

**Baycrest**

Enriching Care  
Enhancing Knowledge  
Enlightening Minds

**The Baycrest Social Workers  
are pleased to present**

**The Walter Lyons Memorial  
Social Work Clinic Day**

**Bringing Creativity into  
Clinical Practice with Older Adults**

**Friday, November 12, 2010**

**The Baycrest Joseph E. & Minnie  
Wagman Centre  
55 Ameer Avenue,  
Toronto, Ontario**

The morning program will be telecast  
to remote parts of Ontario.

***Sponsorship generously provided by:***

The Walter Lyons Memorial Fund

The Ben & Hilda Katz Centre for  
Gerontological Social Work



**Eldercare  
Home  
Health**

The Social Work Clinic Day Committee  
would like to thank Eldercare Home  
Health for sponsoring the Ontario  
Telemedicine Network portion of  
today's presentation.

# PROGRAM

## AM

- 8:00 **Registration and Refreshments**
- 8:45 **Welcome & Introductory Remarks**  
Dr. William Reichman, *President and CEO, Baycrest*  
Ms. Peggy Arden, Chairperson, Baycrest Social Work Clinic Day Planning Committee
- 9:00 **Still Life!: Why Making Art Makes Sense**  
Robin Glazer  
The benefits of providing quality arts experiences to older adults have been proven and these benefits include better health, stronger cognition, increased social interaction and - some suggest - longer lives. Developing best practices in providing arts to older adults can produce a rejuvenating effect on the entire community, from participants to their caregivers.
- 9:45 **The Creative Spirit....A View of the World through the Eyes of the Elderly**  
Joel Walker  
In this presentation Dr. Walker will discuss how a group of institutionalized elderly with varied impairments became consciously involved in developing their own potential and growth through the use of photography. Their experiences have proven that they can learn new things; that creative energy is still there and that others can appreciate and respect their endeavours.
- 10:30 **Refreshment Break**
- 10:45 **Using Drama to Humanize Dementia Care**  
Pia Kontos  
This presentation will explore the effectiveness of drama in the context of the qualitative evaluation of an arts-informed educational program on person-centred dementia care. Analysis of focus groups and interviews with nurses and allied health care practitioners who participated in the program suggests that drama is an effective pedagogical tool and is well positioned to strengthen initiatives that seek to improve dementia care.
- 11:30 **Q & A Panel with Keynote Speakers**
- 12:00 **Voices of the Terraces Theatre Troupe**  
The cast members of this theatre group are 80 years and over, and perform a range of mini-plays thematically based on the emotional, psychological and physical experiences of aging and living in a retirement setting.

## PM

- 12:30 **Lunch**
- 1:30-2:30 **Workshop Session # 1, registrants will be attending one of the following:**
- A - **What's Art Got to Do With It?**  
Isabel Fryszberg will present the history, development and innovative research of the Creative Works Studio (CWS), a community-based studio of St. Michael's Inner City Health program in partnership with the Good Shepherd Non Profit Homes. The studio offers healing and recovery through creative art for people living with serious and persistent mental illness. This presentation will outline the importance of partnerships--the new necessity in a climate of limited resources; how to create a dynamic environment and culture where adults with lost roles due to illness can redefine themselves from sickness to health, from patient to artist.
- B - **Creative Storytelling: Catching a Glimpse into the Lives of Seniors with Dementia**  
Alysa Heersink  
Workshop participants will learn about the creative storytelling method used in the Mountainview Club Day Program at Baycrest, for people with moderate to severe cognitive impairment. Examples of the stories created by the members of the Mountainview Club will be shared with the group. And an interactive exercise will provide participants with the opportunity to express themselves creatively.
- C - **Arts-based Research in Community Settings: Telling Stories and Building Relations through Visual Arts and Theatre-Based Activities**  
Izumi Sakamoto  
In this workshop, Dr. Sakamoto will discuss practical guidelines, examples, and challenges of conducting arts-based research with communities that have been marginalized. A portion of this workshop will focus on hands-on activities to get a feel for how arts can be used in research.
- 2:30 **Refreshment Break**

2:45-3:45 **Workshops Session #2, registrants will be attending one of the following:**

A - **Poetry in Motion: Poetic Interventions for Clinicians and their Clients**

**Rita Wilder Craig**

This session will include the following: the poetry of illness and disability written by health professionals; work done on an inpatient mental health unit using a narrative template to assist patients in writing their own poetry; and an experiential component involving participants writing their own poem based on memories from a photograph. Please bring along a black and white photograph of a relative or friend with whom you feel a special bond or connection.

