

## CSARN Newsletter - January 2016

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Canada's Senior Artists



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### Major Conference for Senior Artists Announced



Dr. Paul Hoffert

Dr. Samir Sinha

Canada's artists get better with age. Consider Christopher Plummer [Oscar winner at age 82]; Alice Munro [Nobel Laureate Leonard Cohen [Juno Award winner at 80].

In fact, the last census tells us that Canada is home to thousands of artists over the age of 55. Most are still working. Most doing their best work. Some say their best is yet to come.

CSARN is joining with the Artists' Health Alliance and The Al and Malka Green Health Centre at Toronto Western Hospital a one-day conference in April that will help keep the creative juices flowing.

**Maintaining Creativity: Turning Challenges into Possibilities** will present workshops, panel discussions, and keynote a on a variety of topics to engage the mind, body, and spirit of senior artists. Workshops will include:

- A multi-disciplined approach to arthritis
- How one's belief systems impact one's artistic practice
- Intellectual property and legacy rights
- Stress management through movement and meditation
- Social Media for Senior Artists

Prominent artists confirmed so far include [Paul Hoffert](#) [founder of Canada's legendary band, Lighthouse], dancer and chor Peggy Baker, and actor R.H. Thomson. Dr. Hoffert will deliver one of two keynote addresses. The other will be delivered by [Sinha](#), Director of Geriatrics at Toronto's Mount Sinai Hospital.

*Maintaining Creativity* will take place Monday, April 18th at the newly-opened Krembil Discover Tower at Toronto's Western. The full price for the event is \$60 [lunch included]. An early-bird rate of \$40 is in effect until February 19th.

But, since you are on CSARN's mailing list, be watching your inbox for information on how you can qualify for a discount that you in for \$10 .... less than the cost of lunch.

Full details are available on our [website](#). You can register [here](#).

### Mentorship Lead Donor Explains her Motivation

2016 marks the final year in which Janis Neilson will be the major sponsor for CSARN's Mentorship Program. Janis made year commitment to fund the program from its inception in 2014.



Janis Neilson [left] presents her final check to CSARN Board Chair Elise Orenstein

"I love to inspire people," said Ms. Neilson when asked why she agreed to fund the program. The long-time accompanist at the National Ballet of Canada went on to say, "Whether it is through playing for principals as they learn, or through initial financing of a brand new program.

"When [Mentorship Co-Director] Joysanne Sidimus originally presented the idea to me I was immediately positive about it because of her organizational ability. And, as a working person well into my senior years, I have first hand knowledge of the situation.

"I come from a long history at the National Ballet of Canada of treasuring and using our senior artists. Celia Franca began this tradition and Karen Kain continues the tradition today. These artists have so much knowledge and direct interaction with long-gone stars and, importantly, the desire to share."

As mentioned in the last edition of this newsletter, Joan and Jerry Lozinski will become lead donors beginning in 2017.

Janis Neilson was delighted at the news. "I am thrilled to have the CSARN mentorship program funded after my commitment," she says.

And CSARN is thrilled to have been the beneficiary of Janis Neilson's visionary commitment to senior artists.

The fifth round of CSARN's Mentorship Program will begin shortly. The deadline for the next round is July 1. Artists are encouraged to register, and browse our list of available mentors and mentees on our MentorMatch website.

Click [here](#) to learn more about the program and register.

Click [here](#) to browse MentorMatch.

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### Artistic Legacy Webinar Scheduled



Amy Bowring presenting in Toronto

CSARN will present the next installment in our Morneau Shepell webinar series on Monday, February 22 at 1:00 PM Eastern Time.

**Amy Bowring** will talk about preserving your Artistic Legacy, explaining the best way to preserve your personal artistic collection and history. Amy is the Director of Research at Dance Collection Danse, with extensive experience in instructing artists about how to preserve their personal mementos and collections.

The webinar takes place online. You can enjoy it from your own home. But you must register on our [website](#). You can also watch the presentation on Social Media.

CSARN's Seminar and Webinar series is sponsored by [Morneau Shepell](#).




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### Seniors' Care - A Case[s] History

We keep hearing that artists who sign up for the Seniors' Care Advisory Program are able to use the service, not only for themselves, but for their loved ones. Many have said they were able to get vital information about long-term care solutions and alternatives for their spouses, or parents.

That's what the program is for. It is meant to help senior artists care for themselves and their loved ones.

And it's absolutely free. All you have to do is register by clicking [here](#).

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## New "Act Your Age" Video Released



The ACTRA Act Your Age committee has just released a video to show the Misconceptions surrounding older artists.

Congratulations to Jennifer Higgin and Theresa Tova for steering this project, and for sending an important message in a fun and engaging way.

You can watch it [here](#).

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## Artists named to the Order of Canada

At the end of December, Governor-General David Johnston announced 69 appointments to the order of Canada. CSARN congratulates members of the arts community added to the order:

### Companions

Atom Egoyan – Toronto – film  
Angela Hewitt – Ottawa – music

### Officer

Dany Laferrière – Montreal – literature  
Guy Latraverse – Montreal – music  
Brian M. Levitt – Westmount – philanthropy  
Daniel Poliquin – Ottawa – literature

### Member

Denise Bombardier – Montreal – broadcasting  
Joseph Boyden – Ahmic Harbour – literature  
Laura Brandon – Ottawa – visual art  
Phyllis Bruce – Toronto – literature  
Rudy Buttignol – Vancouver – film  
Antoni Cimolino – Stratford – theatre  
Diane Dufresne – Montreal – music  
Ivan Kenneth Eyre – Winnipeg – visual art  
Ted Grant – Victoria – photography  
Odette Heyn – Winnipeg – dance  
Rohinton Mistry – Toronto – literature  
Sandra Paikowsky – Montreal – visual art  
Helen Fogwill Porter – Paradise, NL – literature  
Louise Richer – Montreal – performing arts  
Noreen Taylor – Toronto – literature  
Faye Thomson – Winnipeg – dance

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## Supporting CSARN

CSARN would not exist without the support of our donors; government, private, and corporate. You can help us help Canadian artists by becoming a donor. Please click [here](#) to find out more.

CSARN gratefully acknowledges the ongoing support of the Government of Ontario and the Ontario Trillium Foundation.



