2024
Training Institute for Arts-in-Healthcare and Creative Aging

Event Schedule
Monday, March 4th 11:00 am - 5:00 pm ET
Saturday, March 9th 10:00 am - 4:00 pm ET
Sunday, March 19th 10:00 am - 4:00 pm ET
Monday, March 4th

11:00 - 11:30 am

Welcome
Sheila Fontanive and Liz Rubel of The Creative Center
Founded in 1994 on the belief that "medicine cures the body, but art heals the spirit," The Creative Center began as a series of free art workshops for women with cancer. 30 years later, TCC has established itself as a leader in the field of arts in healthcare and creative aging. With curiosity and conviction, TCC continues to develop new programs and partnerships in response to the emerging needs of the community. In this welcome, we will share more about our history and current programming.

11:30 - 12:15 pm

Honest Aging: Your Body, Mind and Soul
Rosanne Leipzig, MD, Ph.D
Aging is a shared human experience that is both embraced and shunned. Mother nature has orchestrated quite a cascade of changes to the body that are manifested both on the visible surface and well below the skin and tissues. These changes affect not just the way we look and feel, but can drastically alter our relationship with ourselves, each other, and our society. In this presentation, aging is explored in its physiological, personal, and societal context using images from medical illustrations, patient artwork, and through the eyes of a geriatrician.

12:15 - 12:30 pm

Gentle Movement Break
Sloka Iyengar, Ph. D.
During this optional exercise, Sloka will guide us through intentional breathing and movement, including hand gestures (hastas) and movement patterns (adavus) from the traditional Indian dance of Bharatanatyam.
Lunch Break

Igniting Change Through Creativity: Arts, Health, and Community Care

**Tasha Golden, Ph. D.**

In this engaging talk, Dr. Tasha Golden explores the power of the arts to help people heal, connect, and drive social change. Blending research with practical guidance, she helps attendees imagine and build creative initiatives that promote individual and community wellbeing...while also honoring the boundaries and self-care that sustain our transformative work.

Intergenerational Filmmaking: A Case Study of Feature Film "Familiar Touch" and its Creative Aging Workshop Process

**Sarah Freidland**

In this session, Sarah Friedland will share the process of integrating her experiences as a filmmaker, caregiver to artists with memory loss, and teaching artist, to create Familiar Touch. A fictional feature film made in collaboration with the residents and staff at a continuing care retirement community, Familiar Touch is a coming of (old) age film, which follows an octogenarian woman’s transition to life in assisted living as she contends with her conflicting relationship to herself and her caregivers amidst her shifting memory and desires.

Theory and Practice of Museum-Based Programming for People with Dementia and their Caregivers

**Carolyn Halpin-Healy, of Arts & Minds**

A brief introduction to the theory behind Arts & Minds and how you can activate museum resources to co-create meaningful engagement with those affected by dementia.
3:15 - 3:30 pm

**Gentle Movement Break**

**Sloka Iyengar, Ph. D.**

During this optional exercise, Sloka will guide us through intentional breathing and movement, including hand gestures (hastas) and movement patterns (adavus) from the traditional Indian dance of Bharatanatyam.

3:30 - 4:15 pm

**Creative Aging: Enhancing the Lives of Older Adults Through Arts Education**

**Nathan Majoros of Lifetime Arts, Inc.**

This overview seminar provides a dynamic history and background of creative aging, diverse areas of practice, and the cross-sector nature of the field, so participants can take initial steps to envision opportunities for creative aging in their own work. Attendees will gain a solid understanding of creative aging principles, practices, and an understanding how ageism impacts program design and delivery.

