

# A CELEBRATION OF CREATIVITY

Highlights of The Society for the Arts in Dementia Care permanent art collection based on artworks collected in the last 10 years and produced by people living with dementia

July 4 – 27, 2014

Ferry Building Gallery  
West Vancouver, BC

*Spring 2013: Abstract Expression through Knitting  
by a Senior with Memory Impairment*



The Society for the Arts in Dementia Care is excited to be celebrating its 10<sup>th</sup> anniversary in the same place where it all started; in West Vancouver. The idea for the Society originated in British Columbia in 2003. It grew out of the experience of **Dr. Dalia Gottlieb-Tanaka**, who had developed a program of Creative Expression Activities in her work with seniors with dementia. Dalia sought to engage a wider audience of professionals and practitioners in exchanging ideas and strategies to address dementia care. In 2004, with the generous help of the **District of West Vancouver** and under the leadership of **Ruth Payne, Director of the Ferry Building Gallery**, Dalia arranged a successful exhibit of artwork produced by the seniors with dementia she worked with; it took place at the Ferry Building Gallery in West Vancouver.

To our amazement, more than 4,000 people visited the gallery over three weeks. These people were thirsty for some positive news about friends and family members who had been stricken with dementia. They were craving for information and recognition of their loved ones' worth as human beings who could still enjoy life, despite their limited abilities, for as long as possible. The visitors' book was filled with appreciative comments and congratulations. The exhibition included seminars and workshops free of charge, and was attended by healthcare providers, caregivers, seniors with dementia and the community at large.

The exhibit and related events served as a catalyst for seven conferences that The Society organized over time. The conferences on **Creative Expression, Communication and Dementia (CECD)** introduced a new concept and new forum where anyone with an interest in dementia care and creative activities could come together to exchange ideas; academics, medical experts, researchers and caregivers responded enthusiastically.

Beginning on **July 4 – 27, 2014**, five presentations will be offered throughout the **3-week art exhibition** displayed at the **Ferry Building Gallery** from. Many of the presenters have a long-standing history with the Society and their devotion and commitment to research and work in dementia care is exceptional. Each presentation will be 90 minutes long; 30 minutes for each presenter with 30 minutes allocated for discussion and questions from the public.

An **Opening Reception** will be held on **July 4, 2014** from **6:00 pm – 8:00 pm**.

## PROGRAM SCHEDULE

Date & Time	Presenter	Topic
Friday, July 4 @ 2:00 pm Opening Reception @ 6:00 pm	Caroline Edasis	<i>Art Therapist as Change Agent within Dementia Care Communities</i>
	Shelley Klammer	<i>Looking Into the Creative Process of Artists with Dementia</i>
Tuesday, July 8 @ 2:00 pm	Dalia Gottlieb-Tanaka	<i>Why Being Engaged in Creative Expression Activities is Important as We Age</i>
	Nick Whittle	<i>How to Support Creative Expression Programs in the Care Industry</i>
Saturday, July 12 @ 2:00 pm	Jeanne Sommerfield	<i>Creative Moments in Everyday Relationships</i>
	Michael Berg	<i>How to Fully Engage Dementia Residents Mentally and Physically in a One Hour a Day Program</i>
Saturday, July 19 @ 2:00 pm Discussion with the Audience	Paddy Bruce	<i>The Circle of Life and Making of the Dignity Quilt</i>
	Sheila Jones	<i>The Gift of Now – This Fleeting Moment</i>

