
Welcome Maryland Creative Aging Host Organizations!

As you come in, add your voice to the public chat:

- + Name
- + Organization
- + Location
- + Something beautiful you can see out your window or in your space

Please have paper or a notebook and pen available



Creative Aging Training for Program Host Organizations

**Maryland State Arts Council and
Maryland State Department of
Education**

Day One: Tuesday, January 18, 2022

You are viewing Antonia-Lifetime ...'s screen



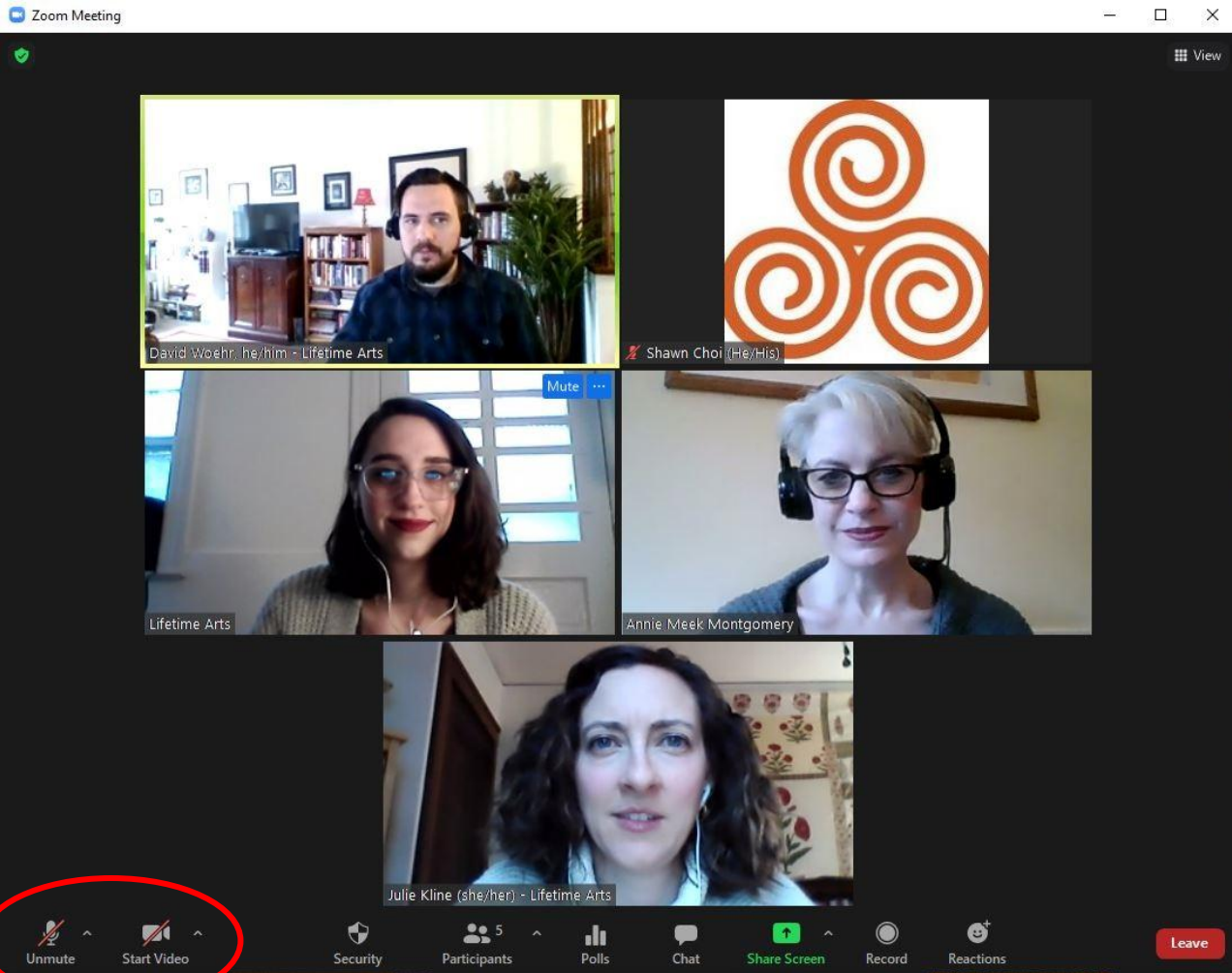
View Options ▾



Mastery & Social En

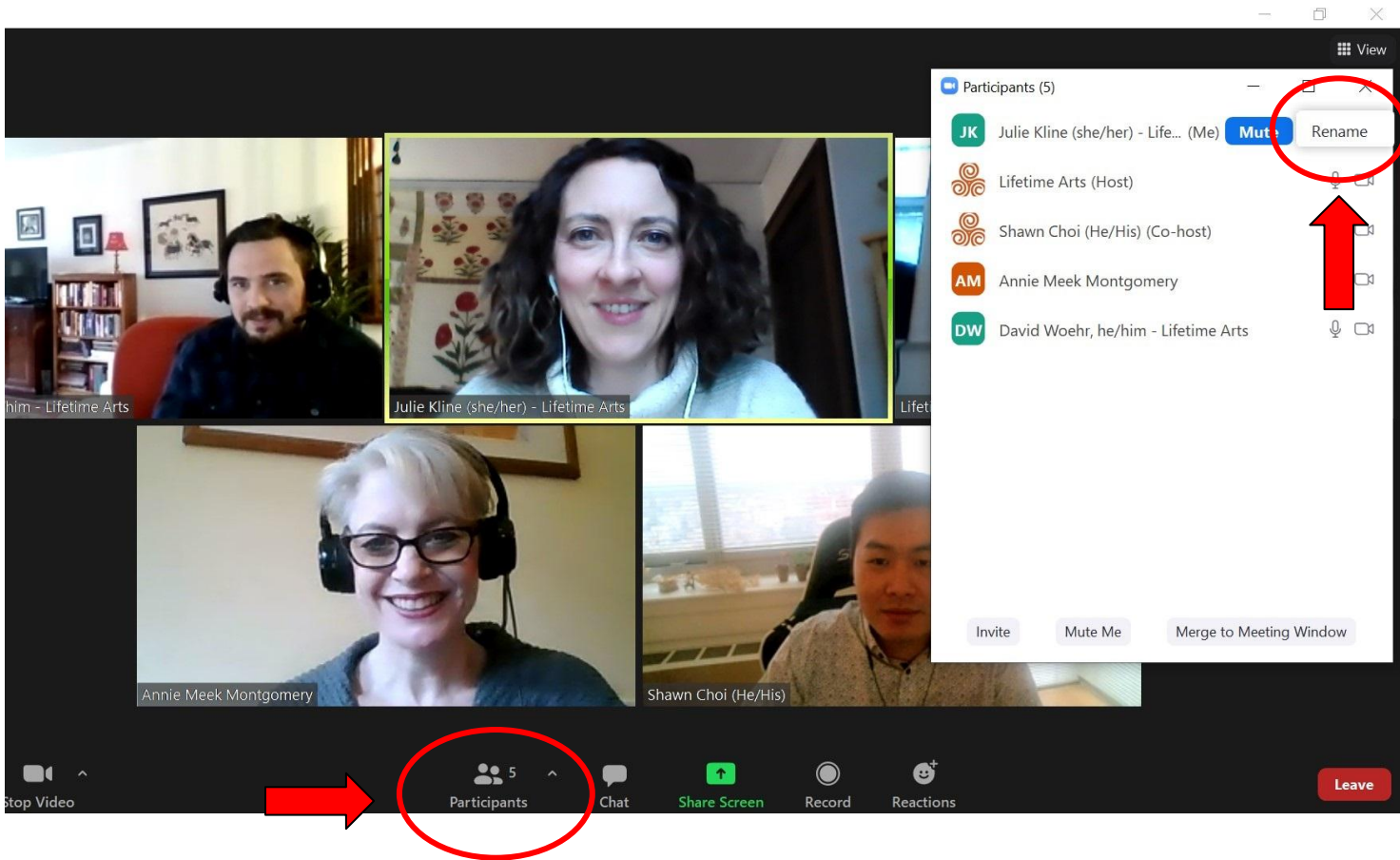
Through these creative aging
adults can learn something ne
in-depth—and make friends in





You can **mute/unmute** and/or **start/stop** your video by clicking the two icons in the bottom left of your screen





Then, click the “**Rename**” button in the participants tab.

