

# Slow Tours and Fast Connections

## Anti-Ageist Music Tour

A social Innovation to combat Ageism

# Webinar Covers

- Ageism
- Working Inter-generationally
- Learning Exchange (relationship building and capacity building)
- Development of 'slow tour' – context
- Features-What Worked (evaluation)
- Spread the model NCDD (engaging)
- Summary

# Ageism - Definition

- Ageism is the stereotyping, prejudice, discrimination against people on the basis of their age.

(World Health Organization)

# Features

- Same techniques as any 'ism' with difference of a stereotype where we are all betting against ourselves
- Diversity of aging
- Fear and shame
- Health impacts
- Background to 'setting up' abuse as more acceptable

# Ageism

- “Ageism is the biggest obstacle to the detection and recognition of elder abuse.”

-NYCEAC Medical Director, Mark Lachs, MD,MPH

- .....devaluing older adults creates a society less inclined to protect vulnerable older people. Thus, ageism works against abuse prevention.

- NYCEAC website

- Hidden issue, under researched.....

# Ageism in Canada

AGE IS  
MORE<sup>®</sup>

Home Contact Us revera.

Search Age is More... 



- Attitudes
- Ageism assessment
- Revera report

## National Seniors Strategy

<http://nationalseniorsstrategy.ca/the-four-pillars/pillar-1/addressing-ageism-elder-abuse-and-social-isolation/>

# Ageism

- Did you know 60 % of Canadians over the age of 66 report being treated unfairly or differently because of their age?
- 80% of Canadians agree: 'older adults 75 and older are seen as less important and are more often ignored than younger generations
- 51% agree: 'ageism is the most tolerated social prejudice when compared to gender or race-based discrimination'

# Ageism in Both Directions

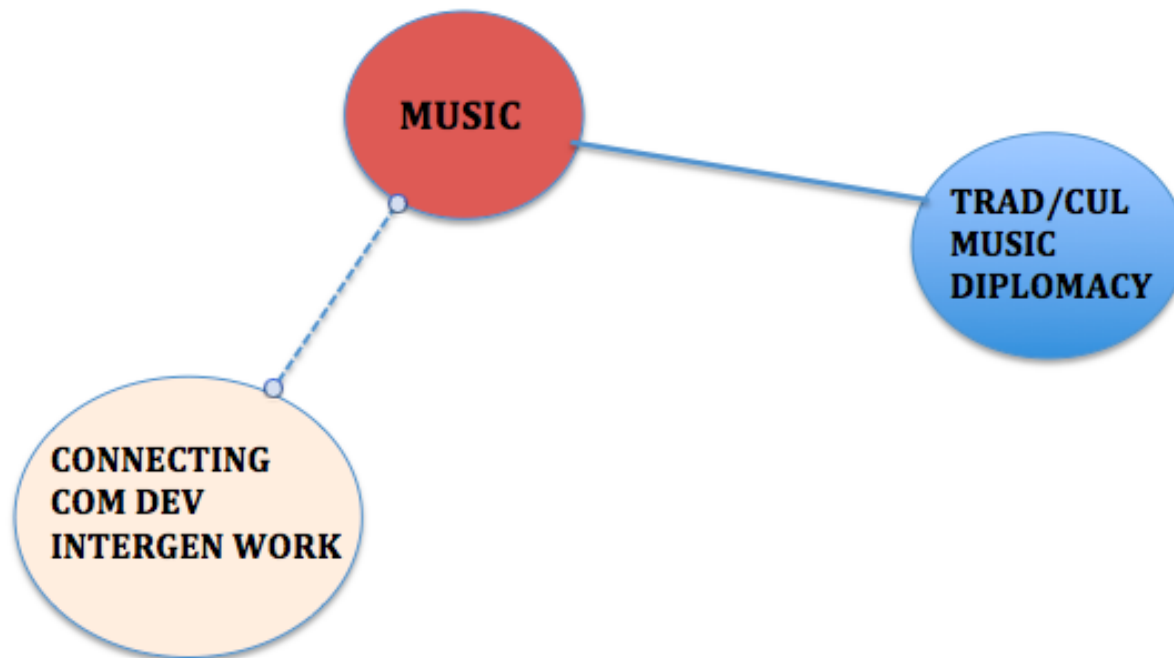
- Ageism can be directed at both older adults and younger adults / youth
- Affects self – determination, free choice, dependency.
- Does not recognize contributions
- Exacerbated by lack of intergenerational activities, erosion of social cohesion and institutions and self governance opportunity in our communities

