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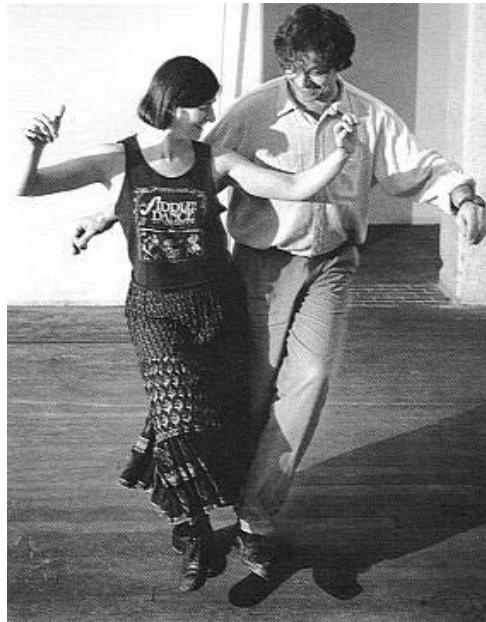
Maine Geriatric Education Center

## University of New England Maine Geriatric Education Center

“Living Art-Living Well Studio # 4, (4<sup>th</sup> of 4 part seminar series)

Tuesday April 19, 2011

UNE Portland Campus, WCHP Lecture Hall, (12 – 2 pm)



Cynthia Larock, left, dancing with Benoit Bourque - Photo by Jere DeWaters

Call for UNE & community health professionals/providers, health professions faculty and students who would like to participate in the UNE Maine Geriatric Education Center (UNE-MGEC) “Living Art – Living Well Studio.” This is the 4<sup>th</sup> of the **4 part seminar series**. Each of the two hour seminars features a Maine master older artist and includes artist demonstration and facilitated discussion.

A light lunch will be provided.

Whether it’s on the dance floor or at the kitchen table, the French speaking communities of Maine share a rich tradition of music and dance that springs from the heart of home. On **Tuesday April 19<sup>th</sup>, 2011**, on the UNE Portland Campus in the **WCHP Lecture Hall, from 12 – 2 pm**, the fourth seminar will feature Cindy Larock, a master step dancer who studied for many years with French-Canadian step dancer Benoit Bourque of Quebec. Founder of such performing groups as La Plume de Ma Tante Franco New England Folk Dancers and Les Pieds Rigolants (The Giggling Feet) dance group, Larock is currently engaged in passing her French dance heritage on to 11-year-old Franco-American Emma Jacques through the Maine Arts Commission’s Traditional Arts Apprenticeship program. She also organizes community dances and sing-alongs in the Lewiston area. Cindy will be joined by Helene Sylvain and Irene Mercier, two sisters from Lewiston who love to sing old French songs, and Irene Coady, a popular

Auburn accordion player who also grew up with French music. Please view link below for a sample of activities that these three older women currently participate in.

<http://fanset8.blogspot.com/2011/02/crowds-come-for-franco-singalong.html>



Irene Coady

“Living Art – Living Well Studio” is an exciting opportunity to explore the connection between traditional art, cultural legacy and life review, as well as to explore the role these play in health, aging and positive decision making and how this informs the practice of health care. The UNE-MGEC in partnership with Cultural Resources, Inc. and the Maine Arts Commission is offering this model learning seminar series designed for health professionals, health professions faculty and students to increase awareness and knowledge regarding the impact of Art in Aging and how creativity matters to the health of the body, mind and spirit of older adults.

**The seminar is free for all participants. For seminar related questions please contact Judith A. Metcalf, Director UNE-MGEC at 207-221-4459 or e-mail [jmetcalf@une.edu](mailto:jmetcalf@une.edu)**

**If you need special accommodation to fully participate in this event please contact Judith Metcalf at 207-221-4459 no later than April 12, 2011.**



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