To rename yourself, click the “**Participants**” icon at the bottom of your screen.

The image shows a Zoom meeting interface. At the top right, there is a "View" button. The main area displays three video thumbnails of participants: Gahlia (she/her) Lifetime Arts, Julie (she/her) Lifetime Arts, and Annie (she/her) Lifetime Arts. A subtitle for Annie reads: "Okay, now that didn't it didn't show up the thing so let's try it again." At the bottom, the Zoom toolbar is visible, with the "Live Transcript" button (marked with "CC") circled in red and a red arrow pointing to it. Other toolbar buttons include Mute, Stop Video, Security, Participants (3), Polls, Chat, Share Screen, Record, Breakout Rooms, Reactions, and Leave.

Click the “**CC**” button above for live transcripts.

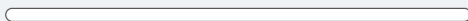
The image shows a Zoom meeting interface with four video thumbnails. The top-left thumbnail shows David Woehr, he/him - Lifetime Arts. The top-right thumbnail shows a logo with three orange spirals on a white background, with the name Shawn Choi (He/His) below it. The bottom-left thumbnail shows a woman with glasses and a white top, with the name Lifetime Arts below it. The bottom-right thumbnail shows Annie Meek Montgomery. At the bottom of the screen is a control bar with icons for Unmute, Start Video, Security, Participants, a red arrow pointing to the Chat icon, a red arrow pointing to the Share Screen icon, Record, Reactions, and a Leave button.

If you have questions, please click the “**Chat**” icon at the bottom of your screen.

Lifetime Arts Portal

Access Creative Aging Training, Coaching, & Consulting Services

Training for Maryland Creative Aging Vendors

 0% COMPLETE 0/0 Steps

Tuesday, January 18 – Thursday, January 20, 2022 from 10am – 12pm EST

Welcome Maryland Creative Aging Vendors. We are thrilled to have this opportunity to work with you as part of the **Maryland State Arts Council and Maryland State Department of Education Creative Aging initiative** made possible by a grant provided by the National Assembly of State Arts Agencies in partnership with Aroha Philanthropies.

We are looking forward to meeting you. We have a lot to cover over the three sessions, so please plan to join each day on time.

What you need to know:

- Please use the Zoom link below to join all three days of training
- We have specified some light, yet key pre-work for each session
- All presentation decks will be made available for your convenience

[JOIN TRAINING VIA ZOOM](#)

[DAY 1](#)

[DAY 2](#)

[DAY 3](#)

[TRAINING DESCRIPTION](#) | [TRAINER BIOS](#) | [PARTICIPATION GUIDELINES](#)
[COMMUNITY AGREEMENTS](#)
[POST-TRAINING RESOURCES](#) | [EVALUATION SURVEY](#) | [PARTICIPATING ON ZOOM](#)



Community Agreements

- + Be present
- + Limit distractions in your learning space
- + Take care of yourself
- + Hold space for one another
- + Share only what you feel comfortable sharing
- + Sharing will be anonymous

Introductions



Julie Kline

Director of Professional
Development & Training



Jade Lam

Lifetime Arts Trainer

**Maryland State
Department of Education**



Lifetime Arts

Founded in 2008

A nonprofit arts service organization that offers a positive, modern, artistic and social lens through which to serve, inspire and engage America's growing population of older adults.



Goals and Agenda

Be prepared in all aspects of designing and implementing a creative aging program.

Agenda:

- + Ageism exploration
- + Break
- + Creative aging arts education model
- + Break
- + Older adult learners and S.A.F.E. planning
- + Q&A and wrap-up



Ageism Workshop



Check in With Yourself

What age do you feel like on the inside today?