# Working Intergenerationally

- Socially aware band of women musicians
  - Collective, intuitive understanding of ageism and intersectionality
  - Inclusion, diversity
  - Wish to work on connectivity and community / connection
  - Cultural music diplomats for US State Dept

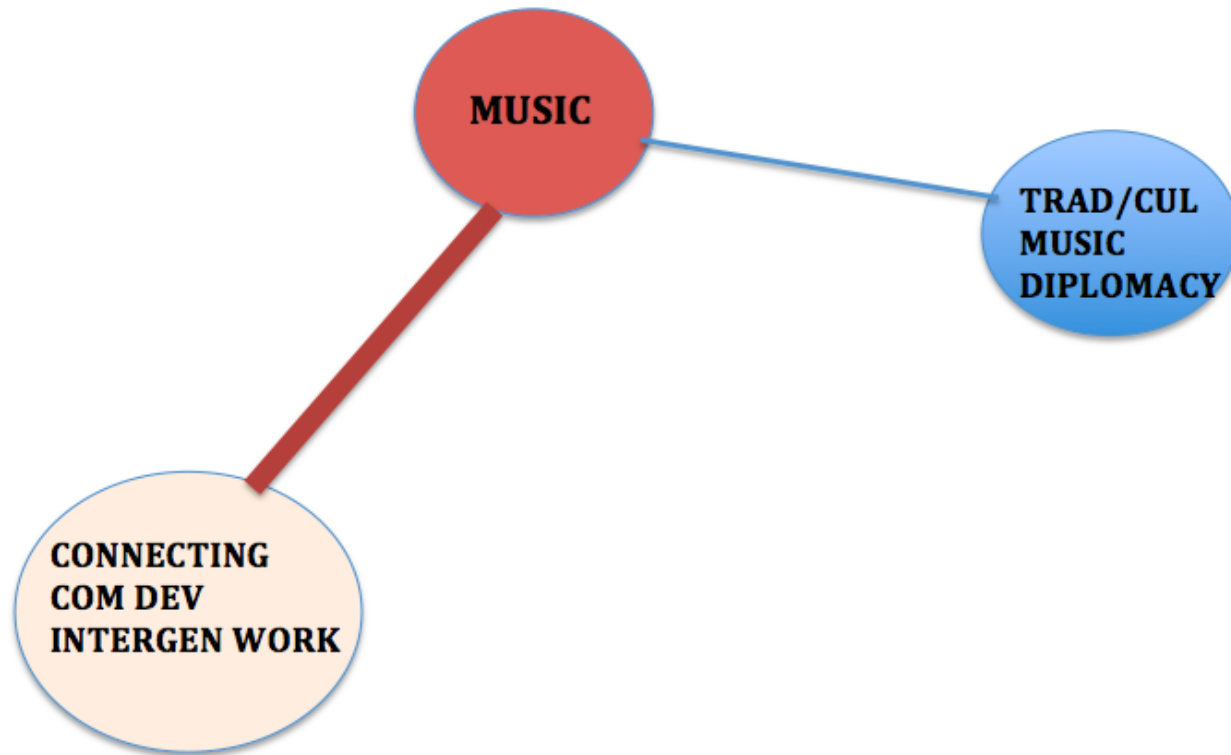
# Developing 'Connection'

2016



# Connection

2017



# Across Age Cohorts

- Authentic relationship – warts and all
  - Vulnerability, accountability, ‘ask’
  - Culture of curiosity (‘secret sauce’ of continuous learning and improvement) **(Action Learning Cycle)**
  - Creativity (tricks and training)
  - Pragmatic inclusion and issue awareness raising
  - Restoring social trust, cultivating impact, deepening connection, cross cultural work
  - Drawn to music, community, connection, human rights, literature

