

## DESIGN A LIFE: A Community of Ideas

April 17, 2009

CLEVELAND STATE UNIVERSITY, CLEVELAND, OHIO

Hear from a leading expert on creative aging, experience creativity through hands-on workshops with artists, craftspeople, musicians, and writers.

Consider how to incorporate creative activities into your daily life and promote health and wellness.

**Sponsored by:** Cleveland State University College of Science and Division of Continuing Education, The Cleveland Clinic, Euclid Hospital, Judson at University Circle, Art Therapy Studio, Benjamin Rose Institute, and Western Reserve Geriatric Education Center.

### DESIGN A LIFE: A Community of Ideas

BENJAMIN  
ROSE  
INSTITUTE  
EST 1908



CLEVELAND STATE  
UNIVERSITY  
Cleveland State  
University

 Cleveland Clinic

 Euclid Hospital  
a Cleveland Clinic hospital

 Lutheran Hospital  
a Cleveland Clinic hospital



ART  
THERAPY  
STUDIO

Judson  
at University Circle  
The Park - The Manor

SINCE 1967

Cleveland State  
University  
College of Science

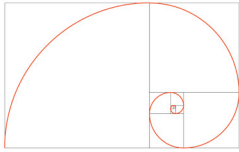
2121 Euclid Ave. SR 353  
Cleveland, Ohio 44115-2214

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## DESIGN A LIFE: A Community of Ideas

April 17, 2009

Cleveland State University, Cleveland, Ohio



This one-day conference is designed to provide an opportunity to engage in and reflect on creative activities. It is a wonderful opportunity for health care professionals, students, and anyone with an interest in creativity to work with artists, craftspeople, musicians, and writers. You'll also reflect on ways to incorporate creative activities into your life and the lives of your patients to promote health and wellness.

Workshops are designed to provide a hands-on experience of creativity. Please visit the Design a Life website at <http://www.csuohio.edu/sciences/workshop/designalife/index.html> for workshop descriptions. Please tell a friend about this conference.

### Continuing Education Information

**Course Title:** Design a Life: A Community of Ideas.

**Course Number:** HCHS 540501 2900

**Dates:** April 17, 2009

**Contact Hours\*:** 6.5 contact hours will be awarded to RNs, Psychologists, Social Workers, Counselors, Marriage/Family Therapists and Nursing Home Administrators (BENHA Preferred Provider # CSU 60-P-09). 6.5 contact hours will be awarded to occupational therapists, pending approval. Open to all interested individuals, including art therapists, activity therapists, and recreation therapists.

**Clock Hours:** 6.5 (.6 CEUs)

Cleveland State University Division of Continuing Education is approved as a provider of continuing education for psychologists by the Ohio Psychological Association Office of Mandatory Continuing Education (OPA-MCE). Our Approved Provider # is 340966056.

You must attend at least 80% of the program, participate in discussion/activities and complete an evaluation form to receive contact hours.

\*Cleveland State University (OH-012/4-1-09) is approved as a provider of continuing education by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91). Cleveland State University has achieved Approved Provider status through the State of Ohio Counselor, Social Worker, Marriage and Family Therapist Board. Our Approved Provider number is RCST090601.

**FOR MORE INFORMATION ABOUT THE PROGRAM, CALL 216-687-5580 OR GO TO [HTTP://WWW.CSUOHIO.EDU/SCIENCES/WORKSHOP/DESIGNALIFE/INDEX.HTML](http://www.csuohio.edu/sciences/workshop/designalife/index.html).**

