



WEST SEATTLE MOMENTIA

CREATIVITY IN BLOOM

POETRY + ART WORKSHOP

A *FREE* creative arts experience for people with memory loss and a loved one or care partner. Featuring Claudia Castro Luna, Washington State Poet Laureate, and Kathryn Russell, Community Arts facilitator. Refreshments provided.

WED, MARCH 6 | 10:30 AM - NOON

CAMP LONG 5200 35TH AVE SW



Space is limited! Register by March 1st.

Questions or registration? Contact carol-ann.smith@seattle.gov or 206-386-4149

Momentia is a grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community. Visit <http://www.momentiaSeattle.org/>

CLAUDIA CASTRO LUNA, WASHINGTON STATE POET LAUREATE



Claudia Castro Luna is the Washington State Poet Laureate (2018 – 2020) and served as Seattle's inaugural Civic Poet (2015-2017). She is the author of the collection *Killing Marías* (Two Sylvias), finalist for the WA State Book Award 2018, and the chapbook *This City* (Floating Bridge). Born in El Salvador, she came to the United States in 1981 at the age of 14. She went on to earn an MFA in poetry and an MA in urban planning and worked as a K-12 teacher. Claudia writes and teaches in Seattle. As the first immigrant and woman of color to assume the role, Castro Luna will be advocating for poetry during a particularly fraught period for both the humanities and immigrant populations, who are confronting uncertainty in the face of travel bans and heated rhetoric.

<http://www.castroluna.com/> | <https://wapoetlaureate.org/>

The Washington State Poet Laureate Program is sponsored by Humanities Washington and ArtsWA.

KATHRYN WINTER RUSSELL, M.A., COMMUNITY ARTS FACILITATOR



A decade of facilitating Community Arts using Expressive/Creative arts principles eventually led Kathryn to a unique focus of art with senior communities. Her psychotherapy training combined with extensive mixed-media art experience blend seamlessly to offer a professional, balanced classroom setting. Every art project is designed to emphasize community connection, fun and play, developing new skills, encouraging confidence and pride, collaboration, igniting creativity and new ideas, and building relationships. Kathryn sees the brilliant artist in every individual and encourages unique expression. One participant describes her experience in class: *"I experience hope when I see my mother's art. Kathryn sees my mother's talents, gifts, and potential, rather than a person who is confused. Kathryn knows my mother is still here and continues to be capable despite her cognitive challenges."* www.TheHealingArtStudio.com

