

Now available:

Overview of Website and Blog: [Ryan17-WritAgingSpirSAGE-ing23](#)

[Summary of Ryan Writing Exercises in Monthly Blogs](#)

BLOG SUMMARIES

18-Sep [Resilient Aging](#)

Intergenerational Card-Making; Writing; Resilient Aging in Community; Social & Psychological Factors on Seniors' Housing Choices; Aging with spirit; Aging Profiles; Aging Photographs; Writing Exercise; Shadow Photograph.

18-July [Writing about Reading](#)

Kiwi Coffin Club; Aging Spirit Creativity; Death; Book Review: Joe Fassler's **Light the Dark: Writers on Creativity**; Writing Exercise; Shadow photograph.

18-June [Becoming Wise](#)

Aging in Community; Building Neighbourliness across Generations; Aging with Spirit; Poems; Book Review: Krista Tippett's *Becoming Wise: An Inquiry into the Mystery and Art of Living*; Writing Exercise; Shadow photograph.

18-May [Writing Through Changing Seasons](#)

Celebrating Poets over 70; Aging in Community; Book Review of Thomas Moore's *Ageless Soul: The Lifelong Journey toward Meaning and Joy*; Writing exercise; Shadow photograph; older drivers; transportation

18-Apr [Power of Meaning](#)

Emily Esfahani Smith's book *The Power of Meaning: Crafting a Life That Matters*; Meaning and Happiness in old age; Writing Workshops; Writing with seniors in nursing homes; Person-centred care; Young@heart; Richard Johnson, *Ageless spirit*; Photography to cultivate mindfulness & gratitude; Aging & Creativity; Shadow photograph;

18-Mar [Community for Mutual Support](#)

Hamilton Aging in Community - Hamilton Aging Together website; Parker Palmer **Habits of the Heart**; Aging in Spirit; Harvard Longitudinal Study; Good Life; Happiness; Social Relationships; Writing Exercise; Shadow photograph

18-Feb [Intergenerational Relationships](#)

Writing - the gift, story by Ellen Ryan; Intergenerational Connections;

Resilient Aging; Healthy Aging; Community Engagement; Shadow Photograph

18-Jan [Resilient Aging with Spirit](#)

Resilient Aging video (Ellen Ryan); Creativity;
Book Review: **The Book of Joy: Lasting Happiness in a Changing World**
by the Dalai Lama & Desmond Tutu;
Conscious Aging; Elder Spirituality;
Writing Life Stories; Memoir; Writing Exercise;
Book Notice: Henry & Landsberg-Lewis (2017), **Powered by Love: A Grandmothers' Movement to End AIDS in Africa**
Shadow Photograph;

17-Dec [Friendship in Later Life](#)

Friendship quotations; Benefits of Friendship; Sacred Art of Conversation;
Aging in Community; Optimal Aging Portal - Evaluated Health Evidence;
Writing Exercises; Writing memoir;
Shadow Photo of friendship; Health benefits of Friendship;

17-Nov [Have I told you how Creative you are?](#)

Celebrating Poets over 70; 84-year-old author Penelope Lively;
Writing exercise; Shadow Photo;
Aging in Community; Building Sustainable Communities; Seniors Cohousing;
Book Notice: Barack Obama's **Of Thee I Sing: Letter to My Daughters**

17-Oct [Mentoring Across Generations](#)

Mentoring Quotations; Writing Blessings across generations; Aging in Community; Review of Barbara Bradley Hagerty's book: **Life Reimagined: The Science, Art, and Opportunity of Midlife**; Shadow photograph.

17-Sep [Invited to Age in Community](#)

Aging in Community quotation;
Hamilton Aging Together;
Taralyn Prindiville invited Article on Hamilton Seniors' Isolation Impact Plan;
Intergenerational Housing;
Aging in Community articles;
Summary of Ryan Writing Exercises;
Ellen Ryan Legacy Letter Writing Workshop;
Shadow photograph.

