



CSARN Newsletter for April 2015

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Executive Director's Note *First 100 Days*

As I write this, I have been Executive Director of this wonderful organization for exactly 100 Days.

That benchmark has taken on an almost-mystical importance for new executives in the business world. It first gained significance with the inauguration of US President Franklin D. Roosevelt, who, during his first 100 days in office, set the stage for groundbreaking reforms of the US Economy, eventually dragging it out of the Great Depression. Since then, every US President -- and many other political and corporate CEOs -- have been under pressure to match the accomplishments of FDR's New Deal.



1934 Editorial Cartoon

I'm happy to say that I have not been under such pressure during my first 100 Days; nor has CSARN been in crisis, as much of the world was in 1933. Thanks to a supportive board led by Chair Elise Orenstein, I have been given a broad mandate as CSARN's first full-time Executive Director. And I am happy to say that the organization is surging ahead on many fronts:

- We have new organizational software and administrative procedures in place.
- Our Mentorship Program is humming along [more on that later], although I take no credit for that. Its success is due to the diligent work of Co-Directors Joysanne Sidimus and Deborah Windsor.
- A new website is up and running, featuring images of some of our mentors and their work. You can find it [here](#).
- We will be rolling out a series of seminars and webinars in the very near future [more on that below].
- We're getting read to launch a new service called the Seniors' Care Advisory Program, thanks to the groundwork laid by the Vice-Chair of our Board, Garry Neil [more on that later as well].
- With our colleagues at the Artists' Health Centre in Toronto, we are in the initial stages of planning an Artists' Health Conference for the Spring of 2016. Stay tuned for more on that;
- And we will soon begin our long-range plan to make CSARN a truly national organization.

So, perhaps not exactly the New Deal. But I'm proud of what we have accomplished during my first 100 Days. And I look forward to the next 100 1,000 10,000

I hope you'll continue to join us for the ride.

Cheers,



Scott Walker
Executive Director

The Mentorship Program Mentor Match

Are you a senior artist living in Ontario who would like to share your experience and artistry with a colleague?

....Or.....

Are you a professional artist or recent arts school graduate in Ontario looking for someone to help guide you along your chosen path?



**CSARN Mentor Pam Hyatt
at the launch of her CD, *Pamalot*, at the age of 76.**

CSARN is accepting applications for the fourth cohort of our mentorship program. We match senior artists with colleagues in need of their expertise and experience for a mentorship lasting anywhere from a few hours to several months.

There is no charge for the program. In fact, our mentors are paid a fee for their services. We also cover expenses for mentees.

One of the most exciting features of CSARN's website is our new **Mentor Match** section. It lists everyone who has registered for our program.

You can find them [here](#). Simply browse through the various disciplines for which we have mentors or mentees. Each one is identified by a number. If you find someone you'd like to work with, email us with the corresponding number.

Or send us an application and join **Mentor Match**.

The application deadline for our next round of mentorships is July 1st. Full details of the program are available [here](#).

CSARN's Mentorship Program is made possible through support from the Ontario Trillium Foundation and the generosity of Janis Neilson.

Federal Budget Measures for Seniors

Federal Finance Minister Joe Oliver tabled a budget on April 21st that was designed to carry the ruling Conservatives into the next election, with measures

aimed at specific groups.

One of them was seniors. The Feds are relaxing the regulations regarding annual withdrawals from Registered Retirement Income Funds. Before the budget, someone turning 71 this year had to withdraw 7.38% of the market value of their RRIF. The budget reduces that initial amount to 5.28%. That figure will increase to 20% annually by the age of 95.

The government was responding to concerns expressed by many seniors that they were being forced to liquidate their savings too quickly.

The Tories also introduced a 15% non-refundable tax credit for seniors needing to make renovations that would allow them to stay in their homes longer. The credit would apply on eligible home renovation expenses of up to \$10,000, yielding a maximum credit of \$1,500.

The Senior's Care Advisory Program

Beginning in July, CSARN will make available a national, bilingual program to offer health and medical assistance to professional senior artists.

The Seniors' Care Advisory Program was introduced by the ACTRA Fraternal Benefit Society to its senior members in 2013. Operated by Bayshore HealthCare, the program offers free advice and counseling in a number of ways, including:

- Assuring that members and their families are aware of provincial and federal benefits, and offering assistance in accessing those benefits;
- Assisting members to locate medical care they may need;
- Connecting them with locally-run programs;
- Assisting with the management of certain health issues and diseases;
- Providing information on services that may be available to help senior artists stay safe and secure in their homes.

The program will be offered free of charge through CSARN [although there may be costs associated with some of the recommended services].

Keep watching our website for more information.

Seminars & Webinars

Once again this year, CSARN is embarking on a series of seminars for senior artists in Ontario. But, this year, we are expanding our reach through the magic of the internet.

CSARN's spring and fall seminar series will be broadcast to various regions of the province through Webinars.

Dates are still being determined. But our plan is to present three seminars in May and June: Financial & Tax Planning; Legacy, Estate & Intellectual Property Planning; and Fraud Prevention for Seniors. Seminars on topics such as computer proficiency are being planned for the fall.

Our seminars will be made available around the province via Webinar. Check our [website](#) for details as they become available.

Help for Toronto Migraine Sufferers

The World Health Organization estimates that ten per cent of the world's population suffers from Migraines. It is considered one of the top five conditions causing disability.

Toronto's Artists' Health Network is offering a two-hour workshop called *Shiatsu for Migraines* on May 4th. The workshop is conducted by AHC Shiatsu Therapist Leisa Bellmore, who has helped many of her clients minimize the frequency and severity of migraines.

Click [here](#) for more information.



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