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# CSARN

*Making Experience Count*

Supporting Senior Artists

## CSARN Newsletter

### September 2016

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## *Government Services Seminar*



Recently, CSARN conducted a survey of our Community to find out what seminars we could provide that would help you as a senior artist. One of the most popular was Government Services. Many of you tell us you want to make sure you're taking full advantage of the Canada

Pension Plan, Old Age Security, Guaranteed Income Supplement, and other less-well-publicized programs.

We're happy to announce that CSARN is partnering with Service Canada to present a seminar and webinar on how to register for these programs, how to meet eligibility criteria, how to apply, and the documentation needed.

For those in the Toronto area, the seminar will be held on Thursday, October 13th at 10:00 AM.

If you live outside the GTA, a one-hour webinar will be held on the Canada Pension Plan on October 26th. A second one-hour webinar on Old Age Security will follow on November 2nd.

Space is limited. Click [here](#) to go to our website for more information and to find out how to register.

## Intermediate Computing Classes



Our survey also indicated our community has a collective appetite for courses on computing. It suggested that most have a basic grasp of how a computer works, but would like to delve more deeply into its various mysteries.

CSARN is piloting courses in Toronto this fall on three topics: Microsoft Word, Social Media, and Excel [Spreadsheets]. The classes are free, but class sizes are very small and registration is required. First come, first served. Click [here](#) to go to our website to find out more.

## Mentorship Program Passes Milestone



CSARN Mentor Paul Amato with Mentee R. Rebecca Beaumont

CSARN's Mentorship Program has just entered its sixth round since its launch in January 2014. And this latest round will see the total number of mentorships pass 50. We congratulate our Mentorship Co-Directors, Joysanne Sidimus and Deborah Windsor, for their painstaking work in matching mentors and mentees.

This also marks the last round that will be funded through the generous support of Janis Neilson. We thank Janis for her steadfast support through the first three years of the Mentorship Program.

Beginning in January, the program will continue thanks to ongoing support from Joan and Jerry Lozinski. We gratefully acknowledge their support and welcome the Lozinskis to the CSARN family.

CSARN mentors are paid a fee; we also cover mentees' expenses.

If you would like to apply to become a mentor, or a mentee; or know of anyone else who might benefit from the program, click [here](#) to go to our website and find out more.

## A Thought on Ageing

*When I was little, I thought a nap was like a punishment. Now I think of it as a mini-vacation.*

## Seniors' Care Advisory Program



Navigating Canada's healthcare system can sometimes seem like doing a jigsaw puzzle where some of the pieces are missing. But help is available. CSARN's **Senior's Care Advisory Program** offers a telephone hotline that provides advice on everything from dealing with the healthcare bureaucracy to finding home-care solutions for you and your family.

The best part is: it's **absolutely free**. All you have to do is register. Click [here](#) to find out more on our website.

## CSARN's *Maintaining Creativity Video*



If you missed our first *Maintaining Creativity* conference in April of this year, here's a chance to see what you missed. Our video, produced by John Hudecki, is available online. Click [here](#) to watch it.

## CSARN Salutes WSP



*Where age is just a number ... a Musical Theatre number!*

Last fall, we told you about Toronto's newest theatre company, Well Seasoned Productions, which is led, inspired, performed, accompanied, and created by professional Canadian artists aged 50+.

Since then, producers Lesley Ballantyne and Anne Wootten, along with artistic advisor Mark Cassius, have been hard at work getting ready to launch their first season: a series of three revues beginning in late September and running until early spring of next year. Each revue will have three performances in the Aki Studio Theatre at Toronto's Daniels Spectrum. ***That's Life*** explores the challenges and joys of ageing, with three performances beginning Friday, September 30th with a cast led by [CSARN Mentor] Pamela Hyatt, William Orlowski, and A. Frank Ruffo. ***Funny Bones*** features comedy sketches and songs with a tongue-in-cheek look at life 50+ beginning Friday, November 4th. ***Can't Get Enough*** opens during the week of Valentine's Day so is open to interpretation. Sex? Chocolate? Wine? All of the above?

"Age should not be a defining factor in one's ability to entertain and move audiences, yet so often older performers are neglected," Lesley Ballantyne says. "Their years of experience are an invaluable resource. We need to tap into that and celebrate their talent with our community." Anne Wootten adds, "While the material within the shows will be aimed at enriching audiences of all ages, WSP will specifically shed light on issues and emotions pertinent to mature artists."

CSARN applauds this initiative by WSP. The more ways we can shine the spotlight on the talents and vitality of senior artists, the better we will all be.

You can read more about this exciting new company by clicking [here](#).

Tickets for all three shows can be purchased by clicking [here](#).

## Another Thought on Ageing

*Wouldn't it be wonderful if we could put ourselves in the dryer for ten minutes, come out wrinkle-free and three sizes smaller?*

# 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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