17-Aug [Reading around the World](#)

Ann Morgan's Memoir [**The World Between the Covers**]
and TED talk: **A Year Reading the World**;
Annie Dillard quotation on reading;
Writing Exercise; Shadow Photo;

17-Jul [Stories Based on Life](#)

Writing Fiction and Life Stories;
Quotation on imagination in later life;
Resilience poem by Ellen Ryan;
Healthy Aging; Aging in Community;
Writing Exercise; Shadow Photo

17-Jun [Legacy of the Heart](#)

Strengthening Connections through Faith Communities;
Aging in Community; Hamilton Aging Together;
Friendship Shadow photo;
Arrien Angeles quotation;
AARP Social Isolation Project;
Book Review: Meg Newhouse, **Legacy of the Heart**

17- May [Creativity as Fountain of Youth](#)

Creativity and Mentoring;
Fostering Intergenerational Relationships;
Essay on Writing Aging & Spirit website & blog;
Shadow photograph.

17-Apr [Stories to Change the World](#)

Storytelling;
Aging and Creativity;
Aging in Community;
Writing Exercise;
Book Review: Mary Pipher's *Writing to Change the World*;
Shadow Photo

17-Mar [Memory Care: Communication Matters](#)

Living with Dementia, Memory Problems;
Ryan Poems;
Creative Writing Groups & Dementia;
DementiAbility Methods;
Family Caregiving and Dementia;
Shadow Photo

17-Feb [Not Too Late to Begin](#)

Hokusai; Michelangelo; Aging Artists;
Aging and Creativity;
Aging in Community;
Writing Exercise;
Book Review: Julia Cameron's *It's Not Too Late to Begin: Discovering Creativity and Meaning*; Shadow photo.

17-Jan [Write Our Years](#)

Old Woman Poetry: Frieda Feldman;
Winter photo;
Aging in Community;

Resilient Aging; Creativity; Civic Engagement; Writing Exercise;
Book Review of James Pennebaker & J Evans' *Expressive Writing: Words that Heal*.

16-Dec [Joy of Writing](#)

Older Adult Profile: Jackie Loomer-Kruger, *Valley Girl*; Folk Art;
Letter Writing; Writing Exercise; Shadow Photo

16-Nov [Death in Mind](#)

Death and Dying issues;
End of Life Decision Making;
Advanced Care Planning;
Shadow Photographs;
Legacy Letter Writing Exercise

15- October [Letters to My Grandchildren](#)

Profile: Peggy Freyberg, centenarian poet;
Storytelling; Ryan prose and poetry;
Resources: Ultimate Storytelling Guide, Guide to Home Remodeling for Disability;
91-year-old Technology Designer;
Writing Exercise; Shadow photo
Book Review: David Suzuki's 2015 **Letters to my Grandchildren**

15- September [Changing Seasons, Changing Selves](#)

Profile: Pope Francis, On Care for our Common Home (Laudato Si');
Writing Exercise; Shadow Photo; Upcoming Aging Events
Book Review: Lyndsay Green's 2013
The Perfect Home for a Long Life: Choosing the Right Retirement Lifestyle for You;
Video Resources on disability and falling;

15-August [Write Memories](#)

Profile: Sylvia Adams, Ottawa poet and writing teacher; Writing Exercise; Review:
Sankovitch's "Signed, Sealed, Delivered: Celebrating the joys of letter writing"

15- June [Walk for Life](#)

Grandma Gatewood's Walk; Learning to walk three times, Peter Kavanagh;
Community engagement; Writing exercises; Shadow photograph;
Book Review: **A Philosophy of Walking** (2014) by Frederic Gros.

15- May [How the Light Gets In](#)

Morning writer aging; Mary Oliver poet; Book of Joy - Dalai Lama, Desmond Tutu;
Shadow photo; Upcoming Aging Events;
Book Review: Pat Schneider's **How the Light Gets in**.