## CONFERENCE SCHEDULE

### FRI. APRIL 17, 2009

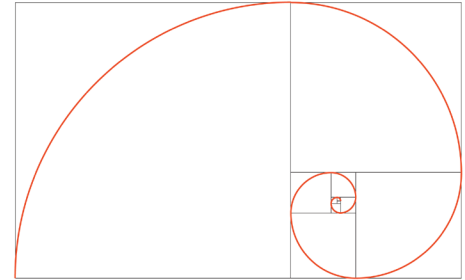
8:45-9:15	Continental Breakfast and Registration
9:15-10:15	Welcome
	<b>Keynote Speaker: Dr. Gene Cohen</b>  Director, Center on Aging, Health & Humanities; Professor of Health Care Sciences; Professor of Psychiatry & Behavioral Sciences, George Washington University  Presenting: <b>Mirror, Mirror on the Wall: What is Aging After All?</b> New findings on creative capacity and psychological growth with aging. Positive brain and behavior changes that occur BECAUSE of aging, not despite it.
10:15-10:30	Break
10:30-12:30	First creativity workshop. Choose from 9 opportunities to engage in creative endeavors, from painting to photography to music.
12:30-2:00	Lunch and entertainment: Cleveland State University Dance Company
2:00-4:00	Second creativity workshop. Choose again to participate in another creative activity.
4:00-5:30	Panel/reflection. Older adults discuss the creative experience with other workshop participants.
5:30-7:00	Reception

### *Design A Life Conference Learning Outcomes*

- 1. Describe the importance of creativity in later life;*
- 2. Discuss examples of creative activities and participation patterns of older adults;*
- 3. Identify ways to apply creative activities in personal life and in clinical practice.*

## Breakout sessions

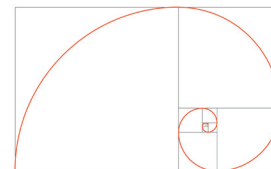
Choose one for morning, one for afternoon



AM	<b>1</b> Marvelous Metal Mandalas <b>Catherine Butler</b> Heights Arts	<b>2</b> Bringing Out Your Inner Actor <b>Holly Holsinger</b> CSU Drama	<b>3</b> Not Your Ordinary Self-Portrait <b>Linda Goik</b> Local Girl Gallery	<b>4</b> Tuning into The Rhythm of Your Life <b>Cindy Hill</b> Rhythm Culture	<b>5</b> Eco Textiles: Creative Natural Dyeing <b>Beth Whalley</b>	<b>6</b> Bookmaking <b>Denise Cooper, ATR-PC</b> Art Therapy Studio	<b>7</b> Travel through the Art of Photocoloring <b>Carolina Martin M.Ed.</b> Art on Wheels, Inc.	<b>8</b> Basic Healing Stone Jewelry <b>Denise Newman</b> CIA	<b>9</b> Fiber Knitting <b>Ericka Gadomsky</b> River Color Studio
PM	<b>10</b> Wonderful Wire Drawing <b>Catherine Butler</b> Heights Arts	<b>11</b> Printmaking as a Creative Process <b>Denise Cooper, ATR-PC</b> Art Therapy Studio	<b>12</b> Wearable Silk Creations <b>Linda Goik</b> Local Girl Gallery	<b>13</b> Tuning into The Rhythm of Your Life <b>Cindy Hill</b> Rhythm Culture	<b>14</b> Eco Textiles: Creative Natural Dyeing <b>Beth Whalley</b>	<b>15</b> Mask Making <b>Mary Sender, MA, ATR-CRC</b> Cuyahoga Community College	<b>16</b> Travel through the Art of Photocoloring <b>Carolina Martin M.Ed.</b> Art on Wheels, Inc.	<b>17</b> Journaling for Health <b>Sara Sieradzki, OTR/L</b> University Hospitals/Case Medical	<b>18</b> Luminaries from Recycled Materials <b>Debbie Apple-Pressor</b> Cleveland Museum of Art

### Workshop Learning Objectives:

1. Experience the creative process;
2. Reflect on the meanings of creativity;
3. Consider the ways in which creativity may contribute to health;
4. Discuss the use of the specific activities in promoting health, and preventing and remediating illness.



