ICAP* Conference
Enriching Longevity Through the Arts
Friday, September 27, 2013

Time: 8:30 am to 5 pm
Location: Rembolt Conference Room, UI Center for Disabilities & Development
(This building is between the UIHC hospital and the dental building.)
Audience: Students, faculty, practitioners, and those interested in older adulthood.
Keynote presentation by Dr. Harry "Rick" Moody.

Registration is required: $30 for nonstudents. Students can register free of charge if they use the following phrase and code:

STUDENT discount 092713.

Lunch is provided and included with registration.
Please register through the Center on Aging’s website for the “ICAP Conference:"

http://www.medicine.uiowa.edu/Aging/aging_newsarticle.aspx?id=20145

Getting to the conference site:
The Center for Disabilities & Development is on the west side of the river about two blocks north of the UI Hospital, on Hawkins Drive. Beware of construction delays. Participants are strongly encouraged to take the Cambus. Take the PENTACREST ROUTE (comes every 10 minutes during the day) to the VA LOOP. Then walk ¼ block to the CDD building—we will tie a yellow ribbon on a tree to get you walking in the correct direction! (Center for Disability & Development). Or park in Ramp A—which is just south of the CDD. You can also take the RED Route campus and walk 2 blocks from the Kinnick bus exchange.

Background. Creativity, the arts, the Arts, change, and older adulthood. What can we learn from the arts that can enhance the experience of older adulthood? Broadly speaking, we will use the term “the arts” to encompass many venues of human creativity including: the visual arts (e.g., painting, photography), literary arts (poems, narratives), performing arts (music, theatre, dance) and the culinary arts. During the one-day conference we will explore: how some artists have adapted to physical, mental and emotional changes associated with the process of aging; how clues about the meaning of aging can be found in various art forms and thus help us better understand our own culture and ourselves, and how the creating and the experiencing of art can facilitate enjoyment, community connections, and ultimately healing. Participants will gain useful insights to apply to their own experience of aging while also building an appreciation for how the arts can serve as a bridge to family members, clients, patients, and other travelers across the lifespan. Students from all disciplines are encouraged to attend.

Co - Sponsors: Hills Bank, Iowa City/Johnson County Senior Center, and the following University of Iowa Programs: Aging Studies Program, Center on Aging, Iowa Geriatric Education Center, Hartford/Csomay Center for Geriatric Nursing Excellence, Aging Mind & Brain Initiative, School of Social Work, Obermann Center for Advanced Studies. Planning committee: Virginia Jorstad, Mark Holbrook, Dave Gould, Jefri Palermo, and Mercedes Bern-Klug.

* ICAP = Iowa Consortium of Aging Programs and includes UI, ISU, UNI and DMACC.
Friday September 27, 2013

“Enriching Longevity Through the Arts”
Rembolt Conference Room, UI Center for Disabilities & Development, UI Campus

8:30 – 9:00 Registration & Coffee

9:00 – 9:10 Welcome & Overview of the Day. Mercedes Bern-Klug, Director of the UI Aging Studies Program

9:10 – 10:10 Key Note: Painting through it all: Artists’ Resilience in the Face of Changing Abilities - Rick Moody, PhD, Recently retired, Vice President and Director of Academic Affairs for AARP, Washington D.C.

10:10 -10:20 Break

10:20 - 11:15 Panel - Moderator: Teresa Mangum
Maggie Conroy: Participating in the play, The BrokenChord
Meg Eginton: “ArtCart” preserving the art work of aging artists

Patricia Friese: Culinary Lexicography
Mary Wall: Watercolor & Open Studio & Spies
Ina Loewenberg: A Changeable Life: Philosophy, Accounting, Photography, Authorship, Poetry

12:15 – 1:00 Lunch (included in registration, on site)

1:00 – 1:45 Writing can be therapeutic: Scholarship related to caregiver journaling and stress relief. Howard Butcher, PhD, RN, College of Nursing

1:45 -2:00 Break

2:00 – 3:00 Enriching Quality of Life through Music Therapy in Hospice
Mary Adamek, PhD, MT-BC Director, Music Therapy Program, UI
Joey Walker, MA, MT-BC Music Therapist, Iowa City Hospice

3:00 – 3:45 Creative dancing for brain/body fitness and enhanced social engagement in the lives of older adults. Meg Eginton

3:45 – 4:00 Attending art events before the ADA - Terry Cunningham

4:00 -5:00 Late Freedom & the Arts: Lessons for Us All, Rick Moody

Questions? Please email Virginia-Jorstad@uiowa.edu or Mercedes-Bern-Klug@uiowa.edu