15-Apr [Writing Routines](#)

Senior-Advocacy-Through-Poetry-Program; Writing exercise; shadow photograph;

Book Review: Mason Currey's **Daily Rituals: How Artists Work**

15-Mar Conscious Aging

Quotations on conscious aging from Spiritual Leaders; Poetry;
Writing exercise for community - Kindness journal;
Shadow photograph; Writing Aging and Spirit Events;
Book Review: Ron Pevny's 2014 **Conscious Living, Conscious Aging**; Conscious Aging Alliance website resources; Elderhood.

15-Feb Optimal Aging Evidence

McMaster's Optimal Aging Portal with evaluated health information; Aging quotation, Joan Chittister; Memoir Writing exercise; Reading novels for your life.

15-Jan In Praise of Slow

In Praise of Slow: Resolution to Go Slow; Slow movement; Writing Exercise; Book Review: Louise DeSalvo's The Art of Slow Writing; Shadow photograph

14- Dec Mentoring

Intergenerational mentoring, generativity, legacy; Maggie Kuhn on elder roles; Circle Way by C Baldwin and A Linnea; Writing Exercise; Book Review: Meika Loe's Aging our Way ; Shadow photo

14-Nov Legacy Matters

Poem, Naomi Wingfield; Legacy letters in later life; Writing Exercise; Book Review: Legacy Matters by Rachael Freed; Grandparenting shadow photo

14-Oct This I Believe

Profile: Isabel Allende, writer; Book Review: This I Believe, edited by Allison & Gediman; Community Engagement; Writing Exercise;

14-Sept [Aging in Community](#)

Thich Nhat Hahn quotation; **Aging in Community video** (Ellen Ryan) and Resource Lists; Friendship and Dementia in Faith Community; caregiving;
Book Review: Diane Millis, *Conversation - Sacred Art*; Shadow Photo.

14-August [Great Sentences](#)

Aging with spirit poem - Mentor Comes by Rail by E. Ryan;
Writing Group experiences; Revising prose, clear vigorous sentences;
Writing exercise; Shadow photo.

14-July [Best Years Now](#)

Angelou poem, musical creativity, lifelong learning, Book Review: Malcolm Boyd's *Wisdom for the Aging*; Writing exercise.

14-June [Age-Friendly Communication](#)

Tips on age-friendly print and websites; Aging with Spirit Poem: The death of the hat, by Billy Collins; Book Review: *How to be a Friend to a Friend Who's Sick* by L C Pogrebin; Writing exercise, Shadow photo.

14-May [Transitions](#)

Aging transitions; Writing workshop; Aging in Community panel; late life Poetry; Book Review: Carol Orsborn's 2013 *Fierce with Age*.

14-Apr [Wakefulness](#)

Wakefulness practices, Poetry, Writing, Aging Brain
Aging poem, meditation, spiritual practice, brain science, aging in community, Village-to-Village network;
Book review: Newberg & Waldman 2010 *How God changes your brain*.

14-Apr [Wakefulness](#)

Wakefulness practices, Poetry, Writing, Aging Brain
Aging poem, meditation, spiritual practice, brain science, aging in community, Village-to-Village network; book review: Newberg & Waldman 2010 *How God changes your brain*;

14-Mar **Walk on Sand**

Naomi Wingfield – In Memoriam;
CBC Ideas interview with E Ryan: “**Aging by the Book**”;
Aging in community, cohousing, village model; Writing Exercise; Movement Meditation for writing and painting.