## LOCATION

Joseph F. Cole Center for Continuing Education  
3100 Chester Avenue, Cleveland

The Cole Center is near the beautiful Cleveland State University campus. Ample parking is available adjacent to the building. All space is accessible for individuals with disabilities.

## CONFERENCE FEES AND REGISTRATION OPTIONS

Register at ONE of the following levels:

- \$120 Professionals (includes continuing education hours/CEUs, breakfast and lunch, evening reception, parking, and all supplies)
- \$ 60 Students/Community Residents (includes breakfast and lunch, evening reception, parking, and supplies; CEUs **not** included)
- \$ 25 Morning keynote only (No CEUs)
- \$ 50 Morning **or** afternoon only (No CEUs)

Professionals and Students/Community Residents should select one AM workshop and one PM workshop. Please fill in workshop number(s) on registration form. Financial assistance may be available. Please call (216) 523-5580 for information.

## Registration Deadline:

Monday, April 13, 2009

## WAYS TO REGISTER:

### Phone:

Call (216) 687-2144 between 8 am and 5 pm weekdays. We accept VISA, MasterCard, and Discover.

### Fax:

Complete registration form and fax it to (216) 687-9399. Include credit card information, purchase order, or Authorization for Third Party Billing.

### Mail:

Complete and mail registration form with payment to:  
Cleveland State University  
Division of Continuing Education  
2121 Euclid Avenue, CE 103  
Cleveland, OH 44115-2214

### In Person:

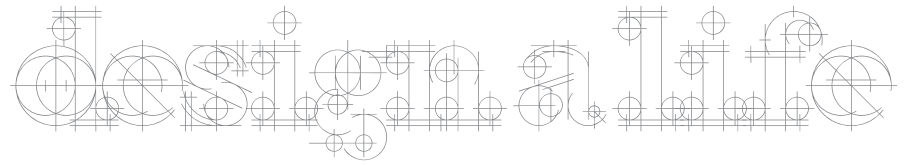
Stop by the Division Office between 8 am and 5 pm, Monday-Friday; located in the Cole Center for Continuing Education, 3100 Chester Avenue, Cleveland, OH.

## REFUND POLICY:

You must notify Continuing Education at (216) 687-2144 by 5 pm on Monday, April 13 to cancel your registration and receive a refund of fees paid.



## Registration Form



## DESIGN A LIFE: A Community of Ideas

April 17, 2009, Cleveland State University, Cleveland, Ohio

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Date of Birth or Social Security: \_\_\_\_\_

Phone: \_\_\_\_\_

e-mail: \_\_\_\_\_

### Select ONE Registration Option:

- \$120 Professional (includes CEUs)
- \$60 Student/Community Resident
- \$25 Morning Keynote Only
- \$50 Morning Only
- \$50 Afternoon Only

### Workshop Session Selection:

Full-day registrants, please indicate both AM and PM choice:

AM Workshop # \_\_\_\_\_ PM Workshop # \_\_\_\_\_

### Payment Method:

- Check (payable to Cleveland State University)
- Credit Card \_\_\_\_\_  
Card No \_\_\_\_\_  
Expiration Date \_\_\_\_\_  
3-Digit Security Code \_\_\_\_\_  
Signature \_\_\_\_\_
- Purchase Order (Include P.O. or Authorization for Third Party Billing)
- CSU Staff Development (Include form)

### Professional Contact Hours/CEUs Needed:

- Psychology
- Social Work
- Nursing
- Occupational Therapy
- Nursing Home Administration
- Other (please specify) \_\_\_\_\_

### Special needs:

- Wheelchair or mobility limitation
- Visual Impairment
- Hearing Impairment
- Other (please specify) \_\_\_\_\_

### Special diet:

- Vegetarian
- Kosher/Halal
- Allergy (specify) \_\_\_\_\_

### Return to:

Cleveland State University  
Continuing Education  
2121 Euclid Ave., CE 103  
Cleveland, OH 44115  
Fax (216) 687-9399