## LIST OF PRESENTERS AND TOPICS

### **MICHAEL BERG, Activities Director, Teacher and Actor**

**Saturday, July 12, 2014 @ 2:00 pm**



My eclectic background includes over 30 years of comedy movement theatre, animal studies, exercise psychology, mime, martial arts, *Commedia Del Arte*/ European clown craziness, sports, yoga, dance and improv, plus a BA degree in speech and theatre from SUNY, Brockport USA. I performed on TV as a character actor, writer and producer/director for 18 years. At present for the last 7 years, I am an activities director leading a team of activities professionals in a senior assisted-living & Alzheimer's residence. I draw on my life experience to plan and implement a full-time calendar of entertaining and engaging activities and events that are crafted to meet the residents where they are at any given moment in time. Along with being an entertaining personality who tries to bring the residents much needed moments of joy, my specialty is building innovative mental and physical exercise programs from an eclectic assortment of processes including stretching/strengthening/balance/breathing exercises, mime/theater/improvisation and brain-gym processes. I approach the whole job as an organic process designed to keep me and the residents flexible, aware, growing, interested and happy!

#### **How to Fully Engage Dementia Residents Mentally and Physically in a One-Hour-a-Day Program**

This session will be a participatory example of a step-by-step way to joyfully engage dementia residents in a daily physical and mental exercise program.

**[michaeleberg@comcast.net](mailto:michaeleberg@comcast.net)**



### **PADDY BRUCE, Art Therapist**

**Saturday, July 19, 2014 @ 2:00 pm**



Paddy's art background has a cross-cultural orientation ranging from art school in San Miguel de Allende, Mexico to the London School of Dressmaking and Design in England. Her BFA from Western Washington University is in design and photography. Her work can be seen in a book she published *Milagros: A Book of Miracles*. She has a Master's level degree in Art Therapy from the School of Art Therapy in Victoria, BC. One of her projects is The Dignity Quilt which she conceived to engage residents at the care facility where she works. This creative activity opened a sensitive dialogue with residents about the dying process. The quilt is a colourful and textural coverlet and a symbol of that final journey. It became part of the ritual created at the facility to dignify a resident's final passage by covering individuals as they journey from their room to the facility's main entrance.

#### **The Circle of Life and Making of the Dignity Quilt**

The Dignity Quilt project was conceived to engage residents at The Pavilion, a long-term care facility specializing in dementia care, in an activity of creation that served to open a sensitive dialogue with residents about the eventuality and inevitability of the dying process. She will discuss how decisions were made and the effect they had on residents and how they feel about the importance of dignity and remembrance in the journey from their room to the facility's main entrance.

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## CAROLINE EDASIS, MAAT, Art Therapist

Friday, July 4, 2014 @ 2:00 pm



Caroline Edasis is an artist with a B.F.A. in art from Colorado State University and an art therapist with an M.A. in Art Therapy from the School of the Art Institute of Chicago. Her experiences developing arts programs for individuals living with dementia and their families and caregivers include intergenerational art programs in adult day programs and long-term care facilities, museum art-viewing and art-making programs, a mobile art museum, and her current work at Mather Pavilion, a skilled nursing and memory care community in Evanston, Illinois. She developed the Pavilion's art therapy program and art studio in 2012; as an art therapist within this community, she introduces art-making experiences for residents, staff, and families, using creativity to transform perceptions of aging, cultivate relationships, and emphasize the strengths of people living with diverse physical and cognitive abilities. Caroline frequently presents on the role of art therapy in culture change, as well as the uses of stop-motion animation, intergenerational art, and fiber arts in dementia care. She explores themes of aging, memory, and home through her own art practice and creative writing, using painting, drawing, printmaking, poetry, and animation.

### Art Therapist as Change Agent within Dementia Care Communities

I will share stories of my work with residents of Mather Pavilion. I will explore how art materials can be introduced as relational tools, facilitating connection and social inclusion for people with a range of cognitive and physical abilities, including individuals living with dementia. In particular, I will address fiber arts, intergenerational puppet-making, and stop-motion animation with individuals and groups. Examples will demonstrate the significance of art therapists identifying as change agents within skilled nursing and memory care settings, introducing art-making opportunities to transform perceptions of aging and cultivate person-centered relationships.