14-Feb **Resilience**

Profile: Olga Kotelko, 95, masters track and field star, world records; Book Review: Grierson, *What makes Olga run?*; aging poem; Sharing in community; writing exercise

aging, spirit, writing, community, aging book review, resilience

14-Jan **Writing Down Your Soul**

Community Cart in Seniors' Housing; Aging in Community; Book Review: Janet Conner, *Writing Down Your Soul*; Generosity;

13-Dec **Gifts of Aging**

Aging in Community, Gift of Years-Chittister, CoHousing options, social architecture for aging in community; writing exercise; Book Review: Charles Durrett's *Handbook of Senior Cohousing*. Films on Aging

13-Nov **Old Ideas**

Profile: Leonard Cohen, Canadian song-writer and poet; Quotations, including 'that's how the light gets in.' Book Review: Lewis Richmond's *Aging as a spiritual practice*;

13-Oct **Writing Down the Bones**

Profile - Natalie Goldberg, writer, poet, painter; Aging in Community News; Intergenerational Grandparent Storytelling; Civic Engagement; Book Review: Goldberg's *True Secret of Writing*

13-Sept We All Become Stories

Book Review: Ann E. Carson's We All Become Stories; Life Stories, Elders in the News; Community Engagement; Writing exercise; Web Resources on Aging with Spirit.

13-Aug With Friends

Walking with Friends; Keep and Make Friends for health; Writing Together; Kidder's Old Friends; Dean's How to be a friend to a friend who's sick; Shadow Photo

13-July Interfaith Inspirations

Profile - Mary Ann & Frederic Brussat, SpiritualityPractice.com; interfaith spirituality quotations; shadow photo; CRONE

13-June Driving and Social Participation

Profile: Dr. Brenda Vrkljan, McMaster and Candrive research on older drivers; Social participation and Driving; Community Engagement; Writing Exercise; Websites on Older Drivers; Quotations on driving; shadow photo

13-May Aging with Humour

Profile - Stan White -Canadian poet, humorous aging poetry;Community Engagement; Writing Exercise; quotations; shadow photo

13-Apr On Libraries

Older Adult Profile: Ruth Harriet Jacobs, octogenarian writer, professor, speaker; Poetry about libraries, reading books; Aging Literature; Thomas Mann's Magic Mountain; quotations.

13-Mar Teach Community

Aging in community, Forgiveness, Nobel Peace Prize, Second Journey

Older Profile: Desmond Tutu, peace and justice writer; Civic Engagement for Writers; Writing Exercise; Second Journey Visioning Councils; Review: Janice Blanchard (Ed.), Aging in Community.

13-Feb Talking with People with Illness or Impairments

disability, Illness, Talk

Overcoming communication predicaments, appropriate assertiveness; Poems; Community & Interdependence; Writing News; Civic Engagement; Writing exercise; Book Review: Susan Halpern's Etiquette of Illness.

13-Jan- [Observe Life](#)

[Canadian](#), [Literature](#)

Observe Life: Profile: Margaret Atwood, Canadian novelist, poet, short story writer; Book Review: Atwood's Moral Disorder; Civic engagement; Aging writers; Writing Exercise; Book Review: Will Schwalbe's The End-of-Life Book Club.

12-12 Aging in Literature:

Older Writer Profile: Ione Grover; Novels on Aging; Medcalf-Reading Circle for Seniors; Book Review: Storycatcher by Christine Baldwin; Resources on Aging Literature.

12-11 Sabbath Writing

Profile-Wendell Berry, poet and novelist; Sabbath quotations; Celebrating poets over 70 - sabbath poems; Civic Engagement with youth; Writing everyday sacred; Review: Elizabeth Andrew's "Writing the Sacred Journey: The art and Practice of Spiritual Memoir."

12-10 Volunteer to Serve, Grow and Belong

Profile: Mme Pauline Vanier, L'Arche volunteer and Grandma; Community-engaged retirement; Community for Older Volunteers; Second Journey -- Intentional Community and Aging in Community; Civic Engagement for Writers; Writing Exercises; Web and Book Resources; Quotations

12-09 SPIRIT OF TRAVEL

Spirit of Travel - Journaling/writing to deepen experience; Writing exercises about travel; Civic Engagement for Writers; Book Review: The Tao of Travel, by Paul Theroux; Quotations on travel;

12-08 SHARE WONDER IN NATURE

Novels about Aging; Journal requesting submissions from older adults; Civic Engagement - children, nature and writing; Writing Exercises; Resources on Spirit & Nature; Quotations

