



Embrace Aging

A series of educational conversation on Alzheimer's disease and other dementias presented by expert speakers



Alzheimer's Association, Arbor Springs, Broadlawns Geriatric and Memory Center, The Hale Group, Syverson Strege & Company, Des Moines Pastoral Counseling Center and Polk County

visit calvincommunity.org for series details

The Importance of Storytelling



Anne Basting, PhD

Relevant to the content of this CME activity, Dr. Basting indicated she has no financial relationships to disclose.



Embrace Aging: Aging, Dementia and the Cultural Cure

Anne Basting

Professor of Theatre, UWM
Founder, www.timeslips.org



\$29.99



\$110.00



\$490.00



\$249.00



\$20.00





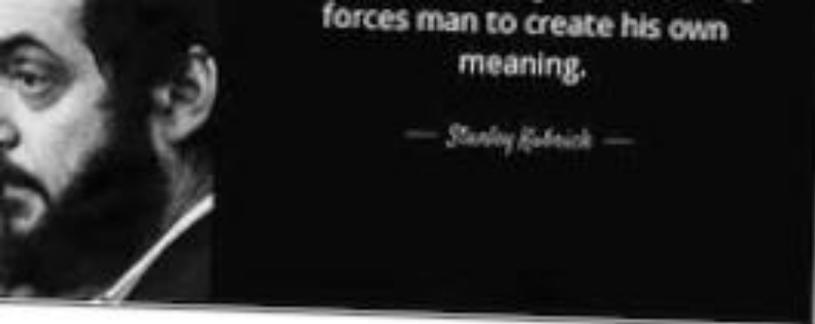
Feel
Good
Now
K



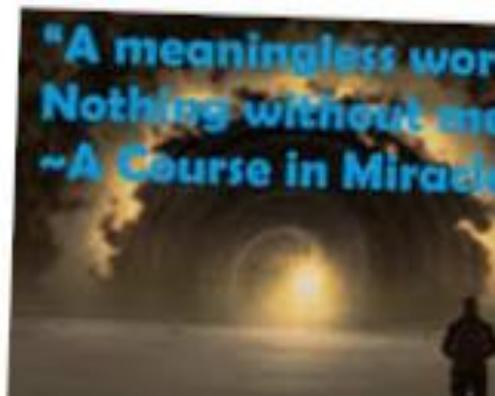
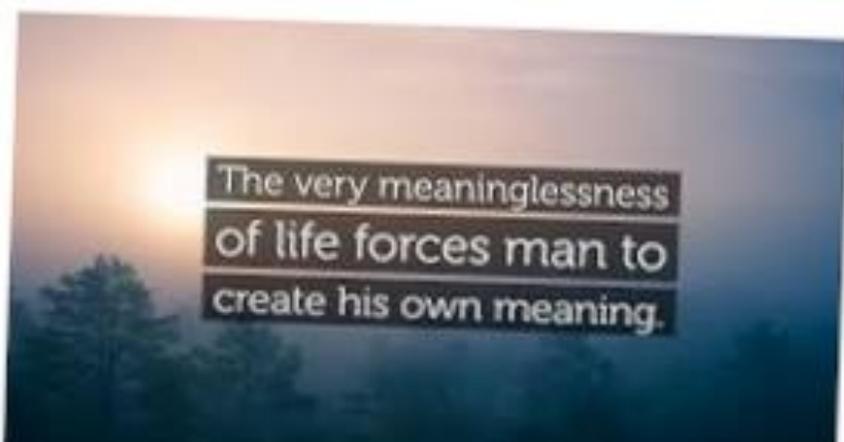
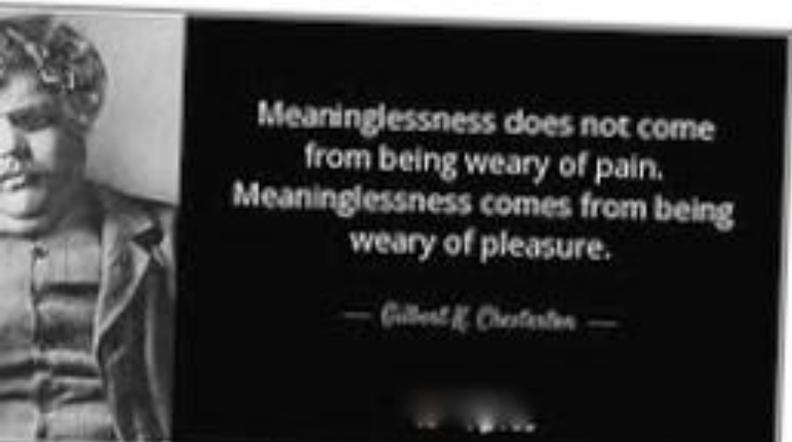
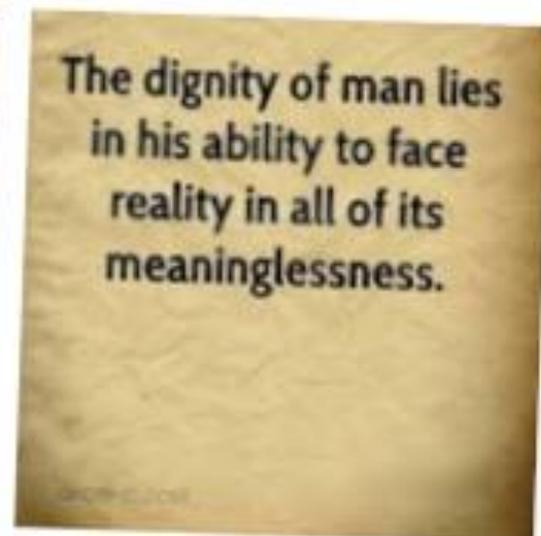
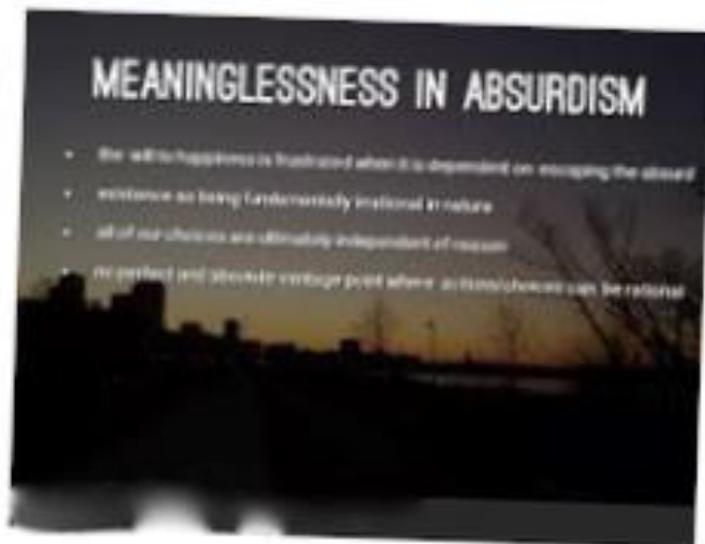
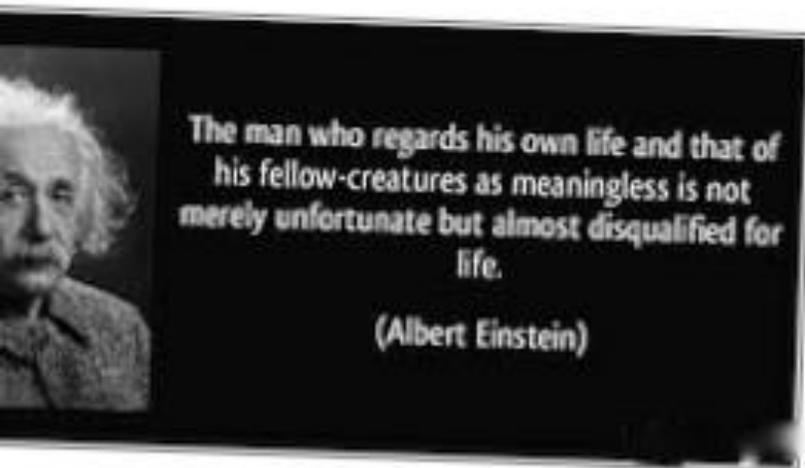
As I get older, I fear aging less
because I realize it's the inevitable,
I definitely have a slight fear of
aging.

