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FOR IMMEDIATE RELEASE

**SYMPOSIUM TO EMPOWER CAREGIVERS
IS OCT. 24-26 AT OC ARTS CENTER**

OCEAN CITY, MD — *Sept. 16, 2024* — Two nonprofits are partnering to bring support and coping skills to those who are experiencing the stress and toll of caregiving.

The Art League of Ocean City and Stories Love Music are teaming up for the “Creative Engagement: Empowering Caregivers Symposium” on Oct 24-26 at the Ocean City Center for the Arts, 502 94th St. bayside.

Stories Love Music is an organization founded to guide those who care for individuals living with dementia and Alzheimer’s and to utilize creative engagement for self-care and stress management. The Art League’s mission is to use art to serve the community.

Caring for people affected by memory impairment is daily and around-the-clock work. Knowing how to manage stress and practice self-care is essential for the wellness of caregivers, as well as employee retention in health care, senior care, and memory care.

“If you are a caregiver now, in the past, or expect to be one in the future, we invite you to join us for this engaging symposium,” Rina Thaler, executive director of the Art League said. “Through music, discussions, and workshops, you’ll creatively engage with others and come away refreshed.”

“This symposium will guide attendees through self-care practices as well as demonstrate new ideas for managing challenging behaviors in the caregiving

process,” Ilyana Kadushin, founder and executive director of Stories Love Music, said.

The symposium includes a three-day calendar of events to make the weekend an experience. The opening night party on Thursday, Oct. 24, will feature live music, hors d’oeuvres, refreshments, an auction and a special art exhibition created by individuals living with dementia and their caregivers.

Friday is the all-day symposium including a relaxation room, the Community Art Weaving project with Beth Deeley, shared drumming with Janice Schreibman, “The Sages of Oak Place” book reading with Dr. Carolyn Stegman, and a sound bath with Chrissy Ehrhart. Rose Kavanaugh O’Neil will moderate a panel discussion on creative engagement with panelists Ilyana Kadushin, Sivan Perdue, Loretta Veney, and Niki Runge. A Lego-Music Workshop with Kadushin, Veney, and James Harrell will be by invitation only as space is limited.

Saturday, Oct. 26, offers a private tour of the Art Center’s galleries with artists and their caregivers.

Tickets are \$65 for all events; \$50 for opening night party only; and \$20 for the Friday Symposium only, and are available at OCart.org or by calling 410-524-9433. The event is also a benefit for the two nonprofit organizations.

Financial support for this symposium is provided by Salisbury University College of Health and Human Services, Salisbury University Fulton School of Liberal Arts, Pohanka Community, Community Foundation of the Eastern Shore, Adrienne and Lewis Kadushin, TidalHealth, Spain Wine Bar, and First Shore Federal Bank.

The Art League of Ocean City is a non-profit organization dedicated to bringing the visual arts to the community through education, exhibits, scholarship, programs and community art projects. Financial support comes primarily through membership dues from individuals and corporate sponsors.

Stories Love Music is a nonprofit organization that provides caregivers with the creative tools to manage the challenging behaviors of those they care for, as well as attend to their own self-care, by celebrating both music and

storytelling traditions and their positive effects. More information at storieslovmusic.org.

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