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## CSARN Bulletin CRAAC - Vol. 2 No. 4 - DEC 2013

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### DECEMBER 2013

We would like to wish all senior Canadian artists the very best for the upcoming holiday season. And best wishes as well for a happy and healthy New Year.

### WHO WE ARE

The Canadian Senior Artists' Network | Centre de ressources pour les artistes aînés du Canada was launched in 2011 by the arts and cultural community to assist professional artists to live in their senior years with dignity and respect. It fulfills its mandate by providing information, programs and services.

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## ONTARIO TRILLIUM FOUNDATION APPLICATION

We are pleased to announce that our grant application to the OTF was approved and we will receive in each of the next three years \$75,000 for our general operations and \$25,000 for the Mentorship Program.

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## MENTORSHIP PROGRAM

The first round of applications from potential mentors and mentees have been received. They are currently being analyzed and categorized so we can start the matching process. Selected applicants will be contacted early in the New Year to schedule meetings between potential mentors and mentees. We expect that each mentee will be able to choose from among several potential mentors, and the meetings will confirm if there is a good fit.

Thank you so much to everyone who has applied. We were thrilled to receive your applications, and we were humbled to see so much talent and passion. We were also very impressed by the quality of your responses to the questionnaires.

Again, we thank you!

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## BOARD NEWS

Sandra Pitblado, seen here at a small reception given in her honour, has stepped down as CSARN's inaugural Chair. CSARN is extremely grateful to this legendary philanthropist and arts supporter, for her time, expertise and strong leadership of our newly-created organization. In addition to her leadership, Sandra and her husband, Jim have made generous financial contributions. All of this has been essential as we have made the transition to being an independent organization working to support senior Canadian artists.

On behalf of the Board of Directors and all the senior artists who have and will benefit from your important contributions, THANK YOU Sandra!!

Elise Orenstein has been elected as the new Chair of CSARN-CRAAC. Elise has a long history of supporting arts organizations, including having been the Chair of the Artists' Health Alliance. We welcome Elise to her new role.

(Left to right: Bob Underwood - AFBS, Elise Orenstein - CSARN Chair, David Hope - The Actors' Fund of Canada, Sandra Pitblado - inaugural Chair of CSARN, Robert Johnston - CSARN Board member, Elisabeth Bihl - Canadian Music Centre, April Britski - CARFAC, Joysanne Sidimus - Mentorship Project Co-coordinator)

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### THANK YOU TO OUR SUPPORTERS!



Lynda Hamilton is a longtime supporter of organisations working to improve the socio-economic condition of professional artists and is the current Chair of the Artists Health Alliance.

Lynda has generously offered to donate \$20,000 for the CSARN Mentorship Program and challenged others to join her in donating to CSARN. This new program has had overwhelming support and applications from the senior artists' community.

Because we are very close to matching her generous offer and are continuing to receive donations, we have extended the deadline to meet this challenge to December 31st. Please **DONATE NOW** either online (by credit card, PayPal or Interac) [HERE](#) or by cheque (cheques should be made payable to CSARN-CRAAC, and sent to CSARN at 1000 Yonge St., Suite 300-B, Toronto, ON M4W 2K2).

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### WALKING HELPS KEEP YOUR MIND IN SHAPE!

Toronto's Baycrest is the global leader in developing and providing innovations in aging and brain health. A recent edition of its newsletter reported that physical activity is important to brain health:

What are the best ways to keep your mind in shape? Take a walk. Ride a bike. Try ballroom dancing. "People are more alert, better able to pay attention, learn and remember new things immediately after doing physical exercise," explains Baycrest neuropsychologist, Dr. Susan Vandermorris.

One study described ballroom dancing as one of the best exercises for brain health because it combines physical exercise, cognitive engagement (complicated steps requiring constant problem-

solving), and social engagement. “While all three factors are beneficial alone, together they seem to be the magic bullet,” says Vander Morris.

Read the whole article [HERE](#).

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## CALLING ALL WRITERS!

Baycrest, has an opportunity for a one-year Writer-in-Residence position to begin in early 2014. This program seeks to integrate a professional writer into a variety of clinical units and programs across the centre, as well as develop initiatives for families, staff and caregivers. We are looking for a professional, practicing writer with an aptitude for working in community settings and a proactive, collaborative approach that will engage a wide range of clients and health professionals.

Direct the application including a writing sample, CV, statement of interest, a description of a potential writing project to be undertaken during the residency and two references (preferably not from agents or publishers) to:

Melissa Tafler, Arts Health Coordinator/Educator  
mtafler@baycrest.org  
416 785-2500 x 2578  
Submissions due January 10, 2014

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The Canadian Senior Artists Resource Network (CSARN) - Le Centre de ressources pour les artistes aînés du Canada (CRAAC) gratefully acknowledges the support of the Ontario Trillium Foundation. The Ontario Trillium Foundation is an agency of the Government of Ontario.

**Canadian Senior Artists Resource Network (CSARN) |  
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