



Workshop on Creativity, Aging, Memory & Health

Why being engaged in creative expression activities is important as we age and what we can do about it

If you are a program facilitator, a recreation or arts therapist, a caregiver, a care partner, in medical services, a care facility administrator or staff, a student, a volunteer and/or a curious individual, this workshop is for you. **To register, please log on: www.cecd-society.org**

DALIA GOTTLIEB-TANAKA, PhD, *Chair, Society for the Arts in Dementia Care, Speaker, Researcher, & Trainer*



Dalia Gottlieb-Tanaka earned her PhD from the University of British Columbia in 2006 in the Institute of Health Promotion Research and the Interdisciplinary Studies Program. In 2011 she completed a Post Doctoral Fellowship with the Department of Psychology at UBC. In 1976 she graduated from the Bezalel Academy of Arts & Design in Jerusalem, and in 1980 received a Master's of Architecture degree from UBC. After working in architecture for about 30 years and raising a family, Dalia returned to school to pursue a new direction in gerontology, specifically in the study of creative expression, dementia and the therapeutic environment.

DALIA'S PROGRAM: THE CREATIVE EXPRESSION ACTIVITIES PROGRAM

This program was conceived and developed for seniors with dementia, won an award from the American Society on Aging and the MetLife Foundation. She continues to deliver presentations and workshops demonstrating the program and her research work in the US, Canada, Israel, Australia and Europe. Dalia founded the Society for the Arts in Dementia Care in British Columbia and is the moving force behind the annual international conferences and workshops on creative expression, communication and dementia (CECD).

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JEANNE SOMMERFIELD, *Therapeutic Recreation Practitioner*



Jeanne is past president of the Leisure Practitioners' Association of BC and a Executive Board Member of the Society for the Arts in Dementia Care. In her approach to working with seniors, she endeavours to provide opportunities for meaningful engagement, based on programs that enhance dignity and validate life experience. Jeanne greatly enjoys the opportunities available through conferences and workshops to keep abreast of current academic and practical research and resources in the field of gerontology, which she then shares to foster an awareness and understanding of leisure, recreation and wellness for elders. As a practitioner working daily with seniors of all abilities, Jeanne's goal is to enhance dignity, provide support, increase understanding, and improve the quality of life for seniors and their families.

JEANNE'S PROGRAM: FEARLESS CREATIVITY IN CREATIVE WRITING

Creative expression is a universal human need in which people of all ages and abilities can participate. This program will provide you with ideas on how to engage elders in a process that encourages them to express their creative thoughts using imagination and life experience to produce written work based on group discussion around a theme. These sessions can build a sense of community among all participants. Everyone is invited to join. Together, we will look at the value of creative expression programs and discuss practical ways of encouraging fearless creativity.

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When: Saturday, March 8, 2014 from 12:30 to 5:30pm

Where: Schubert Centre, 3505 30th Avenue, Vernon, BC, V1T 2E6

Price: \$150 a person

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