



E-NEWSLETTER - January 2015

CSARN Honours Janis Neilson

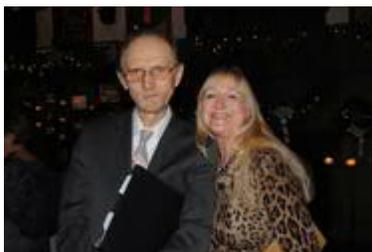
Over 100 artists and lovers of art took time from their holiday preparations to spend an evening in honour of Janis Neilson, who is generously funding the payments to CSARN mentors. Attendees also saluted the other “Angels” who support CSARN.

Master of Ceremonies Peter Keleghan and artists Ian Deakin, Brad Cook, Esmeralda Enrique, Diane Schoemperlen, Susanne Shulman, Kelly Williamson, John Selleck and Scott Walker delighted the guests and left everyone feeling a new sense of purpose about the work of CSARN and a commitment to making it successful.

The presentations struck a chord with CSARN’s Executive Director Garry Neil, “I’m motivated to do more than just get the basic job done; I’m proud to be a part of an organization that enriches the lives of senior artists and sparks their passion.”

With the motivation from the artists both on the stage and in the audience, it was truly an evening to remember.

CSARN thanks all its “Angels” – Janis Neilson, Joan and Jerry Lozinski, Lynda Hamilton, Sandra and Jim Pitblado – as well as the ACTRA Fraternal Benefit Society. Special thanks to the Ontario Trillium Foundation.



CSARN’s mentorship program is One year old

Launched in January 2014, CSARN/CRAAC’s Mentorship Program is being rolled out in Ontario for the first and second year. We expect to have a national presence in the third year. To date, we have organized 19 traditional mentorships and one where the senior artist mentored a group.

CSARN/CRAAC’s Mentorship Program acknowledges the considerable expertise and wisdom of professional senior artists and supports their desire to remain active in their chosen art form. It also supports other artists who are looking to a senior colleague to help them move their career to the next level.

Here is what some of our mentees and mentors had to say during the first year:

“Our sessions are full of idea exchanges, laughter and genuine narrative progress, not to mention discussion of baseball trades and the Blue Jays’ chances.”

“I believe this mentorship has really set me up for success as I attack further projects.”

“It’s a pleasure to work with an aspiring young artist who is eager to learn. Sharing my experience and skills in such a positive way is very satisfying and rewarding work.”

“My mentorship and the program set up by CSARN have benefited my career in immeasurable ways. It has already afforded me some invaluable opportunities. I am now more aware of the areas that are a challenge for me as an actor, but the difference is that now I also have tools and strategies to work through them. I am grateful beyond words for the opportunity to participate and grow in this wonderful initiative and I thank CSARN sincerely for allowing me to be a part of it.”

CSARN-CRAAC Seminar Series 2015

CSARN is preparing its spring and fall seminar series. Finance and legacy/estate planning will be core workshops and will be delivered once in the spring series and once in the fall series. Workshops will be delivered in Toronto, Ottawa, Niagara Region, Kingston, Vancouver and Thunder Bay. Stay tuned for dates and locations!

Winter Safety Tips

Excerpt from Ontario Senior's Secretariat Fall Prevention Program

Plan Ahead

- Keep sidewalks, steps and driveways well lit.
- Consider installing sensor lights in walkways.
- Spread salt, sand or non-clumping cat litter on walkways to keep them free of ice.
- Carry a small bag of salt, sand or non-clumping cat litter in your pocket to spread on icy patches when out walking.
- Consider using a walking aid with ice prongs or a ski pole.
- Carry your personal identification.
- Carry a flashlight with you in the dark.
- Carry a cell phone and put a whistle in your pocket for emergencies when walking alone.
- Ask a friend or a neighbour to come along with you.

Be Active

- Keep moving in the winter months to stay strong, help your balance and give you more energy.
- Try to be active indoors. Go up and down the stairs, put down the TV remote and get up to change the channel.
- Do indoor balance and stretching exercises.
- Consider joining a balance and strength class such as Tai Chi.
- Keep in touch with friends and family. It will help the winter pass more quickly.

Wear the Gear

- Cover your ears, head and fingers to avoid frostbite.
- Wear sunglasses and a visor to reduce glare from sun and snow.
- Dress in layers to stay warm.
- Choose less bulky clothing so you can still move easily.
- Wear sturdy boots that have a deep tread and fit well.
- Try ice-grippers on your boots for better traction on icy and snow-packed surfaces. BUT remove your ice-grippers to walk on smooth surfaces such as tiles or ceramic areas.

Choose Smart

- Plan activities according to your own likes and limits.
- Plan your route. Let others know where you are going and when you will be back if you are walking alone.
- Give yourself enough time to get where you are going without rushing.
- On icy surfaces, take small flat-footed steps.
- Hold onto the hand rail when you go up or down the stairs.

- Take extra caution on public sidewalks and report unsafe areas.
- Take a taxi when conditions are bad. The money is well worth avoiding a fall and hurting yourself.

We'd like to hear from you: Please write to info@csarn-craac.ca and tell us how we could focus our efforts on your needs.

**Canadian Senior Artists Resource Network (CSARN) |
Centre de ressources pour les artistes âgés du Canada (CRAAC)**
1000 Yonge St, suite 300-B. Toronto, ON M4K 2W2
info@csarn-craac.ca

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Footer Text

Contact Info: 1-855-854-1434 or 647-854-1434
Emails: info@csarn-craac.ca (for general inquiries) or mentors@csarn-craac.ca

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