

Creative Aging in Wyoming Libraries Training

Welcome!

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

1. Name
2. Location, including native land you are currently on
3. Something beautiful you can see out your window or in your space

Also, please have paper or notebook and pen available

Ageism and Creative Aging Program Models

Day One

March 1, 2021



Annie Montgomery
Director of Education



Lynda Monick Isenberg
Lifetime Arts Trainer

Planning

You are viewing David Woehr, he/him - Lifetime...

View Options

Zoom Ratio Fit to Window >
Hide Video Panel
Request Remote Control
Annotate
Exit Full Screen
Side-by-side mode
Stop Participant's Sharing

S

Skills

A

Assessment

F

Feedback

E

Engage Socially



A screenshot of a Zoom meeting window. The interface shows five video thumbnails of participants arranged in a grid. In the top right corner, a settings menu is open, with a red circle around it and a red arrow pointing to it from the left. Another red arrow points upwards from below the menu. The participants are:

- David Woehr, he/him - Lifetime Arts (top left)
- Julie Kline (she/her) - Lifetime Arts (top middle)
- Lifetime Arts (top right)
- Annie Meek Montgomery (bottom left)
- Shawn Choi (He/His) (bottom right)

The settings menu contains the following options:

- Speaker View
- ✓ Gallery View
- Fullscreen

Zoom Meeting

View

David Woehr (he/him) - Lifetime Arts

Shawn Choi (He/His)

Lifetime Arts

Annie Meek Montgomery

Julie Kline (she/her) - Lifetime Arts

Unmute

Start Video

Security

Participants 5

Polls

Chat

Share Screen

Record

Reactions

Leave

The screenshot shows a Zoom meeting window with four video feeds and a participants list. Annotations include a red circle around the 'Participants' button in the bottom toolbar, a red arrow pointing to it, and another red circle around the 'Rename' button in the participants list with a red arrow pointing to it.

Participants List:

Initials	Name	Role	Buttons
JK	Julie Kline (she/her) - Life...	(Me)	Mute, Rename
	Lifetime Arts	(Host)	
	Shawn Choi (He/His) (Co-host)	(Co-host)	
AM	Annie Meek Montgomery		
DW	David Woehr, he/him - Lifetime Arts		

Bottom Toolbar:

- Mute
- Stop Video
- Participants (5)
- Chat
- Share Screen
- Record
- Reactions
- Leave

Zoom Meeting

View

David Woehr (he/him) - Lifetime Arts

Shawn Choi (He/His)

Lifetime Arts

Annie Meek Montgomery

Julie Kline (she/her) - Lifetime Arts

Unmute

Start Video

Security

Participants 5

Chat

Share Screen

Record

Reactions

Leave

Zoom meeting interface showing five participants in a grid view. The participants are David Woehr, Shawn Choi, Lifetime Arts, Annie Meek Montgomery, and Julie Kline. The bottom toolbar includes buttons for Stop Video, Security, Participants, Polls, Chat, Share Screen, Record, Reactions, and a red Leave button.

Zoom chat window showing a conversation history. The chat is titled "Chat". The messages are:

- From David Woehr, he/him - Lifetime Arts to Everyone: Hello!
- From Julie Kline (she/her) - Lifetime Arts to Everyone: Welcome to today's session.
- From Me to Everyone: Hi!
- From Annie Meek Montgomery to Everyone: Looking forward!

A red circle highlights the "Save Chat" option in the bottom right corner of the chat window, with a red arrow pointing to it.

you can do so by opening the chat box and clicking on the three dots on the bottom right. Select **Save Chat** and the entire chat will be saved to your computer.

Creative Aging in Wyoming Libraries Training

Welcome

Training Goals:

- Be introduced to the creative aging field
- Analyze ageism and its impact on program design and delivery
- Learn creative aging programming models (In-person and remote)
- Experience the design best practices for creative aging programs
- Learn about the Creative Aging in Wyoming Libraries Initiative.
- Understand how to support the program: marketing, recruitment, tech support, and working with teaching artist
- Build creative aging program infrastructure to move toward sustainability

Today's Agenda

1. Exploring ageism
2. Break
3. Creative aging arts education models
4. Break
5. S.A.F.E. planning and older adult learners
6. Creative Aging in Wyoming Libraries Initiative
7. Q&A and wrap-up

Creative Aging in Wyoming Libraries Training

Ageism Workshop

Creative Aging in Wyoming Libraries Training

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

Creative Aging in Wyoming Libraries Training

Break-out Discussions

Creative Aging in Wyoming Libraries Training

Share Out

Creative Aging in Wyoming Libraries Training

Break!

