Date: August 12, 2021
For Immediate Release
Re: Creative Aging Initiative

Creative Aging Initiative

Clinton County Office for the Aging announces registration for the first of two courses in the Creative Aging Initiative. Reflections of Myself: An Exploration of Memoir Writing by Lifetime Arts will be offered online via Zoom on Wednesdays, beginning September 15th, from 3 pm – 4:30 pm.

Everyone has a story to tell and writing our stories is an important opportunity for pushing our memories, expanding our creativity, and making meaningful connections with others. In this 6-week workshop, led by instructor Kate Bell, students will read and discuss short memoir essays, write their own original short memoirs, and receive constructive feedback from their peers and the instructor. Weekly sessions on Zoom will be augmented with asynchronous out-of-class enrichment opportunities and one-on-one sessions with the instructor during office hours. This workshop will culminate in a reading of student writing for invited guests. No formal writing experience is required; only a passion for reading, writing, and finding value in every aspect of one's own life experience.

The instructor, Kate Bell is a writer, theater-maker, singer/songwriter, and teaching artist. Kate has facilitated creative aging programs for the Alzheimer's Foundation, Elders Share the Arts, and the New York Public Library. In 2018, she founded Theater to the People with fellow theatre artist, Julia Cavagna, a bilingual project that encourages adults to use theatre-making as a social justice tool to think about immigration and gentrification. For more information visit: www.katebell.info.

This program, part of the New York State Creative Aging Initiative, is made possible through a partnership between the New York State Council on the Arts, the New York State Office for the Aging and Lifetime Arts. The project takes an innovative, evidence-based approach to healthy aging, underscoring New York’s leadership as the first age-friendly state in the nation.

Space is limited and attendance is expected at each session. To register, please call the Office for the Aging at 518-565-4620 or email aging@clintoncountygov.com.