

Sondra and David S. Mack Student Center, North Campus
Multipurpose Room

Tuesday, December 1, 2009 | 8 a.m. to 3 p.m.

Creativity and Aging: Responding to Diversity and Increased Longevity

presents

Department of Counseling, Research, Special Education and Rehabilitation
Gerontology Center in partnership with the Creative Arts Therapy Program

Hofstra University, School of Education, Health and Human Services



2008119/09

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Creativity and Aging: Responding to Diversity and Increased Longevity

School of Education, Health and Human Services
Office of Professional Development Services
120 Hagedorn Hall
119 Hofstra University
Hempstead, NY 11549-1190



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About the Presenters:

Chuck Van Horn

Chuck Van Horn's passion is watercolor and his mentor is John Pike. Mr. Van Horn currently teaches watercolor at The State University of New York at Farmingdale and computer illustration and design at Nassau Community College. He gives numerous workshops and lectures and is a member of the Art League of Long Island, Huntington Arts Council and the Salmagundi Club in Manhattan. Mr. Van Horn won first prize in the Salmagundi members' exhibition "Something Old, Something New" and an honorable mention in the Art League of Hilton Head 2008 National Juried Show. His art is owned by Fortune 500 companies and is in private collections in the United States and Europe.

Johanna Cutolo

Johanna Cutolo, LCAT, ATR-BC, CTRS, is an artist and art therapy consultant with the Gurwin Jewish Nursing and Rehabilitation Center in Commack, New York. She also serves as an adjunct faculty member for Hofstra University's Graduate Art Therapy Program. Ms. Cutolo has worked as an art therapist with the geriatric population for more than 20 years and draws upon her many experiences with the elderly throughout her presentation.

Nancy Barker

Over the course of her career, Dr. Barker has worked with older persons and their issues in various venues that included an assisted living facility, a congregate living facility and community services. She entered the gerontology program at Fordham's School of Social Welfare at Lincoln Center, where

she earned a Ph.D.; her dissertation focused on elder abuse. Currently she teaches social work full time and enjoys being an adjunct in Hofstra's Graduate Gerontology Program.

Jacob Berlin

Jacob Berlin is director of therapeutic recreation at the Parker Jewish Institute for Healthcare and Rehabilitation. The department consists of 11 individuals who are responsible for all the leisure activities that take place at the sub-acute and long-term floors as well as all off-premise events that involve facility residents.

Suzanne Cellura

Suzanne Cellura is the curator of our senior art exhibit. She is a graduate student at Hofstra University working toward a master's degree in creative arts therapy with a certificate in gerontology. Ms. Cellura has interned at Gurwin Jewish Nursing and Rehabilitation Center and South Oaks Hospital.

Karin Cohen

Karin Cohen has enjoyed seven years as the art therapist/art facilitator at Parker Jewish Institute for Healthcare and Rehabilitation. Working with the residents at Parker has taught her just how adventurous and open-minded people can become later in life; quite the opposite of the stereotype. She reassures her artists that to make art, no experience is necessary, surprising things will come up, and "Perfection is overrated and artistically uninteresting."

For directions to campus and a printable campus map, please visit: hofstra.edu/directions. Hofstra University is an EO/AA/ADA educator and employer.

REGISTRATION INFORMATION | Tuesday, December 1, 2009 | 8 a.m.-3 p.m.

The conference fee is \$90, senior discount fee is \$40, and the student discount fee is \$20, which includes a continental breakfast and buffet lunch. A special fee of \$10 will be extended to those who are exhibiting artwork.

The conference starts promptly, so please allow time for traffic and parking.

The registration form, along with payment, should be returned no later than Monday, November 23, 2009 to:

Martin Blum, Assistant Dean
Office of Professional Development Services, School of Education, Health and Human Services
120 Hagedorn Hall, 119 Hofstra University
Hempstead, New York 11549-1190
Phone: (516) 463-5750 • Fax: (516) 463-4370

YES! Please enroll me in Creativity and Aging: Responding to Diversity and Increased Longevity

Date _____ Name _____ Title/Position _____

Institutional address _____

Telephone (work) _____ Telephone (home) _____ E-mail _____ @ _____

Breakout Sessions

1) _____ 2) _____ 3) _____ Please mark first (put a "1" in space) and second (put a "2" in space) choices.