*"I believe in manicures.
I believe in overdressing.
I believe in primping at leisure
and wearing lipstick.
I believe in pink.
I believe happy girls are
the prettiest girls.
I believe that tomorrow*

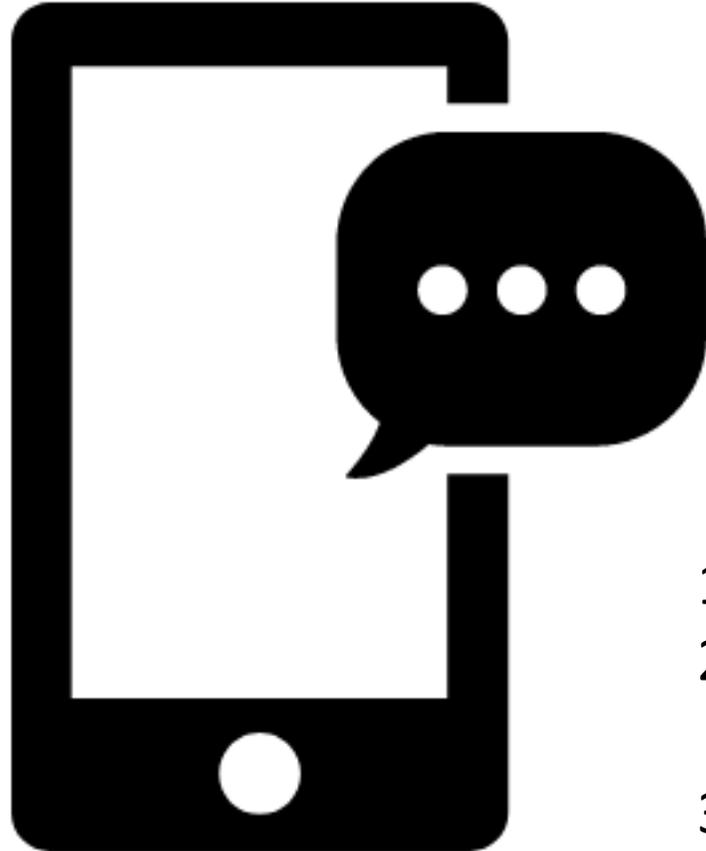




Meaninglessness







Activity

1. Text someone you know well
2. Ask “What gives you a feeling of awe and wonder? “
3. Put phone on vibrate 😊

moments of
AWE

“An emotional response to perceptually vast stimuli that transcend current frames of reference.” *(Piff 2015)*

“A direct and initial experience or feeling when faced with some thing amazing, incomprehensible or sublime.” *(Gallagher et al 2015)*

wonder

noun

a feeling of surprise mingled with admiration, caused by something beautiful, unexpected, unfamiliar, or inexplicable.

verb

desire or be curious to know something.

or

A **reflective experience** motivated when one is unable to put things into a familiar conceptual framework – **leading to open questions rather than conclusions**

(Gallaher et al, 2015)











Research

Even small doses of awe yield a boost in life satisfaction *(Rudd et al 2012)*

Awe inspires us to be **good to others**. *(Piff et al 2015)*

Awe expands our sense of **time**, changes **decision making**, improves **well-being**. *(Rudd et al 2012)*

moments of
AWE → **humility**

Humility is associated with better **social relationships**, increased **altruism**, **greater well-being** and **resilience**. *(Stellar et al 2017)*

