

# 7th CECD International Conference on “Creativity and Aging”

## Pre-conference Workshops Description

**Thursday, September 8, 2016**

### **Morning Workshop: 9:00 – 12:00**

#### **Gary Glazner: Celebrating Creativity in Elder Care (CECD 6 LUs)**

The Alzheimer’s Poetry Project (APP) draws on a unique blend of language, humor, touch and movement therapies. This fun, high-energy workshop is packed-full of simple techniques to help create high-quality arts programs. The skills highlighted in the workshop include improvisation, combining dance, music and spoken word performance. This workshop builds communication skills and helps increase the ability to connect with people living with memory loss. We explore how to perform and create new poetry with people living with Alzheimer’s disease and related dementia. The workshop will show how to use art to engage people in discussions that lead to the creation of new poetry, stories or songs. The workshop participants will leave the workshop with increased knowledge of projection, articulation, pacing of the recitation, dynamics, and how to bring out the emotional content of the poem. These skills form the core of good public speaking and build the participant’s confidence.

### **Morning Workshop: 9:00 – 12:00**

#### **Dalia Gottlieb-Tanaka: The Creative-Expressive Abilities Assessment tool (CEAA) for People Living with Dementia (CECD 6 LUs)**

This workshop discusses the reasons for developing the Creative Expressive Abilities Assessment (CEAA) tool and the benefits of using it. The tool was designed to obtain in-depth information on the expressive abilities of people living with dementia. It focuses on a wide range of abilities that have shown changes and improvements when seniors participated in appropriate and relevant creative expression programs. The CEAA tool is easy to use for practical purposes, research and data collection, for grant applications, and progress reports. The CEAA tool is available for purchase on-line: see [www.dementia-activities.com](http://www.dementia-activities.com)

## **Afternoon Workshop: 1:00 – 4:00**

### **Jim Arnold: The Power of Music: Hands-on Music Recreation Activities (CECD 6 LUs)**

“The Power of Music” provides participants with the knowledge and skills to lead effective music activities. Participants will learn how to lead effective music and dance activities. The workshop contains relevant content for quality of life improvement for those living with dementia. It is practical and easy to apply these skills to music and dance activities. The workshop provides for creative expression through music and dance.

## **Afternoon Workshop: 1:00 – 4:00**

### **Leeanne Stringer: Artistic Greeting Cards – Past Inspiration Been Renewed (CECD 6 LUs)**

Greeting cards are meant to engage participants in more than one art form, combining a written component with painting/mixed medium collage. This exercise helps participants reminisce and reach out to someone they think about often but have not connected with in a long time. Participants do not have to mail the greeting card unless they want to, but that remains an option. The written message goes on the back of the card they have created. Many examples will be on display, as well as a non-stop demonstration explaining the process of layering materials, starting with a light acrylic wash in the background. The greeting cards are composed on good quality watercolour paper. Stencils, mark making and collage materials can be used to create an image reflecting the artists’ personality. A clean table is provided for drafting the written greeting while the cards dry. This is a fun and spontaneous exercise, aimed at inspiring the participants’ creativity.

## **Full Day Workshop: 9:00 – 4:00**

### **Anne Brisson: Sculpting With Paper – An Art Doll (CECD 12 LUs)**

This workshop will introduce participants to the creative possibilities of sculpting with paper. We will explore creating a small art doll out of recycled newspaper, finished with an “outfit” of coloured paper. Participants will have time to create a small art doll with a finishing of specialty papers. The process is simple: shaping a body, legs and arms out of newspaper using masking tape to bind and hold the shape. The parts are connected with string. The finishing is made possible with papers glued on to create an outfit.

**Learning Objective:** With this type of technique, the creative process lends itself to creating as you go along. Within a short time, the creative side of your brain is accessed by removing time to think – the analytical brain needs time, but once removed, the creative process is allowed to surface intuitively. An art doll is also a reflection of the person, and usually manifests the creator’s feelings of their own personal image. Colour choice and form choice reflect this. Once finished, the class will critique each other’s piece to see what they see in the other person – what comes out that is not easily expressed through words. It is a fun and simple way to access your creative, intuitive brain, and better understand how you feel about your image.

