

Gerontology Institute

Volume 14/Number 2/Fall 2009

The Ithaca College Gerontology Institute newsletter is designed to keep the campus and community informed of institute activities and other events related to the field of gerontology. Our address is Ithaca College, Gerontology Institute, 953 Danby Road, Ithaca, NY 14850-7000; phone 607-274-1965; website www.ithaca.edu/aging.

Enduring Master: Marian McPartland

The Enduring Masters series hoped to bring renowned jazz pianist Marian McPartland to Ithaca College. Unfortunately that was not possible, but Marian McPartland, who is widely known for her NPR radio program, *The Marian McPartland Jazz Piano Hour*, graciously agreed to participate in the series through the videotaping of an in-depth interview. At the end of April, Judi Linden, who with her husband Jay '72 founded the Linden Center for Creativity and Aging at the Ithaca College Gerontology Institute, visited McPartland at her Long Island home. Accompanying Linden were Susan Harris, coordinator of the Enduring Masters series, and Ithaca College students Colleen Clark



Left to right, Judi Linden '73, Colleen Clark, and Marian McPartland

from the School of Music and Danielle Hendrickson from the Park School of Communications. On display in McPartland's home were photos of many jazz legends (some with McPartland standing alongside) such as Dizzy Gillespie, Thelonius Monk, and Billy Taylor—and her many awards, including

... one of the few women who prevailed in a competitive profession to become a giant in the world of jazz.

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a Grammy. McPartland entertained her visitors by playing three piano pieces and recounted stories for them about her life as one of the few women who prevailed in a competitive profession to become a giant in the world of jazz.

As I See It

by John A. Krout, Ph.D.
Director, Ithaca College Gerontology Institute

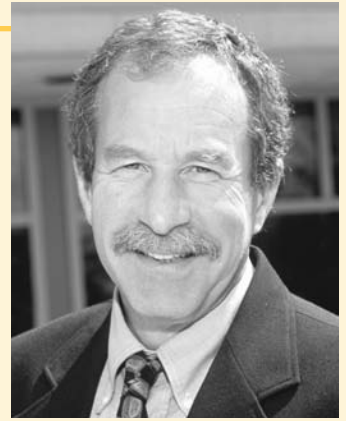
Regular readers of our newsletter are aware that several years ago the Gerontology Institute embarked on a journey to include more humanities and the arts in our scholarship, teaching, and service. In early 2007 we received, with the School of Music, \$150,000 from the New York Music Fund, established by the New York Attorney General at Rockefeller Philanthropy Advisors for a project titled Enduring Masters. This project has supported over a dozen campus performances by world renowned musicians, mainly in the jazz tradition, and has documented their work in a digital archive. It has also supported community performances by scores of IC students and faculty, and local musicians. In the fall of 2007, we inaugurated the Linden Center for Creativity and Aging, which supported the Enduring Masters series, local artists as they work with community elders, faculty scholarship, teaching, and performance, and student involvement in arts and aging activities.

The Enduring Masters and Linden Center activities have been very successful. First, they have brought many older artists to campus as performers and teachers who exemplify the fact that creativity can be enhanced by old age and that old age for many is a time for increased exploration of their own creativity. Second, they have highlighted the creativity of our own faculty and students. Third, they have expanded the collaboration between the Gerontology Institute and the School of Music and initiated new conversations between gerontology

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and the arts across campus. Fourth, they have brought local elders to campus to enjoy performances and have provided opportunities for our students to perform in the community. And finally, they have brought students and faculty from programs across campus to explore a topic that is new to many of them. Both Enduring Masters and the Linden Center are exciting expressions of intergenerational connection and mentorship and examples of the integrative learning that the College is now highlighting. They have placed Ithaca College and the Gerontology Institute at the forefront of a national dialogue on creativity and aging that is still in its formative stage.

