. Learn how empowering older adults to complete an individual work of art results in a renewed sense of control and increased confidence. You will experience ways to foster creative self-expression with older adults, identify methods to meet individual needs while managing a group art-making session, and gain awareness of the accessibility of art, regardless of skill level.



Move Easier with the Alexander Technique by Ashley Hyers

The Alexander Technique is a way of discovering how to release excess tension in our bodies. Through self-observation and a little bit of anatomy, participants will uncover postural habits that lead to excess tension. Then, with simple movements involving sitting, standing, and walking, participants will explore ways to move with less tension and more ease. These methods are helpful whether you are a healthcare worker, an artist, a caregiver or an older adult.

Learn how to release excess neck tension, and to sit, stand, and walk with greater balance and ease, whether at home or in a new environment. Information about certification in the Alexander Technique will also be provided.



Tips for Performing Engaging Stories by Charlotte Hamlin

Everyone has the potential to be a storyteller that others love to listen to. However, not everyone feels the confidence and dramatic presence to claim the title "storyteller" or "vocal performance artist." This interactive workshop will assist participants in developing and performing stories that create a powerful impact and stimulate listeners to share their own favorite stories and life experiences. Focus will be on identifying key elements of high impact stories and practice using dramatic techniques that enhance delivery and audience appreciation.

Whether you are an older adult, an artist, or a healthcare professional, you will learn how to identify purposes and kinds of stories for audiences. You will also learn about the key elements of a good story and how to draw upon life experiences and reminiscence as a basis for engaging older adults in meaningful storytelling, developing new skills and increasing social connections. Ultimately, you will gain confidence using verbal and nonverbal dramatic techniques to enhance impact.

Cultural Center Tour & Networking 4:00pm-5:00pm

Take a tour of the Cultural Center with Mary Alice Kurr-Murphy, Manager City Arts, Parks and Recreation Department. Then meet for networking and drinks at Café Europa.

Thanks to our additional Sponsors

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