## **Conference Workshop on Friday, September 9, 2016**

### **2 Hour Workshop: 1:25 - 3:25**

**Judith-Kate Friedman:** Songwriting Across the Cognitive Landscape: What Music, Arts, Improvisation and Neuroscience have to teach us about Healing, Cultural Well-being, Restoration, and Transformation (CECD 4 LUs)

Music is everywhere. It unites, transforms, soothes and inspires us, forging lasting bonds between individuals, communities and generations. Neuroscience now confirms the important role music plays in healthy brain and body function, communication, memory, learning and well-being. This interactive lecture/workshop will combine research, case studies, songs composed in the Oral Tradition and results from Songwriting Works™ projects serving elders and others across the cognitive, physical and emotional health continuum. Attendees will experience facilitation methods that integrate consensus process, improvisation and story, image and melody sharing. They will witness how self-esteem, dignity and artistic expression can increase when one starts with the premise that everyone is inherently intelligent, creative and musical.

#### **Learning Objectives:**

- 8 Principles of Creative Engagement—access, inclusion, originality, authenticity, respect, reciprocity, restoration and celebration—applied in real-life situations for participants, care partners, teaching artists, researchers, et.al.
- Methods that unleash one’s own and others’ innovation, intelligence and intuition when musically collaborating with diverse constituents
- Ways to identify needs and provide accessible, inclusive creative engagement opportunities for persons diverse in health, age, ethnicity, class, education, faith and lifeways, particularly those who are too rarely seen, heard or represented within North American dominant culture and communities of care

## Lectures

**Friday, September 9, 9:10 – 9:45**

**Joni Vajda:** Sharing Information on One of the Best Senior Centres in Canada, West Vancouver Seniors Activity Centre, Including Their Outreach Programs for Seniors Living with Dementia *(CECD 1 LU)*

**Friday, September 9, 9:50 – 10:25**

**Gary Glazner:** Dancing with Poetry *(CECD 1 LU)*

Gary Glazner an award winning New York based poet gives a talk on the Creative Aging Movement. Glazner shares from his over ten years work as founder of the Alzheimer's Poetry Project. He gives examples of evidenced-based, dance, music, storytelling and visual arts programs highlighted in his book ***Dementia Arts: Celebrating Creativity in Elder Care***, Health Professions Press, 2014. This fun, high-energy talk is packed-full of simple techniques to help create high-quality arts programs. The talk builds communication skills and helps increase the ability to connect with people living with memory loss. The methods are useful with all audiences and transferable to working with other disability communities and cognitively well elders.

The goal of the lecture is to enhance professional practice, values, skills, and knowledge by identifying key issues related to communicating with people living with Alzheimer's disease and related dementia and to explore how the arts may address these issues. This lecture is recommended for teaching artists, social workers, counselors, family members and therapists and is appropriate for beginning and advanced levels of practice.

**Friday, September 9, 11:05 – 11:40**

**Isobel Mackenzie: Seniors Advocate, Government of British Columbia**

**Friday, September 9, 11:05 – 11:40**

**Anne Brisson:** Using Time as a Creative Tool

*(CECD 1 LU)*

Most people will claim not to be creative. Yet these people have never tried. Creativity is in all of us, we just need to learn how to access it. In this lecture, I will be speaking about using "time" as a creative element. By removing time to think, or time to ponder, most people can make creative choices without their rational brain getting involved. In the lecture, I will have a one minute timer, and will ask everyone in the audience to create something on paper within that minute. By coaching them to trust their intuitive decisions, they will produce an image that they can either further develop or that can be

a finished piece. Creativity just needs to be accessed intuitively, and in this lecture I would like to illustrate to people how that can be done and how that can be taught in creative sessions.

**Friday, September 9, 11:45 – 12:20**

**Dalia Gottlieb-Tanaka:** The At This Age Group in Vernon, BC – A story of a Successful Program for Aging Adults *(CECD 1 LU)*

Dalia will share her experiences working with older adults of healthy cognition and older adults living with dementia. Dalia's lecture will stimulate participants' own creative thinking and refresh their own ideas. Her most recent work is based on her group At This Age in Vernon, BC. Members of the group will be joining in and share their own experiences as well.