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## DALIA GOTTLIEB-TANAKA, PhD, Chair, Society for the Arts in Dementia Care

Tuesday, July 8, 2014 @ 3:30 pm



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 Doctorate 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.

The Creative Expression Activities Program she 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).

### Why being engaged in Creative Expression Activities is Important as We Age?

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## **SHEILA JONES, *President, International Wordsmiths Ltd.***

**Saturday, July 19, 2014 @ 2:00 pm**



Sheila Jones is co-founder and president of International Wordsmiths Ltd., a technical writing and editing firm based in Vancouver, Canada. One of the first women to earn the Bachelor's degree from Harvard University, she actively promotes excellence in technical communication. As president of International Wordsmiths she advocates the use of plain language to all clients. She serves on the board and provides writing for shameless hussy productions, a theater group that develops provocative plays on women's issues. She collaborates on writings on Creativity, Dementia and the Therapeutic Environment with Dalia Gottlieb-Tanaka, a life-long friend. She sings jazz standards with like-minded individuals from the shameless hussies in Vancouver and, previously, at conferences with The Rough Drafts.

Sheila Jones is a member of the Canada West Coast chapter of the Society for Technical Communication and was elected a Fellow of the STC in 2004. She was named Manager of the STC's Honorary Fellows Nominating Committee in 2003. Honorary Fellows are not STC members but their life work has advanced the cause of technical communication. Examples are Stephen Jay Gould, David Suzuki, David Macaulay and Maxine Singer. In 2006, accepting the honor, Vinton Cerf and Robert Kahn described their role in the birth and nurturing and future of the Internet. Honorary Fellows are STC heroes, both for what they have accomplished, and as role models in communicating technical material in meaningful and understandable ways.

**Keynote: *The Gift of Now – This Fleeting Moment***

**[sheilajones@shaw.ca](mailto:sheilajones@shaw.ca)**



## **SHELLEY KLAMMER, *Reg. Counsellor, Expressive Artist & Therapeutic Art Facilitator***

**Friday, July 4, 2014 @ 2:00 pm**



Shelley Klammer is a Registered Counsellor, Expressive Artist and Therapeutic Art Facilitator in Artworks Studio in Burnaby, BC. Artworks Studio is the largest government-funded art studio for the elderly in Canada. With a team of 10 instructors, she facilitates painting, textile and weaving projects for seniors with dementia and/or physical challenges. Shelley's intuitive approach to facilitating art is grounded in the direct experience of engaging varied populations in group and individualized art-making processes. Shelley writes and facilitates expressive art online e-courses and provides individualized creative self-expression programs world-wide. She has written a guidebook called, "How to Start an Art Program for the Elderly" that discusses over fifty ways to inspire people with dementia to create art.

**Looking Into the Creative Process of Artists with Dementia**

The need to self-express is different for each individual and no one directive can properly encapsulate the creative process that each person with dementia needs to express their individuality. This presentation offers a myriad of person-centered ways to engage people with dementia in the art-making process by finding out what motivates each individual to express their inner life and enjoyment in a way that is unique to their emotional needs, life history, talents, motivations and interests.

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## **JEANNE SOMMERFIELD, *Therapeutic Recreation Practitioner***

**Saturday, July 12, 2014 @ 2:00 pm**



Therapeutic Recreation Practitioner and past president of the Leisure Practitioners' Association of BC, Jeanne Sommerfield will share her experiences as a practitioner working with people with dementia and in her creative writing program. In her approach to working with seniors, she endeavours to provide opportunities for meaningful engagement in all domains, 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 disseminates with others to create an awareness and understanding of leisure, recreation and wellness for Elders, thereby promoting the field and supporting those who work within it. 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.

### **Creative Moments in Everyday Relationships**

I explore the ways in which everyday interactions with seniors reflect creativity, encourage meaningful expression, assist in developing relationships and engage meaningfully with individuals or groups 'in the moment'.

