

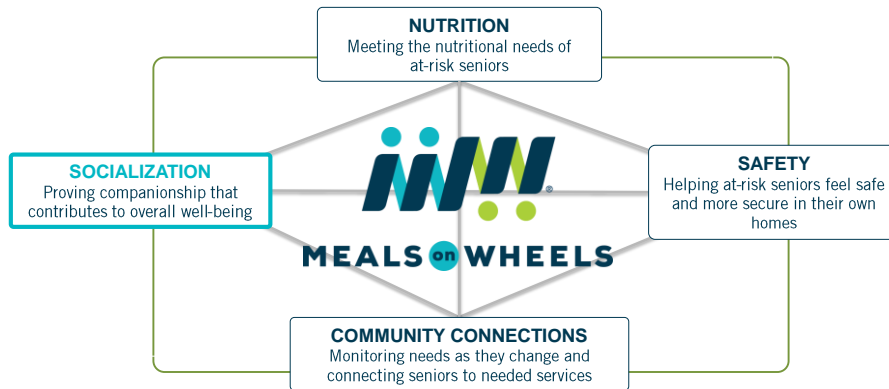


Creative Aging for Meaningful Social Engagement

SPEAKERS

1. **Bert Ijams**, Meals on Wheels Prescott
Executive Director
Certified TimeSlips Facilitator
2. **Elaine Maly**, TimeSlips
Master Trainer/Project Director

So Much More Than Just a Meal



Creative Aging for Meaningful Social Engagement



Bert Ijams

Executive Director

Certified TimeSlips Facilitator

Meals On Wheels Prescott

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Creative Aging for Meaningful Social Engagement



A
Blank
Piece
Of
Paper

Creative Aging for Meaningful Social Engagement

Creativity, Art & Play

- **Creativity:** The use of imagination or original ideas to create something; inventiveness.
- **Art:** An embellishment
- **Play:** To engage in activity for enjoyment and recreation rather than a serious or practical purpose.

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Creativity, Art & Play – I wish I could do that!



Growing



Filtering



Judging

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Creativity, Art & Play – You can and should do this



Adult PLAY is a time to forget about work and commitments, and to be social in an unstructured, creative way. Focus play on the actual experience, not on accomplishing any goal. There doesn't need to be any point to the activity beyond having fun and enjoying yourself.

Be unafraid!
Take the risk!
Be bold!

It isn't about right or wrong!

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Creativity, Art & Play – Forget about doing it right



PERFECTIONISM

Perfectionism is a refusal to move ahead. It is a loop—an obsessive, debilitating closed system that causes us to get stuck in the details and to lose sight of the whole. Instead of creating freely and allowing errors to reveal themselves later as insights, we get mired in getting the details right. We correct our originality into a uniformity that lacks passion and spontaneity. “Do not fear mistakes,” Miles Davis told us. “There are none.”

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Creativity, Art & Play – Take a Leap and Explore



RISK

QUESTION: What would we do if we didn't have to do it perfectly?

ANSWER: A great deal more than we are.

Most of us are practiced at talking ourselves out of risk. We are skilled speculators on the probable pain of self-exposure.

Take a creative



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Creativity, Art & Play – For Older Adults



Creative Aging

Research suggests that active participation in the arts and learning promotes physical health, enhances a sense of well being, improves quality of life and reduces the risk factors that lead to the need for long term care.

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Creativity, Art & Play – For Older Adults



Creative Aging – Says Who?

In an arts participation study of 166 healthy, ambulatory, older adults from the Washington, DC area (average age: 80) results showed positive findings of the arts intervention's effectiveness. The intervention group reported higher overall physical health, fewer doctor visits, less medication use, fewer instances of falls, and fewer health problems when compared to the comparison group. The intervention group also evidenced better morale and less loneliness than the comparison group. Similarly, the comparison group had a significant decline in total number of activities, whereas the intervention group reported a trend toward increased activity.

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Creativity, Art & Play – For Older Adults



Creative Aging – Says Who?

Storytelling is emerging as a powerful tool for health promotion in vulnerable populations. An interactive storytelling intervention to improve blood-pressure control among African Americans produced substantial and significant improvements in blood pressure control for patients with baseline uncontrolled hypertension. The research suggests that storytelling is an intervention that can be used to deliver health-promotion information, particularly to vulnerable populations, and that it may be adaptable to other chronic conditions besides hypertension

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Creativity, Art & Play – For Older Adults



Enriching the Spirit, Enhancing Healing

Since Mayo Clinic's beginning more than a century ago, the Mayo community has valued the restorative effects of the arts and the role of humanities in strengthening patient care. Programs are open to Mayo Clinic patients, staff, visitors and community members and are made possible by the generous donations of grateful benefactors.