# **Focus on Cross Age Learning Exchange**

Courtney Hartman and April Struthers

## **A Learning Exchange That Is:**

- Intergenerational**
- Cross Cultural**
- Cross Professional**

# Working Across Generations

## **Barriers**

Cultural references

Physical endurance

## **What helps**

Peer to peer relationships

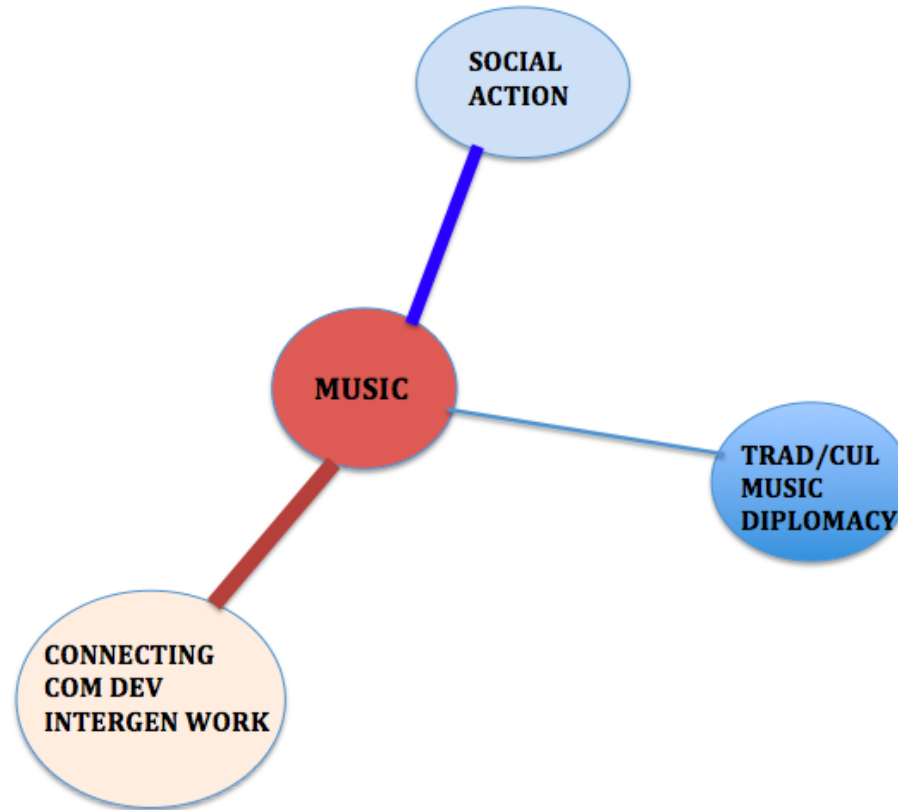
Curiosity – capture experience

Meaning centered dialogue

Lifecourse / age – stage info

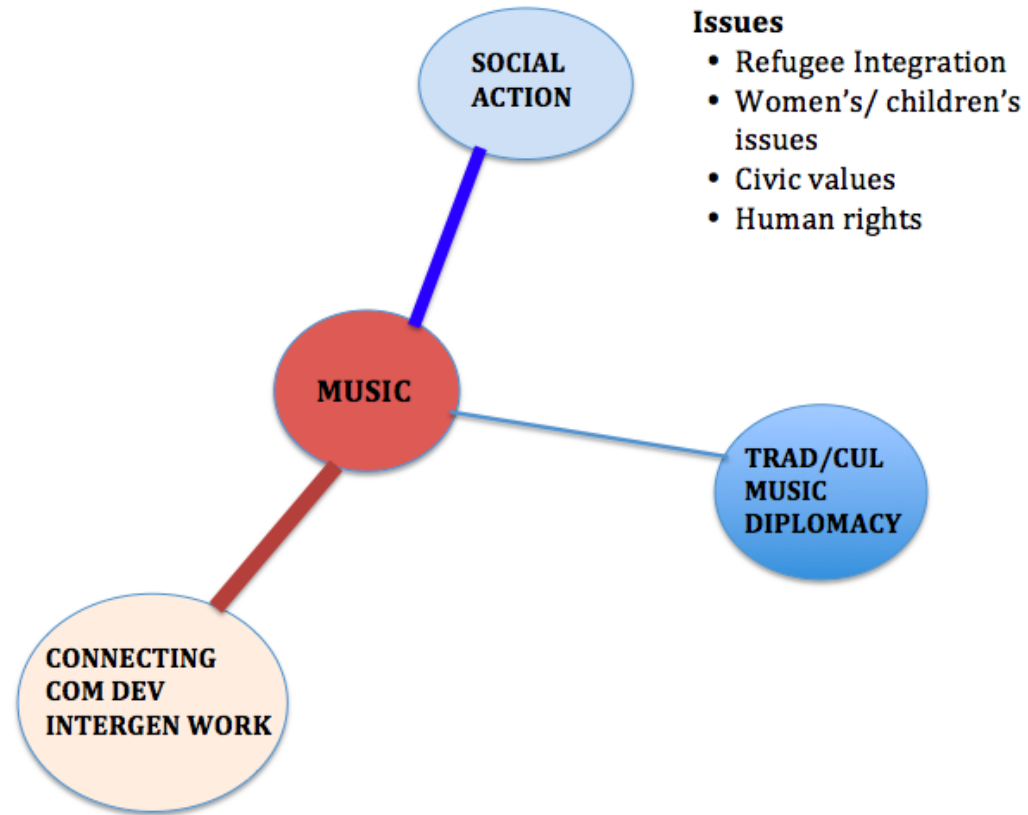
# Issue Focus

Late 2017



# Action

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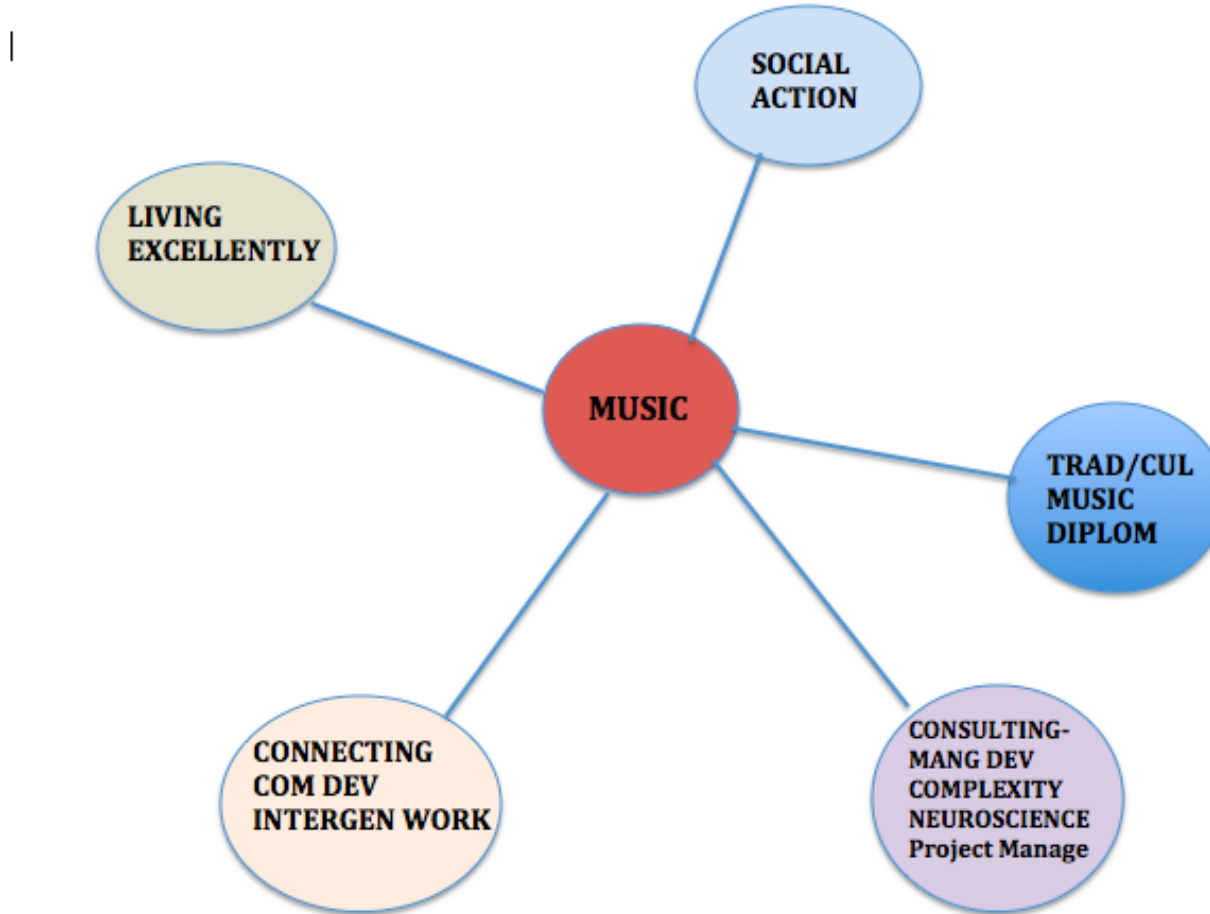
# Learning Exchange