Introduction: Creative Aging Program Model



Credit: Walnut Creek Wetland Center, Raleigh, NC

Why is Everybody Talking About Aging?

By the year 2030:

- 71.5 million or 21% of the US population will be aged 65+
- Number of people aged 85+ will **DOUBLE**

U.S. Census Bureau's 2017 National Population Projections



Equity and Older Adults



Diana H. Jones Innovative Senior Center, Brooklyn, NY
Credit: Julia Xanthos Liddy for the New York Community Trust

What is Creative Aging?

Creative aging is using the **arts** to improve the quality of life for older adults through **creative expression** and **social engagement**.

Arts Education for Older Adults

- Online or In-person
 - Sequential classes—not drop-in programming
 - Taught by a professional teaching artist
 - Registration based—free or fee-based

The Creativity & Aging Study

By Dr. Gene Cohen, George Washington University, 2006

- Took place over 3 years
- NYC (Brooklyn), Los Angeles, and Washington, DC
- Age range was 65-103
 - **Control group** - usual activities
 - **Intervention group** - participated in professionally conducted arts programs



Dr. Gene Cohen

The Creativity & Aging Study

By Dr. Gene Cohen, George Washington University, 2006

Results:

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

Mastery & Social Engagement



Credit: Jeremy Amar for The New York Community Trust
Hope of Israel Neighborhood Senior Center, Bronx, NY

Creative Aging Arts Education Model 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
 - Skill-building and sequential learning
- Has a planned culminating event

Best Practices in Creative Aging: More in depth!

A Creative Aging Program:

- Has at least 10 participants in each class
- Requires registration
- Offers free or fee-based classes
 - Dependant on organization's needs
- Has a goal for participants to come **EVERY WEEK!**

What's Different About Adult Learners?

- 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

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!

Social and Emotional Changes

- Financial worries
- Re-wirement phase
- Living with loss

S.A.F.E Planning

S

Skills

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Assessment

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E

Engage Socially

S.A.F.E. Planning

Skills

- Schedule classes in a sequence
- Plan lessons to ensure that one artmaking skill builds to the next
- Make each lesson as experiential as possible

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

Creative Aging in Wyoming Libraries Training

**20/20/20
Break**

Creative Aging in Wyoming Libraries



Photo Credit: Teresa Moore

Creative Aging in Wyoming Public Libraries

Project Background

Project Background

Project Goals: improving the lives of Wyoming State's older adults through participatory arts programming.

Objectives: Creative Aging in Wyoming Public Libraries will implement a proven approach to older adult services and contribute to a statewide shift that places participatory arts at the core of senior programming.

Partners: WY Arts Council, WY State Library, and Lifetime Arts

Timeline

Phase I:

Planning and preparation

December 2020 - January 2021

Phase II:

Orientation and Training

February 2021 - March 2021

Phase III:

Program Development

March 2021 - May 2021

Phase IV:

Program Implementation

June 2021 - May 2022

Program Development and Coaching

Each participating library will receive ongoing program design and implementation support from Lifetime Arts including:

- Teaching artist identification
- Curriculum development
- Budgeting and contracting
- Marketing and recruiting

Program Implementation

Creative Aging Programs:

- Can be done in any art form: visual, performing, and literary arts
 - Artform must reflect the interest of the target audience
- Are taught by professional teaching artists
- Include intentional social engagement component
- Include a culminating event

In-Person vs. Remote Delivery

In-Person Delivery

- 8+ sessions
- 90+ minutes in length
- Culminating event

Remote Delivery

- 4+ synchronous sessions
- 3+ asynchronous activities
- 45-90 minutes in length
- Culminating event

Creative Aging Impact

- Up to **46 programs** across 23 counties
- Up to **700** older adults served
- Culminating events will reach up to **1,500** people from friends, family and the general public

Creative Aging in Wyoming Libraries Training

Q&A

Day 2: Creative Aging Online Demo Classes

Storytelling



Sarah Jacobus
Lifetime Arts Trainer

Photography



Rhynna M. Santos
Lifetime Arts Trainer

Closing

Homework via training portal:

- View Aroha Philanthropies Film, “Creative Aging: In-Person to Online”
- Review *Adapting Creative Aging Course Design for Remote Delivery* Pdf.
- Browse Connect Thru Creativity Now Blog