- Music Performances
- Visual Art Exhibitions
- Theatre and Dance Events
- Bedside Arts Programs
- Workshops
- Lectures
- Education

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Creativity, Art & Play – Meals On Wheels Prescott



The Problem

- Social Isolation

What we did!

- Did research and invested time
- Wrote a budget
- Wrote a grant
- Identified Four Artistic Disciplines
- Recruited and Trained a Faculty

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Creativity, Art & Play – Meals On Wheels Prescott



What we did!

- Set up a series of meetings with faculty to do and determine the following:
 - Each one needed a Level One Fingerprint Clearance and Background Check
 - How much, if any, training for the faculty
 - How much time should a client visit be
 - How many client visits per artist
 - What supplies did we need
 - What is the curriculum for each discipline

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What we did!

- Determined the clients to recruit
- Set about recruiting them
- Created pre and post surveys
- Launched a short pilot program

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What we learned!

- Many people are lonely, depressed and isolated
- People embraced the program
- People rediscovered creativity and the inherent benefits of the process

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Creativity, Art & Play – Meals On Wheels Prescott



What we learned from them...

- My creativity has been strongly re-awakened as a result of this program.
- I am a pen and ink pointillism artist. I need to have cataract surgery, so have been unable to engage in my highly detailed artwork for a spell. I'm still ecstatic over the 2 days spent with the artists that came into my home. I feel upbeat, lifted and enriched over these experiences. Thank you
- Both teachers were fantastic – The feeling they bring about will last. I won't forget. They bring sunshine and fun to a life that really needs it. Please let them share themselves with others that need them so much in their lives.

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Creativity, Art & Play – Meals On Wheels Prescott



What we learned about our specific Creative Aging Program

- The program has tremendous value
- The program, in its current form isn't sustainable
- The program is expensive
- The program was labor intensive

Our Next Steps

- Work with **TimeSlips** CONNECT THROUGH CREATIVITY™ to create a program that is deliverable to our homebound clients using the *Islands of Milwaukee* as the model.

Creative Aging for Meaningful Social Engagement



Elaine Maly
Certified TimeSlips Facilitator
Master Trainer/Project Director
Timeslips
Elaine@timeslips.org

Welcome to TimeSlips
bringing meaning to late life through
creativity



TimeSlips
CREATIVE STORYTELLING

Goals of this presentation

- Introduction to TS and how it can be integrated into MoW
- Training options
- and online resources



TimeSlips Dream...

- Every older person feels a meaningful connection to their community and a purpose for their life.
- Stigma disappears – so that care partners and elders feel supported.
- Creative engagement becomes standard practice



Art is a symbolic,
emotional language, with
no right or wrong. It
enables us to join
together to create
meaning, beauty and
purpose.

TimeSlips

MEALS ON WHEELS AMERICA

2018 MEALS ON WHEELS ANNUAL CONFERENCE & EXPO

- It is crucial to know an elder's past.
- But *only* focusing on the past can ignore a person's present value and strengths.
- Imagination creates **shared exploration, a shared world**, which enables us to build community across ages, cultures and abilities.

TimeSlips

MEALS ON WHEELS AMERICA

2018 MEALS ON WHEELS ANNUAL CONFERENCE & EXPO

EXPECTATION
OF
MEMORY/FACT

*One answer
loss*



**SHARED
IMAGINATION &
EXPERIENCE**



**EMOTIONAL,
PHATIC
COMMUNICATION**

WITH (not for)

*Many answers, based on
strength*

TimeSlips

MEALS ON WHEELS AMERICA

2018 MEALS ON WHEELS ANNUAL CONFERENCE & EXPO

TS Core
Guidelines

yes
and...

*open
yourself to*
wonder

***beautiful
questions***

proof
of listening

TimeSlips

MEALS ON WHEELS AMERICA

2018 MEALS ON WHEELS ANNUAL CONFERENCE & EXPO



« All Stories

Butterfly Man

By *Michelle*

Print Email

It is 1917. This man is a French First World War veteran who was shot in the back. His name is Harry. He is 27. He has a dancing cane for doing the Cha-Cha. He has no family; but a lot of friends.

He is outside in France. He's going a local café for a glass of wine. He is focused on contemplating his life.

There is a giant butterfly behind him. He loves it, he's not afraid. It signifies peace.