Ageism Defined

From the Merriam-Webster dictionary:

“Prejudice or discrimination against a particular age-group and especially the elderly.”



Ashton Applewhite

- + Author of “This Chair Rocks: A Manifesto Against Ageism”
- + Spokesperson for a movement to mobilize against discrimination on the basis of age
- + PBS Next Avenue Influencer of the Year in 2016



Breakout Group Discussion Topics

- + What is something new from Ashton's video that you hadn't thought of before?
- + Where have you seen ageism in your life?

Share Out





Break



Lifetime Arts

The Creative Aging Program Model



Why is Everybody Talking About Aging?

By the year 2030:

- + 71.5 million or 20% of the U.S. population will be aged 65+
- + Number of people aged 85+ will **DOUBLE**

(U.S. Census Bureau, 2017)



Equity and Older Adults

- + In 2010, people of color made up 20 percent of the nation's total 65+ population
 - This percent will **double** by 2050

(Espinoza, n.d.)



What is Creative Aging?

Arts education for older adults.

Using the arts to improve the quality of life for older adults through creative expression and social engagement.

Creative Aging Areas of Practice

Arts Education Programs

- + Goals are:
 - Instructional
 - Sequential skill-building
 - Art creation

Therapeutic Programs

- + Goals include:
 - Wellness
 - Recovery
 - Rehabilitation

The Creativity and Aging Study

- + Led by Dr. Gene Cohen at George Washington University in 2006
- + Took place over 3 years
- + Conducted in NYC (Brooklyn), Los Angeles & Washington, DC
- + Age range: 65-103 years old
 - **Control group**—participated in usual activities
 - **Intervention group**—participated in professionally conducted arts programs



(Cohen, 2006)

The Creativity and Aging Study

Results:

- + Less medication
- + Fewer doctor visits
- + Elevated mood
- + More independent functioning
- + Less depression, loneliness
- + More activities



Mastery & Social Engagement

Through these creative aging elements, older adults can **learn something new**—or more in-depth—and **make friends** in the process.

Creative Aging Arts Education Components

A creative aging program:

- + Is an art class (visual, performing, literary or music)
- + Is taught by a professional teaching artist
- + Has at least 8 sessions that are at least 90 minutes in length
- + Includes skill-building and sequential learning
- + Has a planned culminating event

Best Practices in Creative Aging

- + The goal is to have at least 10 participants in each class
- + Registration is required
- + Class can be free or fee-based
- + Participants should be encouraged to come **every week**

Adaptations for Remote Delivery

+ **Number of sessions**

- In-person: 8 sessions
- Virtual: 4-6 synchronous sessions

+ **Session duration**

- In-person: 90 minutes
- Virtual: 45-65 minutes

+ **Class size**

- In-person: 10 people minimum
- Virtual: Manageable teacher-to-student ratio



The Culminating Event

- + Honors the work of the participants
- + Has a clear vision
- + Is appropriate & participant driven
- + Encourages visibility & voice
- + Builds opportunity for social engagement with larger community
- + Encourages sustainability