Some workshops have limited space; early registration is highly recommended.

Special Diets: I require a vegetarian lunch. _____ I require a kosher lunch. _____

Method of Payment: Checks and purchase orders must be made payable to Hofstra University.

A check in the amount of \$ _____ is enclosed.

\$90 General registration

\$40 Senior rate (62+, please attach proof)

\$20 Student rate (please attach copy of college ID)

\$10 Exhibitor's rate (please attach title and photo of artwork)

A district purchase order in the amount of \$ _____ is enclosed.

Visa/MasterCard is accepted. To pay by credit card and register online, please visit hofstra.edu/edworkshopreg.

Fees are nonrefundable, unless cancellation notification is provided at least 48 hours in advance of the conference.

Creativity and Aging: Responding to Diversity and Increased Longevity

A conference designed for professionals concerned with aging and creativity, including those working in therapeutic settings and with active aging people. Seniors and their caregivers are also welcome to attend. The senior population in the New York metropolitan area is living longer, and is more diverse than ever before. Hofstra's Gerontology Center, in partnership with the Creative Arts Therapy Program, explores the interplay of aging and creativity in this daylong conference. In addition to our keynote speaker, the conference will showcase artwork by older people from Parker Jewish Institute, Five Towns Senior Center and Glen Cove Senior Center. Members of the Hofstra faculty will speak on the interplay of creativity and lifelong learning. Throughout the day there will be exhibits of older people's artwork from select sites in Nassau, Suffolk and Queens, and commentary from professional artists who are retired but still actively creative.

AGENDA

8-9 a.m.

Registration and Breakfast, Multipurpose Room

9-9:10 a.m.

Welcome: Martin Blum, Assistant Dean

School of Education, Health and Human Services

Jeff Rosenfeld, Hofstra University

Gerontology Center

Student Center Theater

9:10-10:15 a.m.

Connie Goldman; Secrets of Becoming a Late-Bloomer: Staying Creative, Aware and Involved

"Creativity is often mistakenly thought of as a rare gift available only to the gifted and the young. Many years of conversation with older persons have convinced me that creativity is a part of their daily activities, offering satisfaction and meaning. The late psychotherapist Rollo May said, 'Creativity is a capacity we all possess.' I will share stories I've collected from many in mid-life and the years beyond that tell of inspiration and integration of creative opportunities."

Ms. Goldman's exploration of aging grew out of her awareness of ageism in America, and the prevalence of fears and negative myths about mid-life and the years beyond. Many years of conversations with hundreds of people revealed a powerful truth: aging can be viewed as a rewarding quest, not a crisis of desperation, loss and obsolescence. She shares personal stories of continuing emotional and spiritual growth, continuing learning, and the inspiration and integration of creative opportunities. Ms. Goldman has discovered that creativity is a word and a process that is part of daily activities as well as special projects. The late psychotherapist Rollo May taught her that, "Creativity is a capacity we all possess."

Connie Goldman has been exploring that truth for more than 30 years, and shares her insights on aging, art and creativity with the Hofstra community.

10:30-11:30 a.m.

Chuck Van Horn; A Lifetime of Creativity: My Work, My Retirement, My Art

Mr. Van Horn's discussion focuses on how his interest in art led to a career as an art director in the advertising field. He discusses the impact of computer technology and how it prolonged his career. Finally, he discusses how art has affected his retirement years and goals he has for the future as well as his philosophy on making the most out of one's golden years.

11:45 a.m.-12:45 p.m. Lunch

1-2 p.m.

Breakout Sessions

2:10-3 p.m.