As you will read in this issue, the Enduring Masters grant has come to an end, but the momentum it has generated will be incorporated into the energy and activities of the Linden Center. One of the most concrete



manifestations of this energy is our October 1 conference on creativity and aging that the institute has organized in partnership with national and state leaders in the field. Our hope and intention is that the exploration and presentation of creativity and aging on campus will involve an increasing number of faculty and students and connect us with state and national initiatives on this topic.

I have many people to thank for the growth of our work in creativity and aging on campus. In particular, I would like to thank Dr. William Pelto, my colleague on the Enduring Masters grant and former associate dean of the School of Music who is now serving as dean of the music school at Appalachian State University. Other persons who have been critical to the development of creativity and aging initiatives include Shelley Semmler, vice president for institutional advancement; Greg Woodward, dean of the School of Music; Judi and Jay Linden, Ithaca College alumni and benefactors of the Linden Center; and Paul Hamill, director of academic funding. A hearty thank you goes to all of them and all the many faculty, staff, and students whose dedication and imagination have made our work on creativity and aging successful.

Linden Center for Creativity and Aging

Creativity and aging was the theme of one of the two morning educational sessions presented as part of the inauguration program of Ithaca College's eighth president, Thomas Rochon, on April 27. In addition to comments about the Linden Center by John Krout and Jay Linden, the session featured a presentation on creativity and aging by Susan Perlstein of the National Center for Creativity and Aging and an overview and brief DVD on the Enduring Masters series grant.

Earlier this year the Community Arts Partnership (CAP) of Tompkins County launched the Linden Center for Creativity and Aging Community Arts Grants program. This program made \$10,000 in grant money available to Tompkins County not-for-profit organizations to create, support, and assess arts activities that involve older adults. The following six organizations were recipients of grant funding:

- Better Housing for Tompkins County, Juniper Manor, Trumansburg, New York
A series of **memoir writing workshops** conducted by poet Michael Czarnecki
- Freeville Community Center, Freeville, New York
Intergenerational watercolor classes conducted by artist Ihshik Lee
- Lifelong, Ithaca, New York
Painting classes culminating in a mural at Clare Bridge Cottage senior residence conducted by Beth Ihnken
- Ink Shop Printmaking Center, Ithaca, New York
Printmaking workshops on the theme of generations
- Suicide Prevention and Crisis Service, Ithaca, New York
Role-player training series theater training for older adults
- Village at Ithaca
Community Chorus Lift Ev'ry Voice and Sing

Robin Schwartz, program director at CAP, says "the Linden Center grants have widened the scope of organizations and people CAP can assist with programming. Both the older adults and the funded organizations are very grateful to the Linden Center." In future issues of this newsletter, we will report on the activities and outcomes of the funded programs.



Left to right, Margaret Goldsmith and Martha L. Smith, members of the Village at Ithaca community chorus, perform in a concert titled *Lift Ev'ry Voice and Sing* given May 2, 2009, at the A.M.E. Zion Church in Ithaca. The chorus was led by Professor Baruch Whitehead.

The projects supported by the Linden Center that were noted in the spring newsletter have moved along nicely. The Ithaca College–Longview Intergenerational Choir, under the direction of music professor Jennifer Haywood, was very active this past spring and presented two concerts at the end of the semester, including a May 3 program in the Hockett

Family Recital Hall, which also featured the Ithaca Children's Training Choir. Project Look Sharp staff developed materials for five college-level lessons (relationships, music, service, mentoring, and preserving cultural traditions) using a variety of film clips and assessed two of them in Introduction to Aging Studies classes. The Dance Theatre Etcetera project to choreograph and perform an inter-generational dance telling about the

lives of the elder participants started very well, with over a dozen students and Longview and Lifelong elders agreeing to participate. However, the performance part of the project had to be rescheduled to the fall due to illness.

The Linden Center supports two ongoing projects: the poetry contest for New York State high school students entitled *In Honor of Our Elders* with Ithaca College professor of writing Katharyn Howd Machan and a series of readings and creative writing workshops in venues accessible to seniors around the county conducted by past Tompkins County poet laureate Paul Hamill.

