

“Aging in a *DIVERSE* World”



Symposium Leaders

Garrett Davis – Playwright and CEO/Founder of Gdavis Productions



Raising awareness of dementia, aging, and cultural issues through theater as an art form is what Garret Davis does best. A proud 1987 graduate of Fayetteville State University, he got his start in the entertainment industry while working with Donnie Harper and the New Jersey Mass Choir as road manager. After seeing his first play "Mama Don't" by playwright Michael Matthews, he knew that's what he wanted to do. His first play "Lord Why Me" toured the country for 5 years. Now 19 years later, 5 national tours and 20 plus produced, written and directed productions, Davis has penned one of his most compelling stories yet, "Mama's Girls," a show about 5 sisters who live in 5 different cities trying to figure out how they are going to take care of their aging mother.

He also penned the award winning stage play "Forget Me Not," a major part of the Forget Me Not Project designed to raise the awareness of Alzheimer's disease in the African American community. "There is nothing more I enjoy than working in theater. I feel blessed to wake up every morning and go to our offices and create productions that have the potential to effect lives," says Davis. Learn how social issues can be effectively addressed through the arts and hear what drives Garrett to continue this important and fulfilling work.

Suzanne Merrill, Director of NC Division of Aging and Adult Services



On the 50th anniversary of the Older Americans Act, we take a look at where we are and where we're headed in North Carolina. The Older Americans Act accomplishes so much for so many (providing nutrition, caregiving, transportation, legal services and elder abuse prevention), yet it struggles from chronic underfunding. Learn what's happening today with the Act as well as Older Americans Month (2015 theme *Get into the Act*) and what we can expect in our state with the changing demographics.

Brad Allen, Executive Director of North Carolina Senior Games



Brad Allen will give us an update on Silver Arts, a major component of North Carolina Senior Games. In 1983, Senior Games began with a vision to create a year-round health promotion and education program for North Carolinians 55 years of age and older. Learn how Silver Arts grew out of this program to unite the athlete and artist, and become "a celebration of the creative expression of seniors in North Carolina." The existing structure of arts participation, exhibition, performance, and celebration is a great opportunity to unify arts and aging, and expand the burgeoning field of "creative aging."

Workshop Leaders

<p>The Geezer Gallery + Capturing Time: Journaling Our Journey Turner Goins received a BA in psychology from East Carolina University, MS and PhD in gerontology from University of Massachusetts-Boston, and a post-doctoral research fellowship at Duke University Medical Center. She is the Program Director of The Geezer Gallery and is the Ambassador Jeanette Distinguished Professor in the College of Health and Human Sciences at Western Carolina University. Turner grew up in Raleigh and received her BA from East Carolina University. She received her MS and PhD from the University of Massachusetts - Boston in Gerontology and completed a post-doctoral research fellowship at Duke University Medical Center. For 16 years, her research has focused on aging issues among American Indians and Alaska Natives.</p> <p>Ken Hillberry received a BFA in 1975 from West Virginia University. He began teaching as an artist, in the early 1990's at a community college. He maintained a schedule of classes and workshop programs in the studio and also owned and operated a co-op gallery from 1999-2002. In 2009, while being involved in an arts management certification curriculum, Ken's interest was piqued and remains pronounced for arts education, particularly that of older adults. "I discovered a segment of the population, my generation and beyond, who were valid. The resources, abilities and desire I possessed motivated me to develop and implement specific environments for creative adult learning." Ken feels that using the creative process to offer older adults a means of aging wholesomely and healthfully in mind, body and spirit allows him to give back and experience both the challenges and the great rewards.</p>	<p>IMPROVment: Brain and Body Health Christina Soriano, MFA, is an associate professor of dance at Wake Forest University where she teaches Modern Dance Technique, Improvisation, Dance Composition, 20th Century Dance History, a first year seminar about dance and film, and a course she co-teaches with a colleague in the Chemistry Department entitled Movement and the Molecular. She has published numerous works and engaged in choreographic and teaching residencies at multiple universities as well as the American Ballet Theatre summer program. the past 2 years, Soriano has taught a weekly community dance class to people living with Parkinson's Disease and their carepartners, and was awarded a grant from the Parkinson's Disease Foundation to disseminate her Improvisational Movement class (entitled IMPROVment) throughout NC to allied health professionals who work with Parkinson's patients. In addition to involvement in 2 scientific studies, she and a neuroscience colleague were just awarded a grant from BCBS of NC to continue the dissemination and testing of IMPROVment in nuerodgenerative communities. Soriano is also pleased to be offering IMPROVment classes this year in Alzheimer's communities and through the WFU Graduate School and Winston-Salem Arts Council's Lifelong Learning Program.</p>	<p>Mixed Media Collage Eric McRay earned a BFA degree at the Maryland Institute, College of Art, where he received a four-year scholarship. In 1998, he was juried into downtown Raleigh's prestigious Artspace. Eric has served in the offices of Vice-President and President of the Artspace Artists Association, as well as served on Artspace's board of directors. He has been featured on TV and radio, and in numerous newspapers and magazines. The Raleigh News & Observer named him one of the "Artists to Watch" for 2001. Eric was featured in the June 2002 issue of Southern Living Magazine. In 2008, he was anointed by Metro Magazine, "Best Local Artist". Also, Eric has consistently participated in and supported many charitable art exhibits and other community art events. Some of his corporate collectors include American Tobacco Campus, Duke University Medical Center, NC State University, UNC Chapel Hill, SAS Institute, and Western Wake Hospital, as well as many private collectors locally, nationally & internationally.</p>	<p>Art and Aging: A guide to Arts Grants Juliette Shelley Smith has a Master of Arts Degree in Arts Administration from Goucher College, MD. She currently teaches in the Master's program at Winthrop University in Rock Hill, SC where she specializes in Principals of Arts Administration, Financial Management, Grants and Sustainability. Juliette has over ten years of non-profit arts administration experience. She started her career as Office Manager of the Charlotte Civic Orchestra, in Charlotte, NC in 1999. Juliette was the Executive Director of the Gaston Arts Council from 2006 to 2012, during which time she initiated several new arts programs in schools; eliminated a sizable debt dating from renovations carried out in 2000; created a new partnership with the City of Gastonia for a visual arts gallery and artist studio spaces; and started the Gaston HomeGrown Music Festival. In 2008 she was recognized for her commitment to the arts in Gaston County Schools. Juliette has extensive experience in grants administration, grant writing, facility management, community events, and financial administration. Juliette lives with her husband and two children in Gastonia NC and currently works for ArtsGreensboro as their Grants Manager.</p>
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Side by Side Singing
Ruthie Rosauer is co-facilitator of Side by Side Singing with Debbie Nordeen. Ruthie started singing in choirs as a youngster and currently sings with Womansong in Asheville, NC. She saw the healing potential of music first hand when she volunteered in hospitals and nursing homes with a music therapist in Eau Claire, Wisconsin for several years. She is also co-author of a book about the power of singing, "Singing Meditation: Together in Sound and Silence" (Skinner House, 2009).