12-07 WRITE TO PAINT WITH WORDS

Profile: P K Page, nonagenarian poet & painter; Art, communication & dementia; Civic Engagement - Writing for social profit agencies; Writers' tip; Quotations

12-06 WRITE TO WALK THE WAY

PROFILE: Joyce Rupp, spiritual writer; Jane's Walks; Walking resources; Civic Engagement: Words for visually impaired walkers; Writing Exercise on walking; Quotations

12-05 WRITE TO NOTICE SEA SHELLS

Centenarian: Naomi Wingfield; Poetry; Civic Engagement Tip for Writers; Writing Exercises; From illiteracy to authorship in old age; Quotations on writing - E Andrews, F Buechner; Book Review: Johnson, It is Well with My Soul.

12-04 WRITE TO BLESS GRANDCHILDREN

March of Generations – Great great grandparents to grandchildren; grandparent/grandchild stories and poems; Intergenerational writing exercise; Civic Engagement for Writers – Facilitate Grandparent Stories; Books and websites on Grandparenting; Aging and Health Day; Book Review: Naomi Rachel Remen's My Grandfather's Blessings; Quotations.

12-03 PAINT TO SAVE YOURSELF AND THE WORLD

March 12, 2012 Artist, Death and Dying, Haiku, Painting, Writing Groups

Profile: Grandma Layton, late life painter; Civic Engagement – Service Opportunity #2 – Writing Groups; Haiku; Review: K D Singh's The Grace in Dying.

12-02 WRITE TO OPEN SPIRITS

Profile: 92-year-old Huston Smith, World Religions expert; Civic Engagement – Roles for Older Writers; Visiting Library Services; Following our Passions; Websites-Aging on Purpose; Writing Exercise; Quotations

12-01 WRITE TO OPEN YOUR HEART

Profile: Sr. Joan Chittister, writer, speaker, social activist, community builder; author of Gift of Years: Growing Old Gracefully; Tips for Writing; Creativity and Aging; Book Review: Strauch's The Secret Life of the Grown-Up Brain: The Surprising Talents of the Middle-Aged Mind.

11-12 WRITE TO CLAIM YOURSELF

PROFILE: Dr. Maya Angelou, 83, writer of memoir, poetry, music, film; REVIEW: LifeTimes-The Game of Reminiscence; Books, Websites and Quotations on Memoir.

11-11 WRITE TO HEAL

PROFILE: Sterling Haynes, MD, writer of nonfiction, humour, and poetry. Family Caregiving – analyzing 3 recent books by daughters caring for mothers with Alzheimer's disease. Book Review: Robert Atchley's Spirituality of Aging.

11-10 WRITE TO FIND ANSWERS IN SMALL THINGS

PROFILE: Mary Oliver, poet teaching us attention as prayer; Aging viewed on Film; Exercise to keep young; Communication Tip; Book Review: Eliot's Montessori Methods for Dementia™: Focusing on the Person and the Prepared Environment.

11-09 WRITE FOR REMEMBRANCE

Profile- Ann Carson, Toronto Poet; Jack Layton's Letter to Canadians as Ethical Will; Book Review: Neenah Ellis, If I Live to be 100: Lessons from the Centenarians; Toni Morrison quotation.

11-08 WRITING TO SHARE CAREGIVING LESSONS

Profile: Kathleen Banchoff, family caregiving stories and support; Book & Website Review: Susan and John McFadden, Aging Together: Dementia, Friendship, and Flourishing Communities; Caregiving Websites;

11-07 WRITE TO TEACH PEACE

Happy Mandela Day – Nelson Mandela, at 93, is celebrated with children singing across South Africa and with volunteer work across the world, 67 minutes for each year Mandela spent in

active politics. Mandela's elders for peace movement: see <http://www.theelders.org/>. Quotations about peace.