"Both the older adults and the funded organizations are very grateful to the Linden Center."

Aging Briefs:

“Doing With, Not For”

On Friday, April 24, 2009, students from Ithaca College’s Department of Recreation and Leisure Studies and Department of Speech-Language Pathology, along with participants from the Center for Life Skills who are recovering from the effects of stroke, delivered 19 handmade fleece blankets to be given to the children in the Tompkins County Community Action Head Start program.

The blanket-making effort was part of a joint service project that was made possible in cooperation with the Ithaca College Gerontology Institute, which funded the supplies through a grant from the Foundation for Long Term Care. Janice Elich Monroe, professor of recreation and leisure studies states, “The emphasis of this grant is the development and implementation of service learning projects that focus on doing projects with, not for, older adults in service to the community.”

In addition to giving Ithaca College students and Center for Life Skills participants a chance to work side-by-side, making the blankets gave the stroke survivors a chance to recover functional skills and to improve communication, cognitive, and motor skills such as problem solving, socialization, and fine motor skills. The project also gave the students, stroke survivors, and children the opportunity to interact with each other.

Ithaca College’s Center for Life Skills is inviting individuals who have experienced a stroke to participate in its fall 2009 session. The program is intended for individuals who have been discharged from a formal rehabilitation program but deem it necessary to continue post-rehabilitation services to improve the quality of their everyday life. The session, which will run from September 9 to December 11, consists of approximately 8–10 hours of therapy a week. The center features faculty and students from a variety of allied health disciplines, including occupational therapy, physical therapy, therapeutic recreation, and speech-language pathology.

For more information or to make an appointment for an evaluation, please call the program manager, Catherine Gooch, at 607-375-6312 or cgooch@ithaca.edu. Visit the website at www.ithaca.edu/lifeskills.



Children from the Head Start program receive blankets made by students from the School of Health Sciences and Human Performance and participants in the Ithaca College Center for Life Skills.

Gerontology Institute’s Fall 2009 Distinguished Speaker



The Gerontology Institute’s fall 2009 distinguished speaker will be **Wojtek Chodsko-Zajko, Ph.D.**, a professor at the University of Illinois at Urbana-Champaign and department head of Kinesiology. Dr. Chodsko-Zajko obtained a Ph.D in Exercise Physiology from Purdue University. His primary research interests are in the area of aging and physical activity on sensory, motor, and cognitive functioning in older adults. He served on the World Health Organization Scientific Advisory Committee which issued *Guidelines for Physical Activity in Older Adults*. Chodsko-Zajko is the founding editor of the *Journal of Aging and Physical Activity*, and continues to serve on its editorial board. He is the author and co-author of numerous papers and reports, primarily on healthy aging, many of which have been published in national and international journals.

On Thursday October 29, 2009, at 7:00 p.m. in Emerson Suites, Phillips Hall, Dr. Chodsko-Zajko will present a lecture titled “Physical Activity and Successful Aging”. This lecture is free and open to the public. There will be a reception after the presentation.

For more information contact Marilyn Kinner at mkinner@ithaca.edu or 607-274-1967.

Enduring Masters Series

The collaboration between the Gerontology Institute and the School of Music fund grant by the New York Music Fund has been a tremendous success. This grant which began in 2007 and ended this past spring, supported two major initiatives. The first, Enduring Masters, brought a series of 14 world renowned older musicians and musician composers to Ithaca College to perform, teach master classes, and reflect on aging and their art. The second component, Voices for Creative Aging, brought Ithaca College School of Music student ensembles and local artists to audiences of older adults largely in under-served rural locations throughout the county. There were 22 student concerts and 12 outreach concerts supported by the grant.

Since January of 2009 the following enduring masters performed and held master classes at Ithaca College:

- **Daniel Binelli**, foremost player of the bandoneón in the world, visited to perform the music of the tango.