B - **Creating New Worlds ~ Finding New Potential and Well-Being for Seniors through Art Making**

**Nicole Arends and Jennifer Polo**

Nicole Arends, the Program Manager of the Living through the Arts Program affiliated with the Royal Conservatory, will discuss this program and its importance to our seniors at this time. Jennifer Polo, Principal Artist for Living through the Arts, will then talk about her experiences working with two groups at the Wagman Centre. She will share slides of the work that has been done and also provide an experiential hands-on workshop.

C - **Strategies for Integrating Creative Expression into a Client-Centered Approach to Care**

**Bianca Stern**

This workshop will provide an overview of the value added benefits of integrating creative expression into clinical work and will review resources, strategies and tools to assist the clinician in introducing arts based modalities in both his/her day to day clinical work and in a broader capacity in his/her unit or program. Participants will be invited to actively engage in experiential and reflective exercises to explore this topic.

## FACULTY

**Robin Glazer, MS**, is the Director of The Creative Center: Arts in Healthcare in NYC, a non-profit organization that offers arts programming to people living with cancer and other chronic illnesses as well as to older adults in a variety of settings including geriatric and dementia units, hospices, rehabilitation centers and senior centers.

**Joel Walker, MD, FRCPC**, is a Canadian psychiatrist, photographer and one of the earliest pioneers of PhotoTherapy, who has used his own photographic projective imagery and interactive camera work for over 30 years to evoke patients' thoughts, feelings and memories.

**Pia Kontos, PhD** is a Research Scientist at Toronto Rehabilitation Institute, and Assistant Professor at the Dalla Lana School of Public Health, University of Toronto.

**Isabel Fryszberg, B.Sc OT Reg ON**, is an Occupational Therapist, practicing artist, vision leader, facilitator, and co founder of the Creative Works Studio, a community-based studio affiliated with St. Michael's Inner City Health program.

**Alysa Heersink, RT** is a Recreation Therapist in the Samuel Lunenfeld Mountainview Club of the Baycrest Community Day Centre for Seniors.

**Izumi Sakamoto, PhD**, is an Associate Professor at the Factor-Inwentash Faculty of Social Work at the University of Toronto.

**Rita Wilder Craig, MSW, RSW**, is a social worker in the mental health program at Humber River Regional Hospital.

**Nicole Arends** is Program Manager of the Living through the Arts Outreach Program affiliated with the Royal Conservatory.

**Jennifer Polo** is a visual artist who has been creating and delivering arts programs in the community with Learning and Living through the Arts Programs since 2003.

**Bianca Stern, MSc. BSc.OT, OT Reg. (Ont.)**, is the Director of the Culture and Heritage Department at Baycrest.

## PLANNING COMMITTEE

Peggy Arden, MSW, RSW

Ruth Brickman, MSW, RSW

Ruth Goodman, MSW, RSW

Melissa Tafler, MSW, RSW

Assistance provided by Paula Ferreira, Baycrest Conference Coordinator

## REGISTRATION

Regular Registration (on or before Oct. 12)	<b>\$165.00</b>
On-Site Payment (after Oct. 12)	<b>\$190.00</b>
Fellows/Residents/Students (on or before Oct. 12)	<b>\$100.00</b>
On-Site Payment (after Oct. 12)	<b>\$115.00</b>

Fee includes HST, educational materials, refreshments and lunch.

Confirmation and receipt will be mailed if registration is received prior to October 19, 2010. Refunds will only be made on cancellations received prior to October 12, 2010. All refunds are subject to an administrative fee of \$75.

## VIDEOCONFERENCE REGISTRATION

### HOW TO BOOK THE TELEHEALTH ROOM AT YOUR SITE:

Contact the Telehealth Coordinator at your facility and request they register your site for the morning program on Friday, November 12, 2010 from 8:45 am to 12:30pm. OTN Scheduling Number - 12094197.

Once they have booked your site please ask them to email Paula Ferreira at [pferreira@baycrest.org](mailto:pferreira@baycrest.org).

The fee is \$100.00 per site and all payments MUST be processed prior to the conference date.

Deadline for Telehealth registrations is October 19th, 2010. Payments can be made by cheque or credit card, please refer to registration form.

## ACCOMMODATIONS/TRAVEL

For information on accommodation, please call the Toronto Visitor Information Line at 1-800-363-1990 or (416) 203-2500. For information on public transportation, please call TTC information at (416) 393-4636.

**Inquiries: Please contact Paula Ferreira at 416-785-2500 ext. 2363 or e-mail [pferreira@baycrest.org](mailto:pferreira@baycrest.org)**