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# CSARN

*Making Experience Count*  
Supporting Senior Artists

## CSARN Newsletter

### May 2016

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Supporting CSARN

## CSARN's New Look

You may have noticed our new look recently. Some time ago, the CSARN board and staff decided that our full name, the Canadian Senior Artists' Resource Network, was somewhat unwieldy. And our French name, Centre de ressources pour les artistes aines du Canada, gave us the acronym CRAAC, which conjures up unfortunate memories, especially in the Toronto area. So, after a great deal of discussion and exploration, we decided that, from now on, we will be known, simply, as CSARN. Pronounced "see-sarn" ["say-sarn" en Francais], that is now our official name.

As to our new logo, featuring our name in black with a red A, we thank Robert Maltais, Director of la Fondation des artistes du Quebec, who has been a CSARN Board member since Day One. Merci, Robert!

Our mission continues to be Making Experience Count by Supporting Senior Artists. We are here for you.

Cheers,



Scott Walker  
Executive Director  
CSARN

## *Maintaining Creativity Earns Kudos*



What happens when you gather well over 100 senior artists, health care professionals, and volunteers under one roof for a day of exchanging ideas? You get debate, dynamics, discovery; exploring, explaining, extrapolating; learning, laughter, [lunch], listening; re-charging, re-invigorating, and re-engaging.

That was *Maintaining Creativity: Turning Challenges into Possibilities*.

This full-day conference on April 18th at Toronto Western Hospital was a cooperative effort between CSARN, the Artists' Health Alliance, and the AI & Malka Green Artists' Health Centre. It was presented to help senior artists cope with some of the issues they face as a demographic: health, social isolation, and -- primarily -- the desire to keep creating. As the title of the conference suggests, the day was all about encouraging older artists to find new ways of staying creative. The event was held at the state-of-the-art BMO Conference Centre in the Krembil Discovery Tower at Toronto Western Hospital, where the Artists' Health Centre is located.. The centre is equipped with walls that could be raised or lowered with the flip of a switch to turn the hall into three separate workshop rooms; and a full array of audio and video equipment, which came in handy as the day began.



It began with two keynote addresses covering the twin themes of the day: health and artistry. Dr. Samir Sinha is a world-respected expert in geriatrics, head of the Department of Geriatrics at Toronto's Mount Sinai Hospital and the University Health Network. With many demands on his time and expertise, the conference found him in Berlin. Thanks to the technological capabilities of the BMO Centre, he was able to

speak to the gathering via Internet technology, and led the participants through a checklist of what it takes to keep their minds and bodies healthy.

The artistic keynote speaker was Paul Hoffert, the founder of Canada's jazz-rock band, Lighthouse. Paul is also Chair of several organizations -- including the Bell Broadcast and New Media Fund -- and a professor of Music, Law, and Information Science at the University of Toronto. In addressing the issues of senior artists, Paul spoke of two great composers: Mozart and Wagner. He pointed out



that Mozart was a boy prodigy, whereas Wagner's most productive period came after he reached the age of 50. Paul also spoke about a documentary project he and his wife, Brenda, are working on. It tells the story of Holocaust survivor Leo Spellman and his Rhapsody, which recently received its first performance 60 years after it was written.



Following a break, participants split off into groups to attend workshops on three topics: A Multi-Disciplinary Approach to Arthritis with Drs. Anita Shack and Jean-Jacques Dugoua of the AI & Malka Green Artists' Health Centre; An Artistic Approach to Spirituality with Joysanne Sidimus; and Intellectual Property with lawyers Elise Orenstein and Marian Hebb.

*[At left: Presenter Joysanne Sidimus]*

After a prepared lunch, they returned to three more seminars: Stress Relief Through Movement and Meditation with Susan Lucas and Murray Howerth; The Artist's Journey with Harlene Weijs; and Social Media for Artists with Boyd Neil.



*[At Right: Presenter Elise Orenstein]*

The conference concluded with a free-wheeling panel discussion on what it means to be a senior artist, featuring dancer and choreographer Peggy Baker; broadcaster, actor, and lecturer Rita Shelton Deverell; contemporary artist Charles Pachter; and actor and producer R.H. Thomson.



*[Photo l-r: Charles Pachter, Rita Shelton Deverell, Scott Walker, Peggy Baker, R.H. Thomson]*

A summary video is in production as this newsletter is reaching your inbox. We'll let you know when it's available.

Some comments from our participants:

*Very professionally run.  
High quality speakers*

*Loved everything.  
Excellent ... Timely ... Well exercised.  
A celebration!*

CSARN would like to take this opportunity to thank our collaborators at the Artists' Health Alliance and the Al & Malka Green Artists' Health Centre, our funders -- especially the Ontario Trillium Foundation and the New Horizons for Seniors -- door prize donor Medcan, and the volunteers, presenters, and participants who made it an unforgettable day.

Preliminary discussions are already underway about continuing the celebration with Maintaining Creativity 2. Stay tuned.

## Senior's Care: a Case History

This is a true story from the Seniors' Care Advisory Program:

An artist -- let's call her Andrea -- was concerned about her elderly mother. Mom was determined to stay in her home in Halifax. Although relatively healthy, she was somewhat frail, and unable to take care of certain chores around the house. Andrea was particularly worried about keeping Mom's sidewalk clear of Halifax's substantial snowfall so that she could go out during the winter without the risk of falling.

Since Andrea lived in Toronto, it wasn't something she could look after herself.

Andrea had signed up for the Seniors' Care Advisory Program. She knew it handled a wide range of healthcare issues, so she called the hotline to see if someone could help. Sure enough, the hotline put her in touch with a local volunteer agency in Halifax that clears the snow from seniors' residences at no charge.

Problem solved: Mom can go out during the winter; Andrea has one less thing to worry about.

SCAP provides advice and aid on healthcare issues for you and your family. It's offered free of charge by CSARN.

To become part of it, all you have to do is register by clicking [here](#).

## Combing Sedna's Hair the Result of CSARN Mentorship



*Roula Said and Suzanne Banay Santo*

CSARN's Mentorship Program has given birth to a number of exciting projects. One is a combination of written word and movement. Author Ann Ireland has been mentoring Suzanne Banay Santo since last fall on a re-telling of the Inuit tale of Sedna, the Goddess of the Sea and Marine Animals.

The collaboration will result in an extended narrative, a video, and a live performance next month. *Combing Sedna's Hair* will be presented at Toronto's Arraymusic on June 20th at 7:00. Tickets are available by clicking [here](#).

CSARN facilitates paid mentorships for senior artists, and covers mentee expenses. For more information, click [here](#). The registration deadline for the next round is July 1.

## Supporting CSARN

CSARN would not exist without the support of our donors: government, private, and corporate. You can help us support Canada's senior 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.



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