11-06 WRITE TO ADVOCATE

Advocacy, Caregiving, Cohousing, Hope, Intentional Community, Personhood, writing

Profile – Mary Buzzell, personhood educator and caregiving advocate;

Feature article on Cohousing Options for Living in Community;

Chapman's poetry on retirement;

Book Review – Bateson's "Composing a Further Life: The Age of Active Wisdom"

11-05 WRITE TO WALK IN THIS WORLD

Advocacy, aging, Conversation, disability, longterm care, Poetry, spirit, writing

Older Writer Profile – Douglas Earle; Healthy Brain Aging; Eldering Institute; Response to Query about Publishing; Book Review – Earth's Elders by Jerry Friedman

11-04 WRITE TO LEARN ABOUT LIFE

aging, Memoirist, Novelist, Poet, spirit

Profile of May Sarton – Poetry, journals, novels of aging; Contests for Creativity and Aging;

Writing and Personal Development; Books on poetry and spirit, aging brain; Review: Leider & Shapiro, Something to Live For

11-03 WRITE TO BEAR WITNESS

Life Story, Poetry, spirit

Karl Kinanen, memoir; Bearing Witness in memoir; Original Poem, M. Vespry; Writing as a Spiritual Practice, special issue of Itineraries 2011; Books of Note; Quotations by D. Eggers, Anais Nin, G. Plotnikovv.

11-02 WRITE TO BLESS THE YEARS

Canadian, wisdom

Profile of Rabbi Bernard Baskin, age 90, career of writing essays on life, spirit and aging;

Writing an Ethical Will as a spiritual legacy;

Review of Robert Raines, A Time to Live: Seven Steps of Creative Aging;

11-01 WRITE DOWN MEMORIES FOR LEGACY

Canadian artist, centenarian, Visual Arts

Profile of Doris McCarthy (1910-2010), Canadian artist and memorist. Article on writing as spiritual practice. Review of G. Cohen's The Creative Age. Web Resources on Creativity in Aging. Memoir Poems

10-12 LATE BLOOMERS – WRITE RIGHT NOW

Canadian writer, Poet

Late Bloomers – Some older adults become writers after the age of 50 or 60 or 89. Memoir through poems loved by Naomi Beth Wakan. To Be an Elder, original poem by Lone Grover. Web Resources on Positive Aging.

10-11 WRITE ACROSS THE GENERATIONS

Canadian, Communication, Intergenerational, Memoir, Poetry

Profile: Anna Jones; Intergenerational communication and respect is fostered by writing for and about family members and more general audiences from different age cohorts. Older adults can

foster a sense of family connections, fun, history, and social responsibility among the young through their writings. Book Review: John Sullivan, *The spiral of the seasons*

10-10 WRITE TO RECLAIM IDENTITY IN DEMENTIA Communication, Dementia, writing

As exemplified by Richard Taylor, writing makes it possible for an individual with dementia to engage with others in a dialogue that creates meaning and forms identity. Quotations from books written by Taylor and others living with dementia can teach much about the lived experience, including how caregivers might attend more carefully to personhood. Book Review: Anne Basting, *Forget Memory: Creating better lives for people with dementia*

10-09 WRITE TO DOCUMENT THOUGHTS & EXPERIENCES

aging, Canadian writer, centenarian, Creativity, grandmothers, Poetry, retirement, spirit, writing

Profile: The oldest poet in our *Celebrating Poets Over 70* anthology is Marion Fields Wyllie of Owen Sound, Ontario, born in 1906. Having published her first poem in *The Globe* in 1920, she has been writing and painting most of her life. Also – *Centenarians*, Review: Joan Chittister's *The Gift of Years*, *Grandmothers (Canada) to Grandmothers (Africa)*.

10-08 WRITE TO CHOOSE JOY Canadian

At 98, Naomi Wingfield writes poetry to process grief, loss of vision and hearing, and adjustment to assisted living. Sharing her poetry supports her choice for joy each day and teaches about aging with spirit. **Celebrating Poets over 70** anthology and website