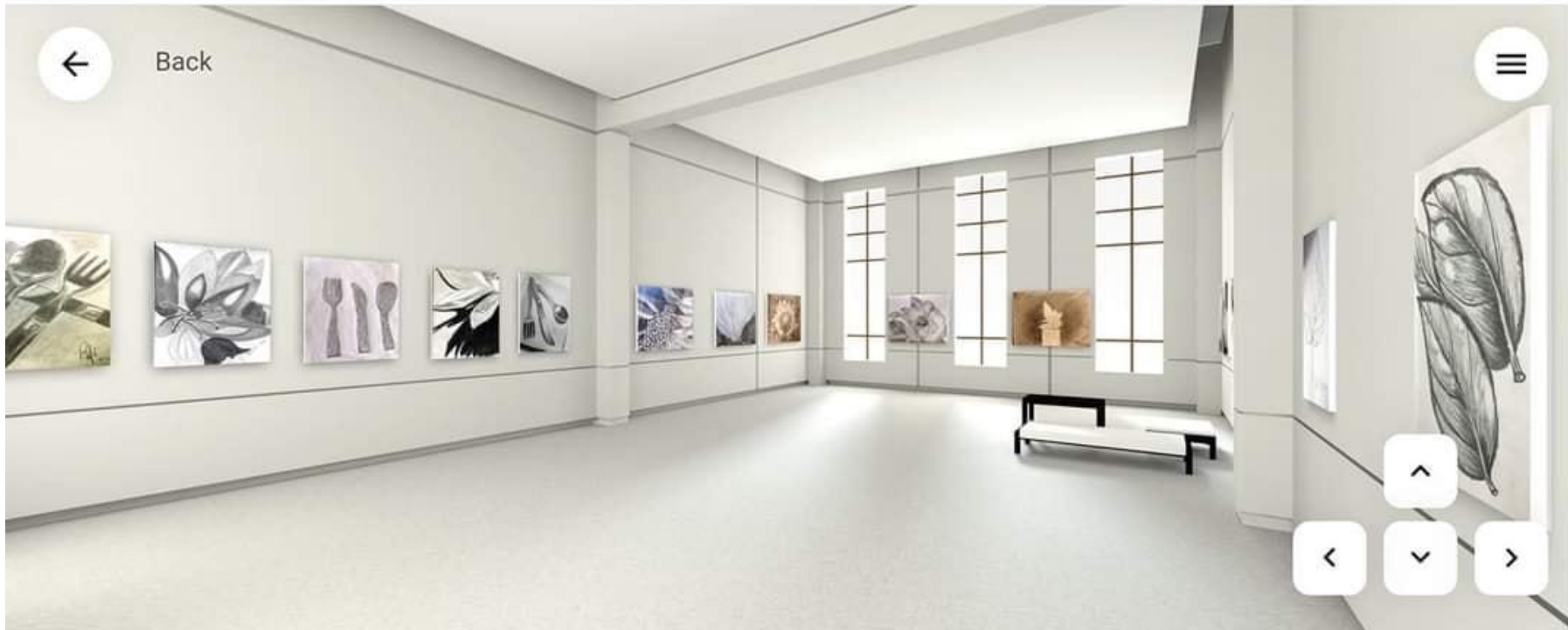




 art.kunstmatrix.com



Back





20/20/20 Break





Older Adult Learners and S.A.F.E Planning & Practice

What's Different About Adult Learners?

Adults:

- + Are autonomous and self directed
- + Have a lifetime of experience and knowledge
- + Are goal-oriented
- + Are practical — they want information

Natural Physical Changes During Aging

Potential Physical Change	Potential Result
Nervous system slows down	Balance problems & slower reflexes
Muscle & lung tissue changes	Decreased lung efficiency
Sensory losses	Vision & hearing loss
Bone loss	Decreased strength, speed & endurance
More medications	More adverse side effects
Changes in sexual function	The capacity for sexual activity & response is retained well into old age

Problem: Social Isolation

- + Can shorten a person's life expectancy by 15 years
- + Associated with about a 50% increased risk of dementia and other serious medical conditions
- + Higher rates of mental health issues
- + Increased for immigrants, LGBTQIA+, BIPOC older adults



Social and Emotional Changes

The natural process of aging can cause:

- + Loneliness and social isolation
- + Financial worries
- + The “re-wirement” phase—a time where older adults rethink their hobbies and interests

What Have You Dreamed About Learning?



S.A.F.E Planning Components

- + **S**kills
- + **A**ssessment
- + **F**eedback
- + **E**ngage Socially

Skills

Schedule classes in a sequence and plan each lesson to ensure that one artmaking skill builds to the next.





Assessment

Continually evaluate each student's process and progress and tailor instruction to match the expressed needs of each learner.

Feedback

Provide opportunities for students to talk about their work and the process of the artmaking and learning.





Engage

Tie intentional social engagement opportunities to the artmaking.