NC Museum of Art: Programs & Resources for Older Adults
Beth Shaw McGuire is Coordinator of Tours and Docent Education in the North Carolina Museum of Art in Raleigh, North Carolina. She oversees the NCMA's tour program, which serves over 25,000 people a year and coordinates professional development for 121 volunteer docents (museum guides). She has a B.S. in Educational Studies with an emphasis in museum education from Kent State University, and additional graduate level coursework in art history and education. Prior to coming to the North Carolina Museum of Art, Beth worked as a museum educator at the Ackland Art Museum for over twenty years, where she was responsible for docent training, outreach programs, school and teacher programs, family and children's programs, and ensuring accessibility to people with disabilities.

Music Therapy: Celebrating and Serving a Diverse Client Group Through Music
Jane Maydian is a nationally board certified music therapist. She has a Bachelor's Degree in Music Therapy from Queens College and has completed graduate work in Music, Music Therapy and Counseling at Georgia State University, and the University of Florida. She is a Remo Endorsed Healthrhythms facilitator. With over twenty years of experience as a music therapist and music educator, Jane has worked with a wide variety of populations ranging in age from infants through geriatrics. She also serves individuals with physical, cognitive, and psychiatric disabilities. Her research on music and memory has been presented nationally by both the American Association of Music Therapy and the National Association of Music Teachers. She has facilitated corporate team building and group empowerment with Florida Power and Light, Grummond, Pratt & Whitney, Palm Beach County Schools, Martin County Schools, among others. Currently she is Director of Allegro Music Therapy & Education Services an agency providing music therapy and education services to individuals as well as assisted living, hospital, memory care, skilled nursing, hospice, community groups and programs serving individuals with physical and developmental challenges.

Engaging Non-English Speaking Elders in the Arts

Betsy Renfrew holds a Master of Fine Arts in Painting and Drawing from UNCG with additional studies done at Penland School of Crafts and the documentary studies certificate program at the Center for Documentary Studies at Duke. She has over 15 years teaching experience in various NC community colleges and more recently has been teaching English as a Second or Other Language (ESOL) to refugees and immigrants in the Greensboro area. Betsy enjoys exploring art and cultural diversity by working with/learning from the Montagnard Community. She has brought elder Montagnard artists to arts festivals including the NC Folklife Festival in September, 2013 and other public events to share their weaving and basketry skills. She also participated in the Community Folklife Documentation Institute between 2009-2011, documenting traditional Montagnard weaving and video documentation with the refugee community. She is teaching refugee and immigrant elders to create books using hand-made paper from local fiber sources and traditionally woven Montagnard textiles (as well as recycled and re-purposed materials). She shares a plot at a local community garden with the Women's Learning Group, a group of Montagnard grandmothers who are learning English and health literacy while raising vegetables to sell at the Farmer's Market.