- The **Verdehr Trio** performed the unusual combination of clarinet, piano, and violin.

- **Dick Hyman**, jazz pianist, performed to a full house at Ford Hall.

In addition, the series included Sydney Hodkinson, Chico Hamilton, Steve Brown, William Bolcom and Joan Morris, Billy Taylor, Elliott Schwartz, George Tsontakis, Joan Tower, Karel Husa, and Francois Rabbath. The audience for the entire Enduring Masters concert series was more than 8,000.

Students at Ithaca College received the mentorship of these renowned musicians. The experiential knowledge imparted to the students has been impressive. Stories and observations of these world-class artists are invaluable for both students and educators, providing all with a deeper perception of the personal attributes necessary for an inspired life in music. This treasure of wisdom and talent is being documented in archival videos and recordings.



Daniel Binelli



Verdehr Trio



Dick Hyman



SPO honorary community member Carol Mallison, executive director of McGraw House

Sigma Phi Omega Induction Ceremony

Ithaca College's Gamma Nu chapter inducted a record 17 students and one honorary community member at a ceremony held on Friday, March 27. The ceremony was organized by the 2009 SPO officers, president Lindsey Johnston, vice president Margaret Burgess, secretary/treasurer Lauren Mossien, and volunteer coordinator Caitlin Pautz.

The students inducted were Stephanie Cicalese, Laura Beth Darlak, Natalie Lynn Eckroth, Kaitlyn M. Gibbons, Rebecca Anne Hausserman, Sabrina C. Higgins, Marissa Levenson, Kathleen An Nguyen, Ann Onzik, Mary May Pratt, Angela Recchiuti, Hannah Young Schoonover, Jocelyn Simons, Samantha Lee Stern, Rebecca Tshonas, Lauren N. Vollmin, and Remy Janet Kunstler.

The honorary community member was Carol Mallison, the executive director of McGraw House, a local apartment complex for older adults. She gave a presentation about the unique combination of education, job experience, and community service that influenced the career path she followed to arrive at her current position working with older adults.

Multigenerational, Multidisciplinary Project Creates New Opportunities for Homebound Elders

What can be accomplished when a group of high school students offers funding from the community to a local not-for-profit? When an IC aging studies major and a local recreational therapist get on board, the answer is “plenty!”

Joan Murphy, director of the Family and Children’s Services Home Care program and an experienced nurse, conceived of respite activity kits to enhance aide visits with older clients in the agency’s in-home respite program.

The United Way’s Youth in Philanthropy program funded the kits, which contain a variety of interactive games and activities designed to promote positive relationships between client and aide, and improve the physical, social, emotional, and cognitive skills of seniors.

Remy Kunstler, an aging studies major at Ithaca College, interned with Family and Children’s Services Home Care and designed the kits to ensure they could be used with clients with different needs. For example, card games gently stimulate the memory of older adults with dementia, maracas stimulate the senses, and stationery encourages contact with friends and loved ones at a distance.

Recreational therapist Angela Andiorio of Space and Time Consulting trained the program’s home health aides,



Left to right, Joan Murphy, Remy Kunstler, Lisa Kendall, and Angela Andiorio

giving them a chance to “play” with the kit’s games, puzzles, and activities, and teaching strategies for using them with respite clients.

Caregiver counselor and program coordinator Lisa Kendall stated, “We serve many elders with Alzheimer’s disease or chronic illness who are at risk for medical complications because of inactivity. They may also be socially isolated; we want them to have a joyful experience while the aide is in the home.”