**Saturday, September 10, 9:00 - 9:45**

**Terrie Babuik and Alison Miller:** I Came for Her and Stayed for Me *(CECD 1 LU)*

Terrie, who is a professional caregiver, joined the group At This Age in Vernon, BC, as a caregiver of a senior living with dementia and discovered that the art sessions were as important to her as to her client. Alison, a daughter (and one of 3 siblings) caring for her mother Madeleine will share her story as an informal caregiver while participating in art activities together with her mother.

**Saturday, September 10, 9:50 – 10:25**

**Mary Jane Knecht:** Enriching Quality of Life Through Arts Engagement for Persons Living with Dementia and Their Care Partners *(CECD 1 LU)*

This lecture examines creative engagement that celebrates present-moment awareness and new possibilities of creative expression for adults living with dementia and their care partners. Mary Jane Knecht, Manager of Creative Aging Programs, Frye Art Museum (Seattle), will introduce *here:now*, an onsite arts engagement program for adults living with dementia and their care partners, and *Bridges*, the Museum's new home-based arts program. Current research regarding benefits of arts-based programs will be reviewed. A sampling of resources will be provided for family members and professional staff to create meaningful activities that encourage participation and self-expression of persons living with dementia.

**Saturday, September, 10, 10:50 – 11:25**

**Dalia Gottlieb-Tanaka:** Introductory to the Creative Expressive Abilities Assessment (CEAA) Tool. Designed for people living with Dementia *(CECD 1 LU)*

New tools are needed for assessing and documenting the diverse benefits of creative activity and related programs, which are effective in maintaining and enhancing the expressive abilities and quality of life of seniors living with dementia. This CEAA Tool will permit health care service providers to fine tune their programming and invest their limited resources in the best interests and for the long-term benefit of the seniors in their care. In addition, this is a strength-based and person-centered assessment tool. It focuses on the positive aspects of human creative expression in dementia care.

**Saturday, September 10, 1:35 – 1:10**

**Julie Gross McAdam:** But, I can't draw a straight line! Creative ways to facilitate an art activity with people living with dementia. **Video presentation.** *(CECD 1 LU)*

The art therapist, the late Edith Kramer, believed that "I can't draw a straight line" is perhaps one of the most common denials that facilitators hear. But, those who have worked for a long time with people living with dementia know that nothing could be further from the truth. Facilitators also know, that it takes a particular diplomatic skill and experience to negotiate an engaging and purposeful experience for a person, who is reluctant to pick up a paintbrush. Dr Julie Gross McAdam has spent more than fifteen years encouraging nervous painters to take the plunge. In this presentation, Julie will share some of her tried and true techniques. At the same time, she will explain the reasons why the techniques work so well, with people living with dementia.

## **Abstract Submissions/Lectures**

**Saturday, September 10, 9:50 – 10:25**

**Jodi Besler:** Seniors Story Day: A Community Intergenerational Life Review Project

This project was developed to make seniors feel valued and to enhance relationships between seniors and their families while ensuring stories are remembered and documented. This project allows families learn more about their loved ones. It also opens up a dialogue and a better understanding between generations.

**Saturday, September 10, 10:50 – 11:25**

**Alison Cada:** Creative Arts, Dementia and Nursing Students - Building Connections, Confidence and Empathy

Through the process of creating art, I want to bring joy and meaning to the life of the elderly. We work with people living with Dementia who still live at home and participate in Adult Day Program and those who live in a Long Term Care dementia unit. We ask if

people with dementia can learn new things, can art help people with dementia express themselves creatively and build confidence, and can nursing students develop empathy by working with the elderly using art? We apply the Opening Minds through Art program and incorporate a Best Friend approach as part of the student/volunteer training. Impact was witnessed and documented via video and evaluation tools. We learned that people with dementia can still learn and are capable of making social graces or connections. This process builds bridges across ages and cognitive barriers. Art is an effective tool to build confidence, helps with creative expression, and promotes independence. We found a positive impact on the nursing students and that focusing on the person and not the disease is best. Art can bridge the gap between younger generations and people with dementia.