Humility facilitates **social integration**. *(Stellar et al 2017)*

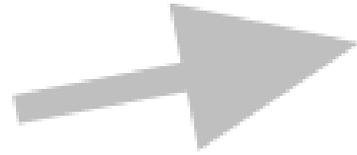
Two Hands of **Meaning**

Objective

Subjective



moments of
AWE



curiosity / openness
learning / growth

wonder



MEANING
in life



social integration
belonging

humility



facilitating **AWE**
through creative engagement

Yes, and (inviting and affirming choices through play /improv)

Beautiful Questions (open a shared path of discovery)

Proof of Listening (radical affirmation of choices)

Rigor/Value (frame in context with social capital)

Connect (individual and communal purpose)





Creative Care











Peckard Ave

Peckard Ave

Valvoline
Instant Oil Change

Instant Oil Change



THANK YOU FOR
SEEING AND
STOPPING
FOR PEDESTRIANS!

PARKER
AUCTIONS



Arts in
Health

Environmental

Entertainment/Education

Engagement/Co-Creation

Everyday moments

Programmatic

Community/System

**Three layers
of creative
engagement**

Community/ System

Open systems (partnerships)

Accessible

Immersive

Asset-Based (builds on existing strengths)

Durational (growth/learning)

Rigor and Cultural Value



The Penelope Project





Sojourn Theatre has been in residence at Luther Manor Retirement Community in Milwaukee, Wisconsin rehearsing "Finding Penelope", a site-specific play by Anne Basting created in collaboration with residents and students from the University of Wisconsin - Milwaukee.

Being in Penelope made me feel more alive. I was glad at the time I got up and started coming to practice. I had stayed in bed too much and I got up and got involved.