Linda Stephenson,
recipient of the 2009 Gerontology
Achievement Award

Commencement Awards 2009

Christian Laurence received the Loren Klausner Colbert Gerontology Services Award and the Division of Interdisciplinary and International Studies (DIIS) Dean’s Award at the May 17 DIIS commencement reception. Laurence graduated in December 2008 with a bachelor of arts in aging studies and a concentration in health policy and management. Laurence served in the following leadership roles at IC: vice president of the student club AGES, student chair for the Martin Luther King Jr. Planning Week Committee, founder of the student Peer Educator Exchange Program, and cofounder of the Food Salvage Program. Laurence also volunteered as a tutor and mentor at Beverly J. Martin Elementary School, and at Longview and McGraw House as a discussion leader on diversity and inclusiveness. These activities exemplify the commitment to service of Lauren Klausner Colbert, for whom the gerontology service award is named.

Linda Stephenson received the 2009 Gerontology Achievement Award for outstanding scholastic performance. Stephenson graduated May 17 with a bachelor of arts in aging studies and a concentration in counseling. She is a member of the Oracle, Phi Kappa Phi, and Sigma Phi Omega honorary societies. She was also active in AGES, the aging studies student organization. At the completion of the fall semester of 2008, she had achieved an overall grade point average of 3.82 and had been on the Ithaca College dean’s list six out of seven semesters.

Congratulations to both of our award recipients!

The Finger Lakes Geriatric Education Center

In the past year, a number of new initiatives to provide geriatric training to professionals have been instituted by the Finger Lakes Geriatric Education Center's Ithaca College rural training project. More than 700 health professionals, including nurses, nursing assistants, home health aides, therapists, and case workers attended training activities offered throughout the 18-county FLGEC program area.

One of the primary training events was a train-the-trainer series for long-term care nurses and nurse educators in Tompkins, Cortland, and Cayuga Counties. The series offered the latest clinical information on end-of-life issues, skin care, pain management, fall prevention, and dementia. Workshops on coaching, stress management, communication, and teamwork promoted effective ways to train staff in these organizations. This five-session series

met monthly and included time to share techniques that worked when training staff. This series is scheduled to be repeated next spring.

One participant in this training stated, that it was "absolutely one of the best professional seminars I have ever attended. The speaker was entertaining and a tiny powerhouse of energy" and another indicated that the presentation was excellent and made her "realize that I need to do a lot more education with my staff on end-of-life issues."

Additional workshops were developed using the community partner model, in which groups of interested professionals planned training activities to meet needs in their county. Topics for these workshops included hoarding, Lewy body dementia, and infection control. And finally, a workshop targeting acute care nurses titled "Sorting out the 3 Ds: Dementia, Depression,

and Delirium" was presented to groups in three counties in central and western New York.

Another highlight this past year was the development of three new online modules, doubling the FLGEC web learning topics available for self study, group use, or as an addition to classroom instruction. Modules have supplemental materials that can be printed, and quiz questions are integrated as part of the learning experience. The new modules are titled "Meaningful Activities for Residents with Dementia," "Pain Management," and "The Biology of Human Aging." These modules and "Real Problems with Real Solutions: A Practice Approach to Geriatric Depression," "Safe at Home," and "Practical Strategies to Reduce Falls" are available at our website, www.ithaca.edu/aging/training.

2009 Whalen Symposium

Nine students participated in the gerontology session at the Whalen Symposium on April 16, 2009. Gerontology faculty member Elizabeth Bergman organized the session, which included six presentations on a wide range of topics related to aging. The student presenters and presentation titles are shown below.

Integrative Learning through Participation in an Intergenerational Service Learning Project

Joshua Neurer, psychology major

My Green Finger

Meaghen Amato, aging studies major;
Margaret Burgess, speech-language pathology major, aging studies minor;
Sabrina Higgins, sociology major, aging studies minor; and Lauren Mossien, aging studies major