Christine Heinrich is the President of the Korean Seniors Association of Greater Greensboro and has served as Southeastern Vice President for the Korean American School where she coordinated Korean schools and developed teacher training in 5 states. Christine taught at the Korean School of Greensboro for 30 years and served as principal from 1998 to 2003. She also taught cooking classes in American, Italian, and Asian cuisine at Rockingham Community College for 15 years.

Hanjo Cho is a graduate student studying Gerontology with NPOs Management Track at UNC-G. He received a bachelor degree in Political Science from Hanyang University, Seoul, South Korea. As a field expert in senior-friendly business, he taught "Global senior-friendly business cases and insights" at Hanyang Cyber University and Cha University from 2008 to 2014. He also published "Global senior-friendly leisure business cases and insights" with Maeil Economic Newspaper and colleagues in South Korea. He is the Secretary of Korean American Association of Greater Greensboro and a member of Preparatory Committee for Korean Education & Culture Center at Greensboro. Since 2006 he has served as a Senior-friendly Business Consultant in both South Korea and the US.

Reflections: The Nasher Museum’s Alzheimer’s Project

Jessica Ruhle established and directs Reflections: The Nasher Museum’s Alzheimer’s Project. She presented the project internationally in Belfast at IdeasLab 2015 on the topic “Dementia, Arts and Culture.” She was also named “North Carolina Art Museum Educator of the Year” (2014-15) by the N.C. Art Education Association. This annual award recognizes museum educators who creatively engage all museum visitors. Jessica has been at the Nasher Museum since 2010. In the Education department, she has been responsible for K-12 tours, teacher workshops and Family Day events. She now leads the Reflections program and directs the gallery guide program. Prior to being at the Nasher Museum, Jessica worked in Museum Education across the Triangle. She worked in teacher programs at the NC Museum of History, led art camps for the NC Museum of Art, and was responsible for arts programming at Marbles Kids Museum. Before arriving in NC, Jessica worked in distance learning for the Smithsonian American Art Museum. Jessica has a MAT in Museum Education from The George Washington University, as well as a degree in Art History from Davidson College.

Engaging LGBTQ Elders

Jody Clayton is the Director of Sales for Heritage Greens, a Kisco Senior Community. He is seen as the Maverick, or as an unorthodox negotiator. His experience in public relations, marketing, education, human relations, and advocacy serves to connect the greater community to Heritage Greens. Jody holds a Bachelor of Arts from UNC Greensboro in Communication Studies/Public Relations, and a Master of Arts from UNC Charlotte in Counseling (Mental Health). He is a licensed therapist by the State of North Carolina (LPCA).

Brenna Ragghianti serves as the Executive Director for GGF. Brenna is a recent Elon University School of Law graduate and holds a Master of Public Administration degree, with a focus in nonprofit administration, from the University of Memphis. Prior to moving to Greensboro to attend law school, she served as the Development and Donor Relations Manager at the Women’s Foundation for a Greater Memphis.

K. Alan Tutterow, is Executive Director/CFO Well•Spring Retirement Community. He joined Well•Spring Retirement Community in 1993 as Chief Financial Officer. In February 2015, he was promoted to Executive Director and he continues to serve as CFO. Alan received his accounting degree at the University of North Carolina at Chapel Hill in 1984 and is a certified public accountant. He is licensed by the State of North Carolina as a Nursing Home Administrator and is certified by LeadingAge as a Retirement Housing Professional. He is a past member of the Board of Directors and Treasurer of Hospice and Palliative Care of Greensboro. He serves as a financial surveyor for the Commission on Accreditation of Rehabilitation Facilities/Continuing Care Accreditation Commission (CARF/CCAC). Additionally, he serves on the Board of Directors for PACE of the Triad and PACE of the Southern Piedmont. He is a member of Phi Beta Kappa, Beta Alpha Psi and Beta Gamma Sigma.

Introduction to Compassion Cultivation Meditation

A former Buddhist nun in the Tibetan tradition, **Robin Hart** completed the Compassion Cultivation Training (CCT) at Stanford in 2014. Robin worked for over a decade as Programs Director for EngAge (www.engagedaging.org), a nonprofit organization devoted to life-enhancing programs for seniors living in independent living communities throughout Southern California. Serving a diverse cultural population of 15 communities in three counties, Robin created customized curriculum and programing in the realms of wellness, life-long learning and creativity, such as “The Kitchen Sink Sessions,” “Cooking Down Memory Lane,” numerous Living History projects and “Seize the Day” emotional wellness seminars.

Accessibility 101: Understanding the ADA and asking for disability accommodations at Cultural Arts Organizations

Betsy Ludwig is the Executive Director of Arts Access, a nonprofit that works to make the arts accessible to people with disabilities. Originally hired as Program Director, she has been with Arts Access for 5 years. She has a BA in Social work from Salem College, a MS in Therapeutic Recreation from UNC-Chapel Hill and Course Work in Arts Administration from NYU. Betsy has worked as a Social Worker, Therapeutic Recreation Specialist, Inclusion Specialist/Trainer, and Program Administrator for group homes, day programs, hospitals, public schools and community non-profits.