HAPPY NEW YEAR!

2018 Where we’ve been

2019 Looking forward...
2018 Website Enhancements

The following features were added to the CASF website in 2018:

✦ Monthly Meetings *(Gatherings)*
✦ Special and Recurring Events *(Happenings)*
✦ Job Postings and Volunteer Opportunities *(Opportunities)*
✦ Supporting Member Benefits and Opportunities to be featured at Meetings *(Members)*
✦ Suggestions and Information *(Contact)*

Members are welcome to suggest meeting locations and host events, introduce creative new practices, and participate in sub-committees to enhance collaboratives offerings. Participation forms are posted under each menu heading on the website. Also view upcoming events and photos of past events on Creative Aging SF Facebook Page.

Thanks to all who contributed to making 2018 a dynamic, creative year in the San Francisco Bay area!
2018 Special Events

◆ Power to Change, the first Creative Aging Virtual Symposium, co-sponsored by COVIA’s Well Connected Program. January 17, 2018. The second annual Virtual Symposium will be held January 23, 2019.

◆ Creative Aging SF welcomed Creative Aging International to the first San Francisco international event, Creating a New/Old San Francisco, at the Contemporary Jewish Museum, February 9, 2018.

◆ Dominic Campbell, Creative Aging International Co-Founder, presented an inspirational talk on developing innovative strategies to better adapting individuals and systems to aging, using creative entertainment models that encourage people to “fall in love with their older selves,” Berkeley Museum Art Museum, September 17, 2018.

◆ A CASF delegation presented at Leading Aging Expo, in Philadelphia, October 30, 2018. Over 8,000 aging services professionals came together for the event to exchange ideas, explore new strategies and master the latest best practices.

◆ The Alzheimer’s Association partnered with CASF to sponsor Movie Moments at the Vogue, August 14, 2018, and a CASF Remembrance Area at the Walk to End Alzheimer’s, November 10, 2018.
2018 Meeting Highlights

- **Tour & Intro, January 25, 2018, 30th Street Senior Center**, SF. Valorie Villela, Director, described the Center’s mission, which is to **connect senior who live at home with each other and with culturally sensitive programs to achieve their potential**.

- **World Cafe Brainstorming, February 22, 2018, SF Alzheimers Association**. Modeling the format of the meeting after the World Cafe, http://www.theworldcafe.com, Sadie Harmon led the group by offering thought-provoking questions, such as the following: (a) What brings you to Creative Aging SF? (b) To what groups would you like to see increased outreach? (c) What events would you like to see? (d) How would you like to contribute?
◆ **April 24, 2018, AgeSong at WoodPark, Oakland.** Sally Gelardin introduced “**Who You Are MATTERS!**, a storytelling group board game,” of special interest to those in the creative arts, that sparks meaningful conversations and gives players an opportunity to create a Career/Life Statement that gives them clarity, confidence, and a stronger VOICE to explore Possibilities.

◆ **Round Table Presentations, June 27, 2018, Aldersly Garden Retirement Community, San Rafael.** Denise Bondy demonstrated her colorful and practical “**Liberating Little Bags**” and **initiative to teach elders how to make the bags for walkers.** Tanya Mendoza, LITA Volunteer Program discussed **how LITA matches volunteers with residents of Marin County long-term care facilities for weekly visits.** Pamela Rand & Ellen Brooks showed a humorous video clip on their video series, “**Adventures to Feeling Young.**”

◆ **Tour & Featured Artists, July 26, 2018, SF Senior Center, Aquatic Park.** Sue Horst, Director, gave a **tour of the Senior Center and artists described their work.** In addition to the beautiful art, ceramics, and photography displays, participants in the tour noted a Storytelling Booth in the Life Story Center, a Technology Room filled with computers, a large workout area facing the sea, and a Maritime Museum Case of Marine objects installed by the Senior Center’s Ceramics Program.

◆ **Dance Workshop, October 25, 2018, Chapparal House, Berkeley.** Ericka Shaver-Nelson, Activities Director, welcomed attendees to the **Chapparal House, a non-profit elder community** that has earned many awards. Megan Soriano gave attendees a **tour of the community and edible garden.** Greacian Goecke, Artistic Director, Impromptu No Tutu, facilitated a **lively interactive movement session** with participants.

◆ **Music Therapy Workshop, November 27, 2018, St. Pauls Towers, Oakland.** Phil Didlake, music therapist, passed out drums and other sound-makers, demonstrating **how to generate beat,**
volume, movement, and other forms of self-expression through “Rhythmic Innovations.”

2019 Looking Forward…
All meetings are 5:30 pm to 7:30 pm.

◆ Thursday, January 31, 2019, Ring in the New Year with Galyn Burke, Healing Arts Director, Code & Canvas, 151 Potrero Ave, SF 94103

◆ Thursday, February 28, 2019, Virtual Meeting, Leading Age 2018 Review by Katie Wade, Jesse McCracken, and Sadie Harmon

◆ Tuesday, March 26, 2019, Starting & Growing a Creative Aging Business, Aegis of Corte Madera, 5555 Paradise Drive, Corte Madera 94925

◆ Wednesday, April 24, 2019, East Bay

◆ Thursday, May 23, 2019, San Francisco State University Downtown Campus, 835 Market St, SF 6th Floor, Room 677

◆ Tuesday, June 25, 2019, East Bay

◆ No July Meeting: Summer Break!

◆ Wednesday, August 21, 2019, Virtual Meeting

◆ Thursday, September 26, 2019, North Bay

◆ Tuesday, October 29, 2019 East Bay

◆ Wednesday, November 20, 2019, Institute on Aging, 3575 Geary Blvd, SF 94118

Thursday, January 31, 2019
5:30 - 7:30 pm
Creative Aging SF will ring in the New Year with Galyn Burke, AMFT, Healing Arts Director at Code and Canvas.

Code and Canvas is a warm and creative space where artists, technologists, and scientists come together to feed our need to be creative and to collaborate with the people around us. The result is an inclusive and healing community focused on doing whatever we can to connect with and serve the greater community.

Light refreshments provided- you are welcome to bring a beverage or snack to share. We look forward to seeing you!

Code and Canvas
151 Potrero Avenue
San Francisco, CA 94110
Upcoming Special Events

January 23, 2019, 9:00 AM - 12:30 PM, Power to Change:
CASF 2nd Annual Virtual Symposium
Attendees do not need to identify as creative or artistic to join this symposium contains an important message for all. Together, we will learn of the immense value in exploring the aging journey through a creative lens. We will hear inspiring stories and tools to ignite personal change. Join us via webinar as we remind each other that we all possess the Power to Change. For more information and to register, contact: KWade@Covia.org.

Stay tuned for more creative aging events and opportunities…
2019 Movie Moments at the Vogue, Walk to End Alzheimers, collaborations with Creative Aging International, partnering with Sadie Harmon, Dementia-Inclusive Communities Director, and Elder Care Alliance, events to celebrate Ruth’s Table new building. Submit upcoming events on the form posted, http://www.creativeagingsf.org/happenings.html. Check out opportunities to present at conferences, http://www.creativeagingsf.org/opportunities.html.

Of Interest…
✦ Professional opportunity for arts and health professionals, http://www.ae-sop.org/about/
✦ Daisy Fancourt and the Early Career Researchers Network and Centre for Arts in Medicine, http://www.ucl.ac.uk/iehc/research/behavioural-science-health/people/staff/fancourt
✦ David Slater of Entelechy article: “My Aunt Was Always Doing Wild Things,” https://davidaslater.wordpress.com

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