Hurricane Katrina: A Case Study of Frail Elders and Disaster

Elizabeth Ng Mayberry, gerontology certificate program

Substance Abuse and Aging Policy

Anne Bollinger, health policy studies major, psychology minor

Let's Talk about Sex—in Nursing Homes

Caitlin Pautz, physical therapy major, aging studies and recreation minors

Home Health Care Case Study: Working as a Companion in Tompkins County

Laura Darlak, journalism and aging studies double major



Left to right: Josh Neurer, Laura Darlak, Caitlin Pautz, Elizabeth Ng Mayberry, Meaghen Amato, Lauren Mossien, Sabrina Higgins, Margaret Burgess, and Anne Bollinger

Ithaca College Gerontology Institute

presents the

2009 Annual Conference

Creativity and Aging: Exploring Community Initiatives

Thursday, October 1, 2009

8:00 a.m.–4:45 p.m.

Emerson Suites, Phillips Hall, Ithaca College



Stagebridge Senior Theatre

Who Should Attend

Representatives from the following:

Arts Organizations

Museums

Aging Service Organizations

Adult Homes

Libraries

Long-Term Care Facilities

Senior Centers

Higher Education

Economic Development

Parks and Recreation

Assisted Living

Artists and Others Interested
in This Topic



Conference Overview

Leaders in the aging field use the term “productive aging” to celebrate older adults’ capabilities, potential, and social, economic, and creative contributions. Research is showing that people continue to develop and learn throughout the life span and specifically that participation in the arts has positive health and wellness outcomes for older adults. With the growing number of people age 65 and older, now is the time for aging and arts programs to collaborate in the development of programming that embeds the arts in the lives of older adults and the communities in which they live.

Conference Purpose

- Present research that shows that active participation in the arts and learning promotes physical health and enhances a sense of well-being among older adults.
- Provide an overview of the opportunities for arts organizations and aging services to collaborate on involving older adults in both the development of, and participation in, arts programming.
- Highlight best practices and provide the tools needed to build organizational capacity to meet the arts interests of the nation’s fastest growing demographic group.
- Provide information on program funding and program assessment.

Registration

Registration fee is \$75, which includes a copy of *Creativity Matters: The Arts and Aging Toolkit*.

Registration deadline is September 23, 2009.

For more information and to register,

visit www.ithaca.edu/agingconference or contact Marilyn Kinner via e-mail at mkinner@ithaca.edu or phone at 607-274-1967.

Conference Schedule

8:00–8:45 a.m.	Check-In and Continental Breakfast
8:45–9:45 a.m.	Welcome and Keynote Address Why Creativity Matters Gene Cohen, M.D., Ph.D. Director of the Center on Aging, Health, and Humanities George Washington University Washington, D.C.
9:45–10:00 a.m.	Break
10:00–11:00 a.m.	Promising Practices Panel Moderator, Susan Perlstein, Director of Education and Training, National Center for Creative Aging
11:00 a.m.–Noon	Key Issues for the Field of Arts and Aging Rick Moody, Director of Academic Affairs, AARP Martha Strodel, Rural Arts Director, NYS Arts
Noon–1:00 p.m.	Lunch Enduring Masters Video Lifelong Theater Group
1:00–3:00 p.m.	Creativity Workshops Through drama, visual arts, writing, and music, participants will learn specific exercises to stimulate the senses, evoke emotions, and develop the imagination. Responses can be transformed into creative arts presentations.
3:00–3:15 p.m.	Break
3:15–4:30 p.m.	Vital Arts Programming Roy Ernst, Professor Emeritus, Eastman School of Music, Founder of the New Horizons Band Program
4:30–4:45 p.m.	Where Do We Go from Here? John Krout, Director, Ithaca College Gerontology Institute Gay Hanna, Executive Director, National Center for Creative Aging

Younger and Older People Are Similar!

The students in Elizabeth Bergman's spring 2009 service learning class were faced with the challenge of choosing three activities that would appeal to a diverse group of people and could be completed within a limited time period on a shoestring budget. With the help of the Titus Towers Tenants' Council and a dedicated group of residents, the students decided to offer a gardening session, a card and board game session, and a karaoke dance party.