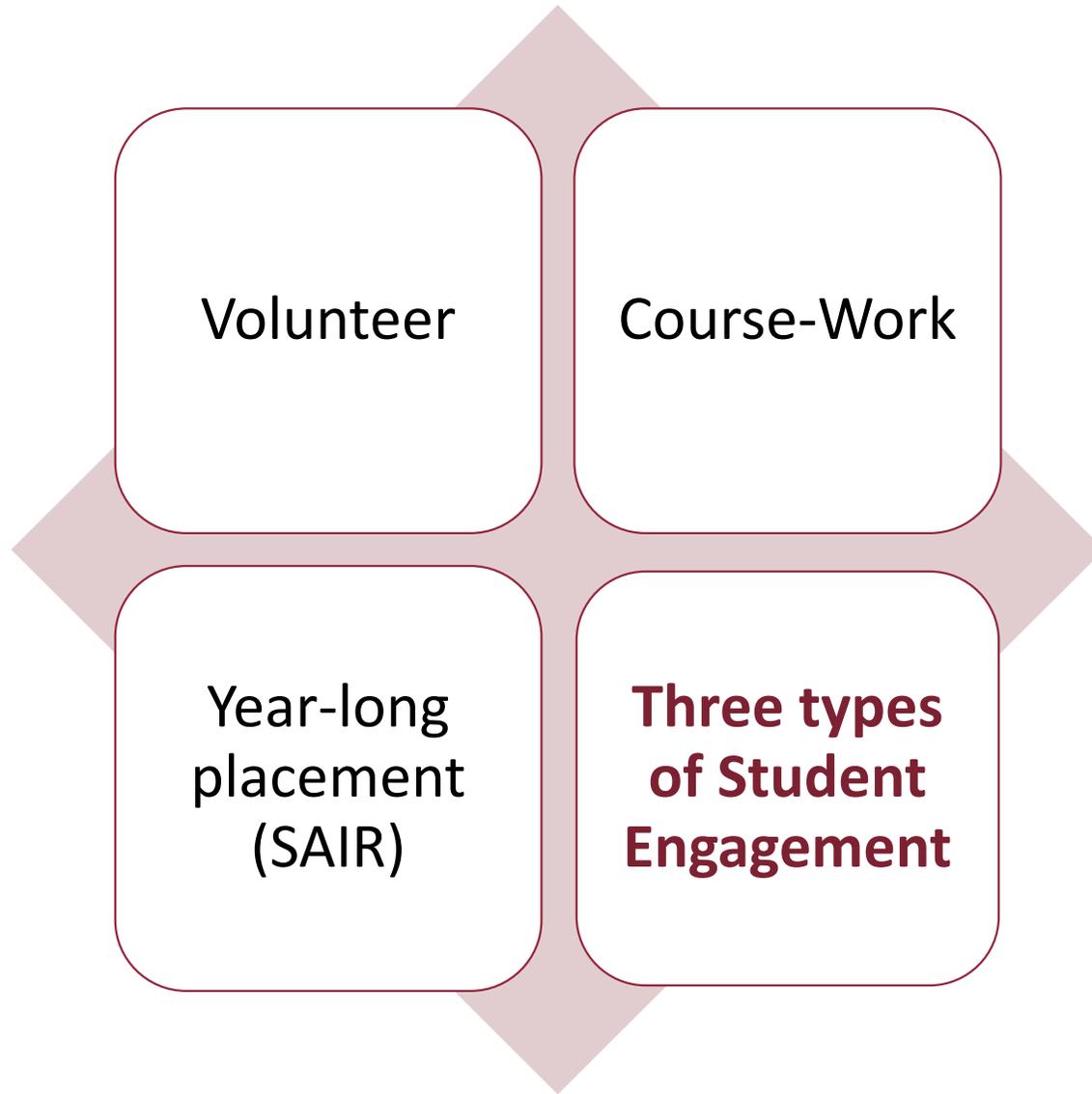
-Resident

I think it's a really good thing that we all learned to let go of the control. 'Cause in the beginning, we were like, 'where's the schedule?' 'Who's going to do it?' And then the last three weeks were like 'Just tell me when to show up!' (laughter) And what was really remarkable was to stand back and watch, that as we let go of control, the residents and participants participated better.

-Staff member

The play really affected me. I was moved to tears by the final scene, being reminded that elderly residents are incredibly unique and gifted, and have made tremendous contributions to society in their lifetime. It encouraged me to look deeper at the elders I meet.