4:15 - 5:00 pm

**Art Workshop**

**Nicolás Dumit Estévez Raful Espejo Ovalles**

Nicolás will help us conclude the day, as we sample some of the core BREATH-BODY-MIND™ practices as developed by Dr. Richard P. Brown and Dr. Patricia Gerbarg. Exercises will be interspersed with introspective pauses, where individuals are invited to enter moments of stillness through non-representational drawing and the liberating use of colors through materials of their choice. Those attending will have the opportunity to derive the potential of the releasing, energizing, relaxing and calming sequences to which they will be introduced, to serve as a gift for those involved in the role of caring for others.
Saturday, March 9th

10:00 - 10:30 am
Welcome
Sheila Fontanive and Liz Rubel of The Creative Center
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10:30 - 11:15 am
The Lion’s Side: The Utilization of Storytelling for Transformation in Arts, Culture, & Health
David Fakunle, Ph.D
What truly matters in life, and how can creative expressions remind and reinforce what should guide our wellbeing journeys? Join Dr. David Fakunle as he guides participants through a personal and professional exploration of storytelling as a human-grounded methodology within arts, culture and health. Through this workshop, participants will be introduced to the science of crafting and sharing narratives, while learning more about the importance of context in addressing pervasive systemic challenges, as David aims to do in his hometown of Baltimore. The goal is to empower participants to cultivate spaces of open, honest and genuine storytelling and story listening through artistic and cultural opportunities, particularly for the communities to whom are least listened.

11:15 - 11:30 am
Gentle Movement Break
Sloka Iyengar, Ph. D.
During this optional exercise, Sloka will guide us through intentional breathing and movement, including hand gestures (hastas) and movement patterns (adavus) from the traditional Indian dance of Bharatanatyam.
1:30 - 2:15 pm
Making Art Education More Sustainable by Working With Re-usable Materials
John Cloud Kaiser
John Cloud Kaiser, Education Director of Materials for the Arts will share a wide variety of best practices in making art from the free, re-usable materials around us. As more and more art programs engage communities with it’s healing practice, the need for art supplies can be supported by a sustainable approach to gathering those art materials. In this hands-on workshop participants will share their own experiences and have a chance to make art projects with re-useable materials that will inform and inspire their future arts programs.

2:15 - 2:30 pm
Gentle Movement Break
Sloka Iyengar, Ph. D.
During this optional exercise, Sloka will guide us through intentional breathing and movement, including hand gestures (hastas) and movement patterns (adavus) from the traditional Indian dance of Bharatanatyam.

11:30 - 12:30 pm
Hospital Artist-In-Residence Program Panel: What Does it Take to Craft this Work?
Cibele Vieira, Wilhelmina Grant, Helen Dennis, Sascha Mallon
This Hospital Artist-In-Residence (AIR) Panel will introduce you to four of our current AIRs, working in inpatient and outpatient oncology units primarily with patients and families, and with hospital staff through our new partnership with NYC Health + Hospitals Arts in Medicine. AIRs will discuss their practices and processes, share the perceived and acknowledged benefits of their work, and describe some challenges of working within large systems while retaining unique and innovative methods of working one-on-one and in small group settings. Moderated by Program Coordinator Liz Rubel, you will gain insight as well into the administrative process to sustain The Creative Center’s (TCC) Hospital Artist-in-Residence Program over 20+ years, at one point in 30 sites across NYC, replicated nationally in more than 60 healthcare settings, collaborating with professional artists who bring their expertise, passion, and individual approaches, combined with TCC trainings, to craft what it takes to be a Hospital Artist-In-Residence.

12:30 - 1:30 pm
LUNCH BREAK

1:30 - 2:15 pm
Making Art Education More Sustainable by Working With Re-usable Materials
John Cloud Kaiser
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Artist Talk: New Works, Access, and Disability Advocacy in Art

**Finnegan Shannon**

Educator and organizer Mia Mingus writes, “Access for the sake of access is not necessarily liberatory, but access for the sake of connection, justice, community, love, and liberation is.” Finnegan Shannon's art practice is a series of access experiments. Instead of focusing on compliance and doing the minimum, what if we approach access creatively and attentively, centering disability cultures? How can practices of access nourish cross-disability solidarity and connection? How do we make spaces and experiences that disabled people not only can access but want to access? In this talk, Shannon will share some recent projects and how access is a continuous thread through their art practice.

Art Workshop - The Art of Upcycling to Create Unique Beads

**Omi Gray**

Discover the art of upcycling paper, fabric, and leather scraps into unique beads. Upcycling can open up a whole world of creative possibilities, while helping discarded items find a new purpose. With a bit of creativity, you will be able to turn paper, fabric, and leather scraps into beautiful, one-of-a-kind beads which can become a custom piece of artwork or jewelry.