The activity room and lovely outside patio areas buzzed with activity when the IC students were around, and resident comments on the service learning satisfaction survey were very positive.

Using the knowledge gained from their Introduction to Aging Studies classes, the students spent four Saturday afternoons at Titus Towers, an independent living facility for older adults in Ithaca. A group of residents at Titus Towers discovered that, contrary to past experience, it was possible to get a large number of residents to participate together in activities. The key to success proved to be communication! Once the working groups chose the three activities, much effort went into "marketing" the events to the entire facility. The activity room and lovely outside patio areas buzzed with activity when the IC students were around, and resident comments on the service learning satisfaction survey were very positive. "Titus Towers can actually have a FUN party." "Younger people and older people are more similar than different—valuable perspectives I hadn't necessarily considered from younger folks." In turn, the student comments were also great: "I enjoyed the fact that I was able to get so much out of this experience as a student." "I gained leadership skills, knowledge, confidence, communication skills, and happiness from the experience." The residents at Titus Towers are anxious for more IC student interactions, and we hope to be able to accommodate them.

Art Therapy for Older Adults with Communication Disorders

By Kasey Stevenson '10,
aging studies major

I first became interested in art therapy when I dropped out of art school. The ultra-competitive structure of art education contradicted the main reason I enjoyed making art in the first place. For me, art is an important process of emotional outlet, and in the art university, self-expression tends to get left behind.

When I transferred to the gerontology program at Ithaca College, I brought along my belief in the power of creative expression and began leading art therapy groups for older adults in the Ithaca area. My goal was to introduce people to the therapeutic benefits of creative expression using process-centered art therapy. The process-centered approach emphasizes the act of creating art itself instead of the finished product. In order for this to work, it was important to get

the groups to stop thinking about what they were creating and to teach them to focus on how the experience made them feel instead. This was definitely not an easy feat. During each session, it was crucial to encourage participants to ignore their finished works and to convince them that it wasn't necessary to be a professional artist in order to enjoy creating art.

It seems that introducing older people with communication disorders to an alternative way of expressing themselves has the potential to greatly increase their self-confidence and social skills.

By my second experience leading art therapy, it became obvious that the participants were very concerned with the ownership of their works. "I'm not an artist," and "I don't know what I'm doing," were two frequent reactions to the activities we did. To combat this common response, I was hoping that if they collaborated with each other to create one painting, they would be less concerned with the way their pieces looked and how others thought of them. I was elated to find that these mutual activities were extremely successful in relieving much of the participants' reservations.

One way I tried to get the participants to focus on the creative process was by asking group members to communicate something to the rest of the group using Play-Doh. It may sound rudimentary, but it proved to be extremely helpful in boosting the participants' motivation to communicate through creative expression.

Most recently, I led an art therapy group at Ithaca College's Center for Life Skills (CLS). The program collaborates with Ithaca College students to provide therapy services for post-stroke individuals in the Ithaca area. In this group, there was a great variety in the participants' individual communication abilities and function. Compared to the other group I led for seniors without trouble communicating, the CLS participants had much lower levels of inhibition while participating in the activities. They appeared eager and excited to take part in each of the projects. It seems that introducing older people with communication disorders to an alternative way of expressing themselves has the potential to greatly increase their self-confidence and social skills.

From my experience leading art therapy groups, I have come to understand that individuals with communication disorders, specifically older adults, will benefit more readily from art therapy than a person without these challenges. Art therapy gives people with communication problems an alternative to verbal communication. My observations leading art therapy groups have further substantiated my belief in the therapeutic power of artistic expression.

ICGI Newsletter Now Available Online

Please join us in our sustainability efforts by signing up to receive future newsletters electronically. To do so, please send an e-mail to Marilyn Kinner at mkinner@ithaca.edu with the request, "Please add me to your electronic mailing list." If you wish to be removed from the ICGI mailing list, e-mail at mkinner@ithaca.edu or call 607-274-1967. You do not need to take any action if you would prefer to continue receiving a paper copy of the newsletter.