Q&A Session



Homework

Via the Lifetime Arts Service Portal:

- + Review the resources below:
 - SAFE Planning Design Elements for Creative Aging Programs Guide
 - Adapting Creative Aging Course Design for Remote Delivery Guide
- + Watch Aroha's Film: "Creative Aging: In-Person to Online"
- + Browse our *Connect Through Creativity Now* Campaign Blog Posts

Creative Aging Online Demo Classes

Please have the following:

- + Improvisation
 - Space to move!
- + Chinese Brush Painting
 - Couple sheets of blank paper
 - Writing utensil (pen or pencil)

Resources

Cohen, Gene. (2006, April). The Creativity and Aging Study: The Impact of Professionally Conducted Cultural Programs on Older Adults, Final Report. Retrieved from <https://creativeagingresource.org/resource/the-creativity-and-aging-study-the-impact-of-professionally-conducted-cultural-programs-final-report/>

U.S. Census Bureau. (2017). 2017 National Population Projections Tables: Main Series. Retrieved from <https://www.census.gov/data/tables/2017/demo/popproj/2017-summary-tables.html>

Stanford Center on Longevity's "New Map of Life":
<https://www.nytimes.com/2021/11/23/business/dealbook/living-longer-lives.html>

Espinoza, Robert. (n.d.). *Meeting the needs of elders of color and LGBT elders*. Grantmakers in Aging. Retrieved from <https://www.giaging.org/issues/diverse-elders/>



Media Credits

- + Newtown Italian Neighborhood Senior Center, Queens, NY; Credit: Jeremy Amar for The New York Community Trust (Slides 2, 19 & 44)
- + Spring Creek Senior Partners: Brooklyn, NY; Photo Credit: Jeremy Amar (Slides 9 & 23)
- + Pullen Arts Center, Raleigh, NC; Credit: Pullen Arts Center (Slides 11, 18 & 21)
- + Jamaica Plain Branch, Boston, MA; Credit: Shannon McDonough (Slide 12 top left)
- + Queens Library, Queens, NY; Credit: Queens Library (Slides 10 & 12 top right)

Lifetime Arts' Creative Aging Foundations course has been made possible by:

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Media Credits

- + Jewish Community Center, Staten Island, NY; Credit: Jeremy Amar for The New York Community Trust (Slide 12 bottom)
- + Casket Arts Building, Minneapolis, MN; Credit: Casket Arts Building (Slide 14)
- + Boston Public Library, Boston, MA; Credit: Boston Public Library (Slide 24)
- + Louisiana State Museum, New Orleans, LA; Credit: Louisiana State Museum (Slide 28)
- + Newtown Italian Neighborhood Senior Center, Queens, NY; Credit: Jeremy Amar for The New York Community Trust (Slide 32 top left)

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Media Credits

- + Pasadena Conservatory of Music, Pasadena, CA; Credit: Pasadena Conservatory of Music (Slide 32 top right)
- + Minnesota Opera, Minnesota, MN; Credit: Minnesota Opera (Slide 32 bottom)
- + Museo de Historia, Antropología y Arte, San Juan, PR; Credit: Lisa Ortega-Pol (slide 33)
- + Cuyahoga County Public Libraries, Cuyahoga County, Ohio; Credit: Cuyahoga County Public Library (Slide 34)

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Media Credits

- + Diana H. Jones Innovative Senior Center, Brooklyn, NY; Credit: Julia Xanthos Liddy for The New York Community Trust (Slide 35)
- + CDC Loneliness and Social Isolation Linked to Serious Health Conditions (Slide 38)
- + Pullen Arts Center, Raleigh, NC; Photo Credit: Teresa Moore (Slide 40)
- + Fleisher Art Memorial, Philadelphia, PA; Credit: Fleisher Art Memorial (Slide 42)
- + The Neon Museum, Las Vegas, NV; Credit: The Neon Museum (Slide 43)

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Media Credits

- + Marine Park, Brooklyn NY; Credit: Jeremy Amar for The New York Community Trust (Slide 45)
- + Washington County Library Consortium, Beaverton, OR; Credit: Washington County Library Consortium (Slide 46)

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