Closing Remarks

**Sheila Fontanive and Liz Rubel of The Creative Center**

The Creative Center’s 30th Birthday Party!

**Speyer Hall @ 184 Eldridge Street**

We're celebrating the 30th Birthday of The Creative Center, and you're invited! Please join us on Saturday March 9th from 7-10 PM at Speyer Hall at University Settlement's 184 Eldridge Street. We'll have dancing, and cake! And attendees will hear from artists and participants sharing their perspectives on what The Creative Center has meant in their lives.

RSVP here!
### Sunday, March 10th

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<th>Time</th>
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| 10:00 - 10:30 am | **Art Workshop - Stitching the Group Together - Finger Knitting - All Hands on Deck!**  
**Lisa Daehlin** | In this fun and engaging activity, we explore the possibilities of learning a basic technique and modifying it to include multiple participants. Finger Knitting can be done by one person, as a thoughtful solo activity, but, as a group, the interactions (and resulting fabric) provide unanticipated ways of “knitting the group together”. A creative and team building activity, requiring minimal skill, but sharing large engagement and fun! |
| 10:30 - 10:45 am | **Gentle Movement Break**  
**Sloka Iyengar, Ph. D.** | During this optional exercise, Sloka will guide us through intentional breathing and movement, including hand gestures (hastas) and movement patterns (adavus) from the traditional Indian dance of Bharatanatyam. |
| 10:45 - 11:30 am | **Innovation at the Intersection of Arts and Medicine: A Partnership Between NYC Health + Hospitals and The Creative Center**  
**Monica Mariño, Sahadeo Ramharrack, and Livia Ihinosen Ohihoin and Liz Rubel, moderator** | NYC Health + Hospitals Arts in Medicine combines artistic innovation and education into high-quality health care to support the healing benefits of the arts. This panel discussion will bring together the programmatic aspects of a partnership between Health + Hospitals and The Creative Center for a Hospital Artist-In-Residence Program for healthcare staff. We will hear from representatives from Arts in Medicine, Morrisania Gotham Health, and a TCC Artist-In-Residence to address planning, structuring, and implementation of evidence-based programs and art interventions in healthcare facilities and community clinics. |
Artist Studio Visit: Gilda Pervin at her studio on the Bowery

**Gilda Pervin**

This studio visit to Gilda's home and workspace will provide the opportunity for observation and discussion around what it's like to live and work as an older adult artist in New York City. Gilda Pervin is a sculptor whose work includes both figurative and non-representational bas-reliefs and three-dimensional sculptures. She has been living and working on the Bowery since 1981.

LUNCH BREAK

At The Museum: Coordination, Engagement, and Education in Access Programming

**Elizabeth Gronke, Naemeh Shirazi, Isabelle Fernandez, & Jinelle Thompson**

This museum panel will begin with short presentations of various local programs before a brief moderated discussion and audience Q&A. This discussion will focus on the coordination and implementation of bringing audiences of older adults, people living with illness and disability, and people living with memory loss, and their caregivers to museum spaces; in galleries, through Zoom, and at partner sites. Panelists will share information about developing and sustaining museum programs and partnerships, and how to reach their intended populations.

Gentle Movement Break

**Sloka Iyengar, Ph. D.**

During this optional exercise, Sloka will guide us through intentional breathing and movement, including hand gestures (hastas) and movement patterns (adavus) from the traditional Indian dance of Bharatanatyam.
2:45 - 3:30 pm

**Rountable Discussion**

**The Creative Center Community**

Our final session of the institute will create space for reflection on all that we've learned together. Facilitated by a past Training Institute trainee and 2024 virtual day presenter, this Rountable Discussion will open the floor for our cohort to brainstorm ways they might use and implement the knowledge, insight, and enthusiasm gained during our time together. How can we stay inspired and take action?

3:30 - 4:00 pm

**Closing Remarks**

Sheila Fontanive and Liz Rubel of The Creative Center