Longview Update: Spring 2009

- Eight Longview residents, including two married couples who audited different sections of the Introduction to Aging Studies course, took classes in the spring semester. Other classes taken included Critical Race Theories in the United States, Humorous Writing, Poetry Writing I, and Episodes in Western Art.
- Longview residents attended a number of special events on campus during the spring semester including the following performances: percussion ensembles, wind ensembles, Chamber Orchestra, Symphonic Band, Concert Band, the Verdehr Trio, Brass Band, IC Kulmusik Contemporary Chamber Ensemble, Cuarteto Latinoamericano, and jazz lab bands.
- Three films from the Finger Lakes Environmental Film Festival hosted by Ithaca College were screened at Longview with discussions moderated by Thomas Shevory (politics). This year's festival focused on four content streams: spice, syncopation, toxins, and trade. The films shown at Longview were *Texas Gold*, *The Return of the Cuyahoga*, and *Weather Report*.
- Four students in Elizabeth Bergman's Families and Aging course initiated the Green Finger project at Longview. This is a grassroots campaign intended to create a public statement to world leaders about climate change and how it personally affects individuals. Participants color their index fingers green and write something they want to protect from climate change on their palms. Photos are taken and added to the Green Finger website. The students made an initial presentation and then returned to take photos of residents who were interested in participating.
- Jessica Taves (occupational therapy) scheduled a specific time for Longview residents to receive occupational therapy services at IC's clinic. Four residents came to campus for evaluation and therapeutic services during the semester.
- Nine students in Julie Dorsey's (occupational therapy) Occupations and You course were paired with 11 Longview residents for this seven-week service-learning activity. The students and residents met for one to two hours a week, analyzed different activities across the life span, and taught each other skills.

Five of the eight students were from other countries, making the encounters both intergenerational and international.



- Eight students in Chris Pogorzala's Introduction to Aging Studies class participated in 10 hours of community service at Longview. The students went to Longview on four evenings to play board games and socialize with residents. Five of the eight students were from other countries, making the encounters both intergenerational and international. A number of the students also spent time with residents involved in Longview's Beginner's Poker group.
- Jim Stafford (writing) offered a six-week course in Memoir Writing to 10 residents at Longview during the early summer.

Harvest Moon Dance

The Ithaca College Aging and Gerontological Education Society will hold its annual Harvest Moon Dance on Thursday, October 22, 2009, at 6:30 p.m., on the Ithaca College campus at Emerson Suites, Phillips Hall. There will be live music and refreshments. Elders from throughout Tompkins County are invited to participate in this intergenerational event. For more information call 607-274-1965.

Looking Ahead

ICGI Fall 2009 Workshop Series

- October 7** Share the Care for the LGBT Community:
A Model for Providing Nonmedical Support
Presenter: Nancy K. Bereano,
Cornell University Public Service Center Fellow
- October 21** Cultural Aptitude and Rural Elders
Presenter: Lindsay Lake Morgan, Ph.D., RN, GNP,
Assistant Professor, Decker School of Nursing
- November 4** Eden at Home: Creating Collaborative Care Partner Teams
at the Grassroots Level
Laura Beck, M.P.Aff. Program Director,
Eden at Home, Eden Alternative

All workshops will be held at Longview, 1 Bella Vista Drive, Ithaca, from 2:00 to 4:30 p.m. There is a registration fee of \$20 or \$12 for retired persons. To register and for more information, visit www.ithaca.edu/agingworkshop, or contact Marilyn Kinner at mkinner@ithaca.edu or by phone at 607-274-1967.

New York State Society on Aging Annual Conference

“Caregiving and an Aging Population” is the title of the 2009 State Society on Aging annual conference. The conference will take place at the Hyatt Regency Hotel in Rochester, October 15–17, 2009. More information can be found at www.ssany.org.