-Audience member







Student Artists in Residence



TimeSlips[™]
CREATIVE STORYTELLING







ADVICE FROM THELMA

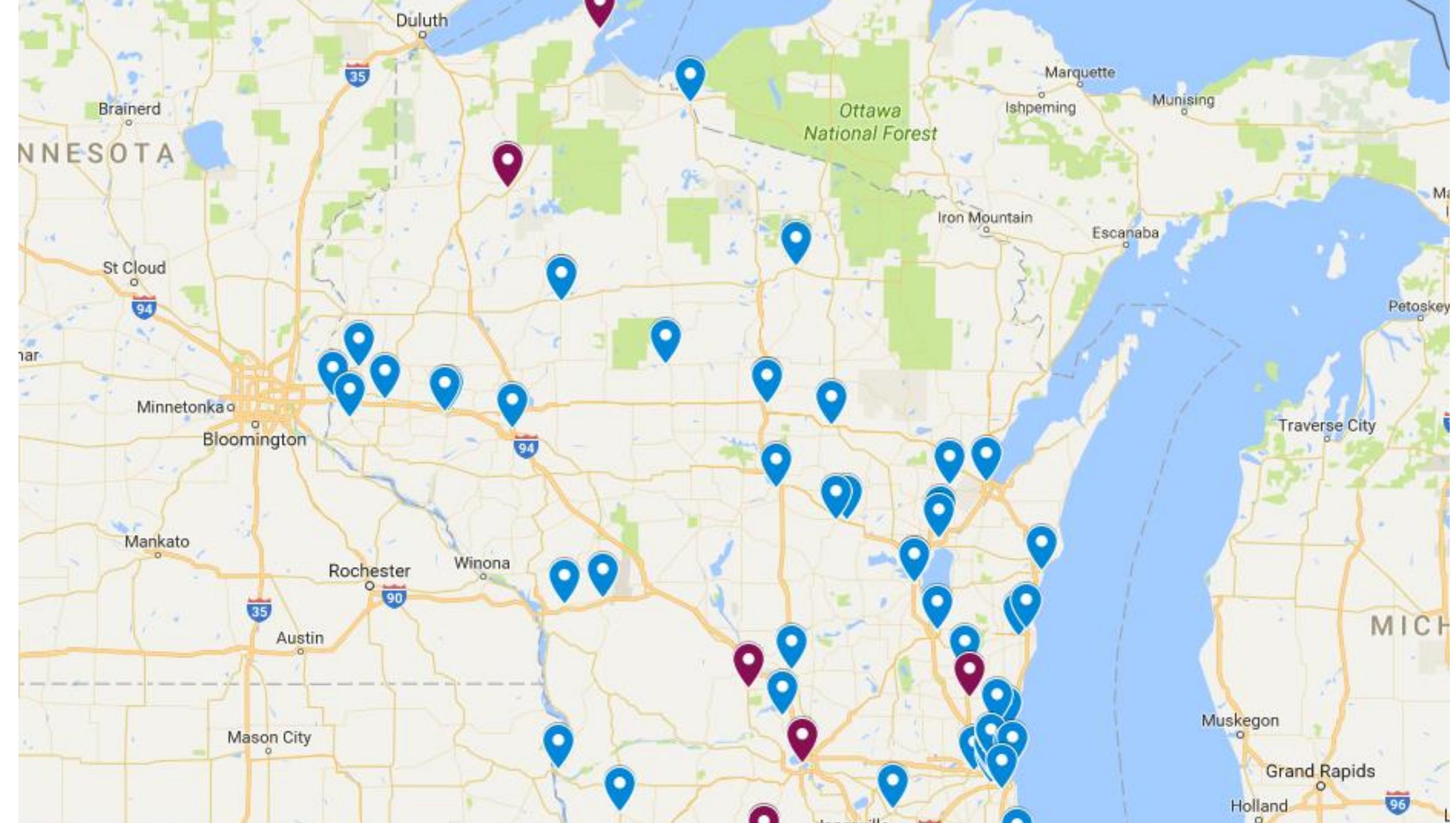
1. Don't spend your time with a bully
2. Find the best CATCH
3. Even through the crumby days, look at the good things you've been given. That is what matters.
4. "i love you too" ~ "how go do your homework" ♡

every
Thelma + ERIN
catch up @

beginner

"meant

De



FISHING

Fresh Water Fishing
Hall of Fame and Museum

p 4-15



CIRCUS

Circus World Museum

p 16-27



KIDS

Madison Children's Museum

p 28-37



CHEESE

National Historic
Cheesemaking Center

p 38-47



PAINTINGS

Museum of Wisconsin Art

p 48-57



SHIPWRECKS

Maritime Preservation Program
Wisconsin Historical Society

p 58-67



CONVERSATION

- What are these?
- Have you ever used them?
- What words come to mind?
- Can we move like them?