He's hoping to meet someone new – a woman perhaps. When they meet they'll talk about spring and new beginnings. He's trying to forget what he experienced in the war.

After that, maybe he'll get laid.

She'll get married but not to him; to someone she already knew... who bakes good baguettes.





Hey,
that's me.



One-on-One

- Flash Stories (in passing moments)
- Full Stories (usually 20 min)
- **Groups**
- Full Stories

For MoW,
we focus on
One-on-One



Islands of Milwaukee
TimeSlips/MoW
collaboration using
Questions of the Day.

Prompts can
really be
anything - a
sound, a look
out the window!



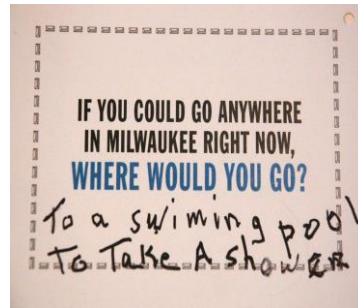
WHAT IS THE MOST
BEAUTIFUL SOUND
IN THE WORLD?

WHAT DO YOU
TREASURE
IN YOUR HOME?
WHY?

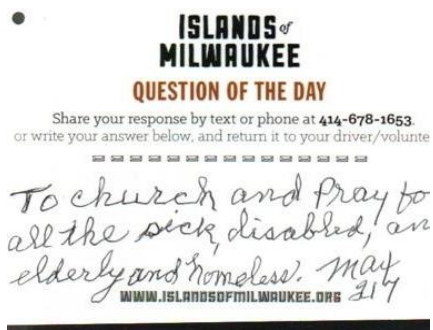
WHAT IS YOUR
ANCHOR?

*beautiful
questions*

SHARING THE STORIES



"If you could go
anywhere in
Milwaukee right
now, where
would you go?"



CREATING A SYSTEM

Training Workshops
Delivery via drivers
Pick up via voicemail
or cards

Share back (posters,
exhibit, radio spots;
MoW newsletter or
calls)



WHAT IS SOMETHING YOU COULD TEACH ANOTHER PERSON?

Manners

HOW TO READ.

Don't forget to keep a clean
messy clean

How to be good to one another
in acts of kindness. Even if it's
just a smile, you may get over
clouds.

Not to gossip

I would teach them
Safe sex.

Prayer & living - right direction
or don't think about anything
just get up & Do, Do, Do

How to speak like
a lady & gentleman

Writing

That we're all equal, rich or
poor we're all from God

Two love KERRY BOYLE

**ISLANDS of
MILWAUKEE**

ADD YOUR ANSWER! CALL (414) 678-1653
WWW.ISLANDSOFMILWAUKEE.ORG

THE CURRENTS

from the Islands of Milwaukee

Question of the Day:

“Where do you connect with nature?”

- Relaxing by the lake
- Sitting by the sun
- I am native American and we've always been part of nature. I don't believe I connect with nature. I believe that I am part of nature. God created us all and we are all one.
- Traveling
- Every time you eat



introducing...

The Story Exchange!

Over the next 3 months,
a class of UWM students
will use "the back of the menu"
to share and exchange stories.

Here are the guidelines:

- These stories are for you to read and enjoy! You can also respond!
- leave a message with your answer at 414.678.1659
- or write your answer down and give it to your driver to share back with the students.
- Together we'll create a "potluck" of stories and memories and share it back in May!

Question for this month:

**What is / was a special food
for your family and why?**

My name is Fatimah. I grew up in Saudi Arabia. The food that is connected with my memory is a traditional food that we make in special occasions is lamb or chicken made with rice that has a special flavor.

Organizational Training

- Online training in Creative Engagement for your staff and volunteers.
- Up to 6 certifications for individuals.
- In-House Trainer (can certify additional people)
- Consulting with Master Trainer on Partnerships and Celebration/exhibit planning.



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Another
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Of
Paper

Creative Aging for Meaningful Social Engagement

Resources:

TimeSlips

- <https://www.timeslips.org/>

The Arts and Human Development, National Endowment for the Arts

- <https://www.arts.gov/sites/default/files/TheArtsAndHumanDev.pdf>

Research on Creativity and Aging: The Positive Impact of the Arts on Health and Illness

- <https://www.arts.gov/sites/default/files/NEA-Creativity-and-Aging-Cohen-study.pdf>

Mayo Clinic

- <https://connect.mayoclinic.org/page/center-for-humanities-in-medicine/>

National Center for Creative Aging

<https://creativeaging.org/>

Thank you!

Questions and Sharing