**[cjsommerfield@telus.net](mailto:cjsommerfield@telus.net)**



## **NICK WHITTLE, ACMA (U.K.), CGMA, CPA, CMA**

**Thursday, July 17, 2014 @ 2:00 pm**



Nick holds professional accounting designations in the U.K. and Canada as well as being a Chartered Global Management Accountant. His financial and management experience spans more than 40 years, 26 of which have been in healthcare with 15 years in banking, manufacturing and retail sectors. Nick's healthcare experience began at the Foothills Hospital in Calgary, Alberta before moving to BC as Director of Finance at Fraser-Burrard Hospital Society, which became the core of the Simon Fraser Health Region. Later on, Nick became the Regional Director, Finance and Material Management, for the North Shore Health Region, now part of Vancouver Coastal Health Authority.

Nick developed a keen interest in complex care and became a member of various continuing care funding and contract committees in the BC Ministry of Health and Health Association. In 2003 he became Chief Financial Officer of Unicare Homes and Administrator of Inglewood Care Centre, a 235-bed complex care facility in West Vancouver. While at Inglewood Nick became an Eden Associate and implemented the Eden Alternative at the facility. After 5 years at Inglewood, Nick joined Park Place Seniors Living as Site Leader of their Hilton Villa facility before returning to Inglewood to manage the care and support service contracts for Carecorp Seniors Living. Nick is currently Chief Financial Officer for The New Vista Society in Burnaby, BC, operating a 236-bed complex care facility and numerous projects for seniors and low income housing.

### **How to Support Creative Expression Programs in the Care Industry**

Why don't creative expression programs get enough support in the care industry in spite of growing evidence that they are beneficial in reducing depression, increasing self-esteem, lessening the number of visits to the doctors, increasing the quality of life and reducing stress put on caregivers? Some suggestions for CE facilitators will be included to promote the status of CE facilitators in the care industry? And what issues to look for when families inquire about a care facility for their loved ones.

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## THANKS TO OUR SPONSORS OVER THE LAST DECADE

We are especially grateful to Ruth Payne, the Director of the Ferry Building Gallery. Her strong support that started 10 years ago helped launch our Society. We would like to thank the District of West Vancouver for donating the venue in-kind, for promoting our event and for making it available to the public at large.

We received financial support from Pfizer, the Alzheimer Society of Canada, Canada Post, and various Health Authorities in BC as they sent their staff to our conferences. The University of British Columbia supported our first conference, which took place on their campus in 2005. We would also like to take this opportunity to thank the various media outlets, such as the North Shore News, The Vancouver Sun, The Morning Star in Vernon, and Experience 50+ Living.

We were fortunate to have the support of very committed volunteers over the years and the support of renowned researchers, such as Dr. Remi Quirion, Chief Scientist of Québec and past Scientific Director of the Institute of Neurosciences, Mental Health and Addiction (INMHA); Dr. Shaun McNiff, a professor at Lesley University in Cambridge, Massachusetts and past President of the American Art Therapy Institute; and Dr. Peter Graf, a professor of psychology at UBC and Director of the NSERC and CIHR-funded Memory and Cognition Laboratory.

We are most grateful to all the seniors living with dementia who collaborated with us on many projects and to their families who understood what we were trying to do. Ten years is a long time for a non-profit organization to last and was in part due to help from people such as our Webmaster, Joerg Butz, our creative writer and advisor, Sheila Jones, and our Master of Ceremonies, Carmel Tanaka. Finally, this is the time to thank our most devoted Board of Directors in Canada led by Dr. Dalia Gottlieb-Tanaka, and in Australia led by Hilary Lee for their wonderful support. This space is not big enough to mention everyone and we extend our apologies if we left anyone out. We look to the future with great hope and we wish you all success in your efforts and good health.

### THIS EVENT IS SPONSORED BY:



THE SOCIETY FOR  
THE ARTS IN DEMENTIA CARE



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