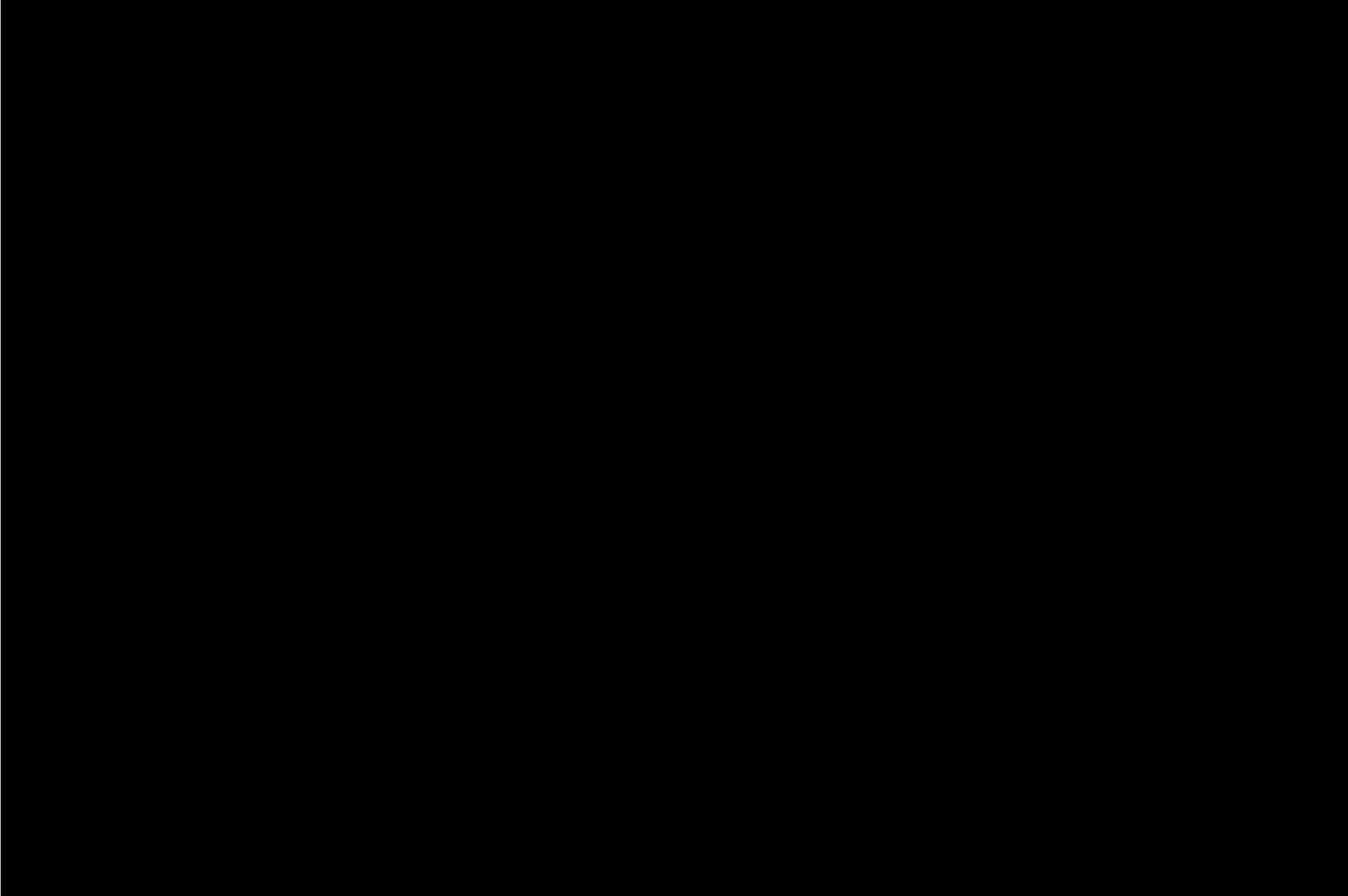
PROJECTS

- What do you want to "catch" in your life?
- What "lure" might catch them?
- Can you make that lure?
- Create a display of your lures.

CREATIVE STORYTELLING

- Who do you want to say this belongs to?
- What do you want to say this is?
- Where do you want to say they are?
- What are they doing?
- What are their hopes?
- Do they succeed?
- What sounds are in the story?
- What smells?
- How are they feeling?





