

Greetings cherished Elderberries

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1. APRIL'S POTLUCK

WHEN: April 8th 2 pm to 4 pm

WHERE: The Penthouse, Northwood Centre 2016 Northwood Terrace Halifax

TOPIC: Lynn Murphy on the benefits of Art Therapy

Art as a way of dealing with chronic pain? A posting at the QEII's Pain Management Unit back in 2012 led non-artist Lynn Murphy to sign up for a group led by volunteer Don Stevens (who has since become an Art Therapist).

Art therapy allows participants to focus away from their chronic pain and other troubles in a safe space provided with art materials and the encouragement of the art volunteer or therapist.

Don Stevens will speak on his training and work as an Art Therapist, and how this work can be helpful to people suffering from pain and loss, including seniors who as we age may often develop chronic disease or pain.

Lynn will then show several paintings and explain how art therapy helped her express emotions around pain and loss of mobility following a stroke.

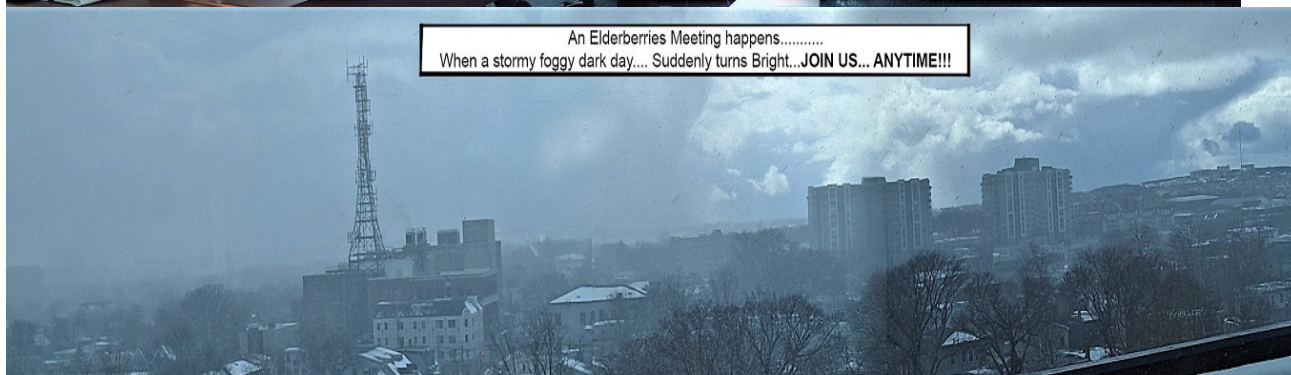
She now paints mostly in a Folk Art style, especially pieces based on her Prince Edward Island childhood sixty years ago. Lynn and Anita Martinez hope to create a book based on the PEI paintings.

2. OUR MARCH POTLUCK

We had a roomful of people and a pot luck table groaning with treats, both regular and extraordinary - mention must be made of the pie-filling-filled cupcakes.

March's topic was, "How Did You Make It Through The Winter?" and the discussion ranged from travel to books, to theatre outings, to cinema, to Symphony seasons tickets, curling, Dalplex, and the tv series Bones. Some binge watched The No 1 Ladies Detective Agency series on Netflix, and lots lots more.





3. 60+ LGBTQ+ FOCUS GROUP

WHAT IS IT: (See attached poster and attached letter for greater detail.) Volunteers interviewed about the quality of their lives as 60+ LGBTQ+ seniors.

WHEN: April 12th 10 am to 12 pm

WHERE: At the Northwood Centre

HOW DO I SIGN UP: You can contact Kim Wilson or Arne Stichcombe by phoning 1-519-824-4212 ext.53003 or email astinch@uottawa.ca

University of Guelph: REB# 16NV050

University of Ottawa: H-05-17-19

Lakehead University: REB #026 17-18

ARE YOU 60+?



HAVE YOUR VOICE HEARD!

WE ARE LOOKING FOR VOLUNTEERS AGED
60+ WHO IDENTIFY AS LGBTQ+ TO
PARTICIPATE IN A FOCUS GROUP:

APRIL 12 (2018), 10:00AM-12:00PM

HALIFAX, NS

YOUR PARTICIPATION WILL HELP US
DEVELOP A BETTER UNDERSTANDING OF
THE LIVED EXPERIENCES OF
OLDER LGBTQ+ CANADIANS.

PLEASE RSVP BY CONTACTING

KIM WILSON OR ARNE STINCHCOMBE

astinchc@uottawa.ca

519-824-4120 ext. 53003



fb.me/LGBTQ60

4. ELDERBERRIES MUGS FOR SALE

They're still for sale at \$15.00 each plus mailing costs. Or they can be picked up at our potlucks. Interested? Email us so they can be ordered ahead of time. The front carries the Elderberries logo. On the back is a grey ribbon with the words GREY PRIDE. The inscription says: "We are old! We are tired! We can get away with things..So...don't piss us off!"



Information
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