Closing Session and Remarks;
Student Center Theater
Connie Goldman, Keynote Speaker:
Reflections on Aging, Creativity and Lifelong Growth
Margaret Carlock-Russo, Creative Arts Therapy Program Director, Hofstra University

► **Each attendee is given a participation certificate at the conclusion of the conference.**

BREAKOUT SESSIONS

1. Hands-on Workshop: Techniques for Creativity With Older Populations

Johanna Cutolo, LCAT, ATR-BC, CTRS

During this conference workshop, participants are introduced to several adaptive techniques that facilitate creativity and maximize art expression for geriatric and physically challenged individuals. Through case study and examples of client artwork, attendees gain an understanding of how these tools/techniques are utilized. An experiential component enables participants to "try out" the ideas that are presented, followed by a question and answer period to facilitate further discussion of this topic.

2. Aging and Creativity: Lifelong Learning and Growth

Nancy Barker

Lifelong learning is a journey of self-expression and growth. As America ages, we are witnessing a startling new concept of age that offers surprising opportunities for lifelong learners, which includes creativity as an essential part of life. Recent research has confirmed that there is a significant impact on the relationship between participating in creative endeavors and positive mental and physical health in later life. Be prepared for your next journey by awakening your creativity.

3. The Quilt: The Story of a Creative Process

Jacob Berlin and Karin Cohen, Parker Jewish Institute

Jacob Berlin and Karin Cohen from Parker Jewish Institute recount the "Creation Story" of this amazing quilt. The quilt represents the loving work of 20 residents receiving long-term care at Parker Jewish Institute. Each of them stitched and embroidered a square, and each of the squares reflects the culture and unique life experience of the resident who created it. With the help of Parker's art therapists, they stitched together these squares and created the quilt, which is on display today. In many ways, this quilt is a celebration of life, creativity, and communities past and present.

About the keynote speaker:

Connie Goldman

"Connie Goldman is on to something. It's called life. Life for all of us who used to be considered on the other side of the hill."

— JIM LEHRER, Journalist,
Host of PBS's *The NewsHour With Jim Lehrer*

"Connie Goldman offers information and inspiration. She believes, as I do, that growing older need not limit a person's imaginations or creativity. Her programs present positive images of aging that can be role models for us all."

— NORMAN LEAR, Television Writer/Producer, Activist and Philanthropist

Formerly on the staff of National Public Radio, Connie Goldman is an award-winning radio producer and reporter. Grounded in the art of personal stories collected from hundreds of interviews, Ms. Goldman's presentations are designed to inform, empower, and inspire. For almost 30 years her public radio programs, books, and lectures have been exclusively concerned with the changes and challenges of aging. Her message is clear — make any time of life an opportunity for new learning, exploring creative pursuits, self-discovery, spiritual deepening, and continued growth.

More than 25 years ago at the age of 50 she felt a calling to go out on her own to explore the positive aspects of aging in a culture that seems to be obsessed with "staying young." Her explorations led to conversations with many famous public figures on a variety of issues related to aging, as well as collecting interviews with hundreds of individuals she's labeled "extraordinary older persons." Through her public radio broadcasts and distribution of her audiotapes, CDs, and books, Ms. Goldman has offered listening and reading experiences that encourage living life to the fullest in mid-life and the years beyond.

Connie Goldman has been a sought-after speaker for more than two decades. Her presentations offer encouragement and inspiration for making positive transitions and continuing to deepen and grow in the second half of life. "I believe it's important ... no, it's imperative ... that as we age we focus on what is gained with the passing years, not what is lost."

"Our attitudes make a great difference in whether we see aging as a crisis or a quest," says Connie Goldman as she develops themes for "conscious aging." These are the values and activities that nurture creativity, awareness, and continuing emotional and spiritual growth as we age.

Her books include *The Ageless Spirit; Secrets of Becoming a Late Bloomer; The Gifts of Caregiving - Stories of Hardship, Hope and Healing; Late Life Love - Romance and New Relationships in Late Years; Tending the Earth, Mending the Spirit - The Healing Gifts of Gardening;* and forthcoming this fall, *Who Am I Now That I'm Not Who I Was - Conversations With Women in Mid-Life and Beyond.*