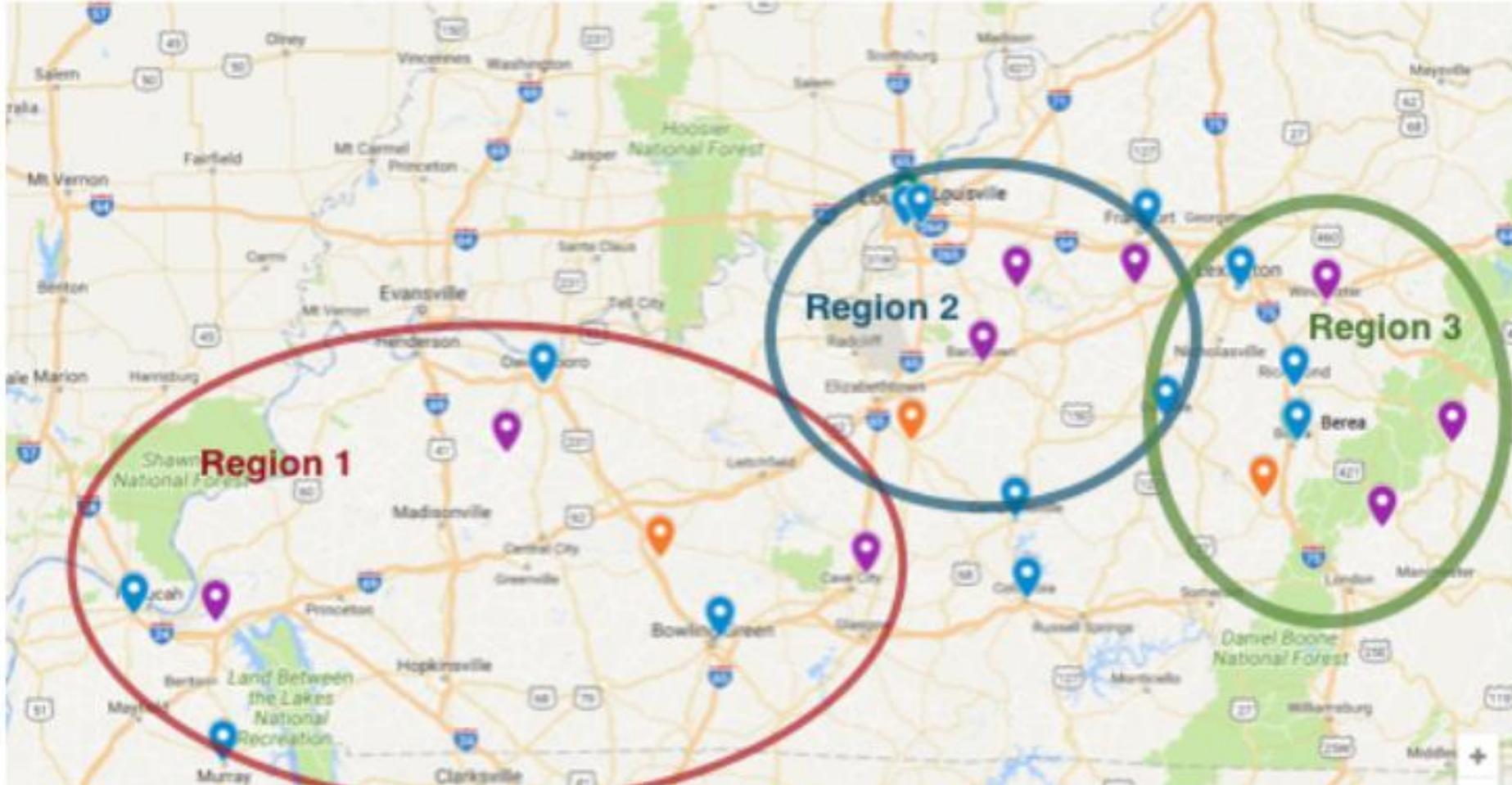
WHAT?

**Together with their extended communities,
12 rural nursing homes across KY will**

- Learn creative engagement techniques
- Explore themes gleaned from the story of Peter Pan
- Create an original performance and art exhibits
- Celebrate their incredible capacity for imagination!



WHERE?





AWE





TimeSlips[™]
CREATIVE STORYTELLING



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