- Peer to peer expertise sharing
- Consulting skills = music and performance skills
- Meaning centered practice
- Age and stage discussions – potential & development
- Building capacity and resilience / lost social skills / protecting social fabric

**Project development and songwriting**

# 'Landscape' of projects

## 2019



# Across the Ages -Two Musicians - recorded



Thinking  
and acting  
in a non-  
ageist way

# OneBeat Fellow 2017



Courtney has toured extensively in the United States and abroad through the U.S. Department of State's exchange programs; these travels have affirmed her dual passions for music and international human rights. She currently works to organize house concerts as a bridge between artists and displaced people in New York City through RIF, an organization that advances the causes of refugees and asylum seekers.

Look who is featured with one of the top ten songs of the week in Rolling Stone.



**RollingStone**

Subscribe



Nomination -  
Instrumentalist of the Year



Nomination - Grammys

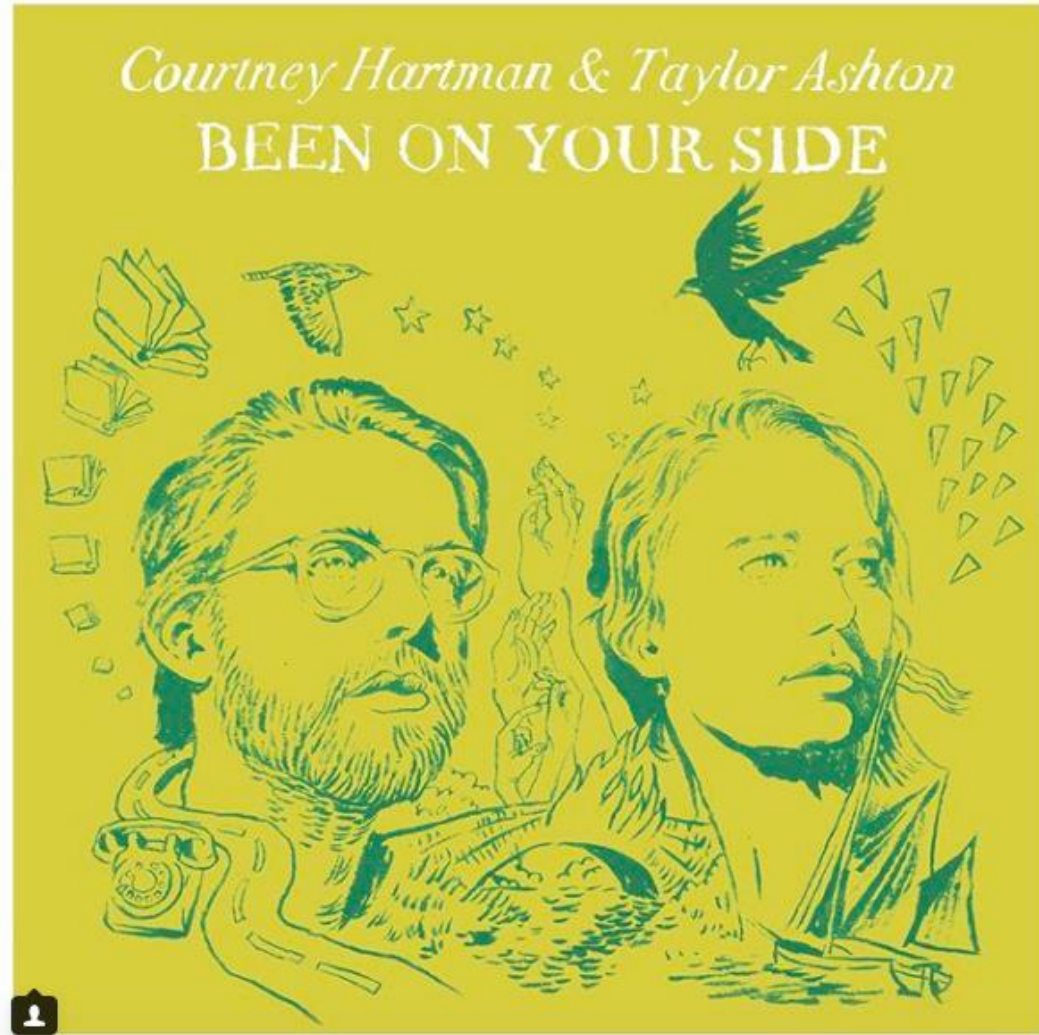
# What Happens

- When you have
  - a set of ideas
  - ongoing conversations about ageism / aging,
  - willingness to collaborate, experiment
  - matching values
  - Peer to peer relationship
  
- Several\* adventurous musicians longing to connect and build community

AND

- An Unreleased CD ??????

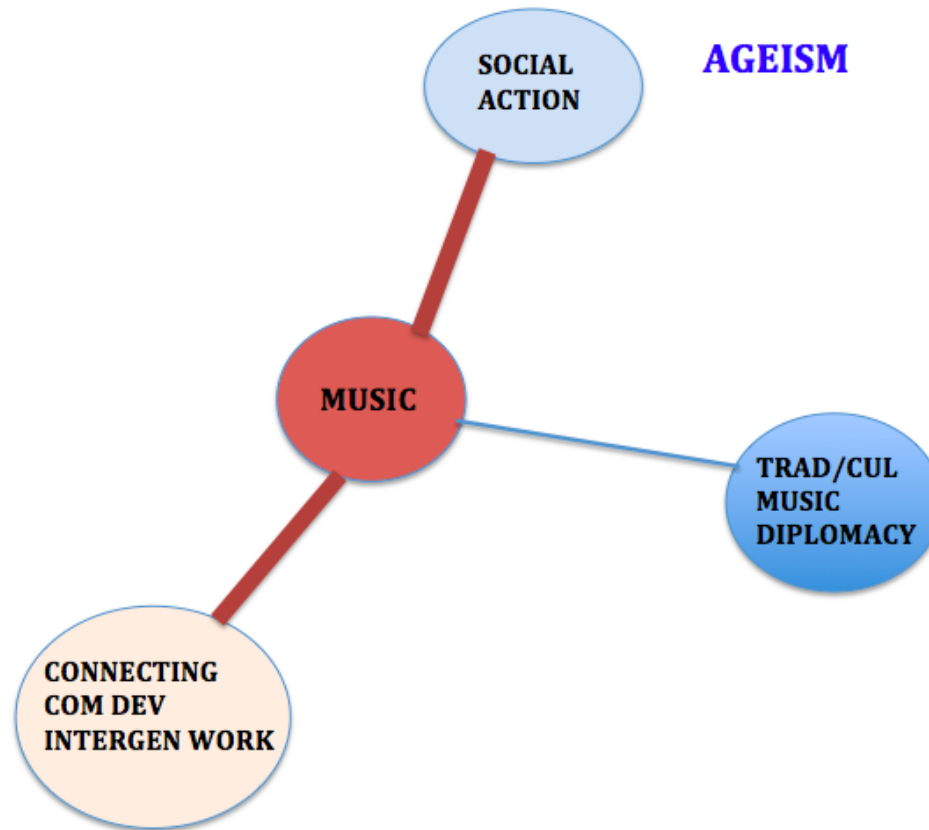
**Taylor  
Ashton  
Mayne  
Island, NYC**



# What is A Slow Tour?

- Uses 'slow food movement' as basis
  - savouring prep and cooking, great locally sourced ingredients, eat in in large groups with conversations, taking' time'
- Spending more time in communities / workshops, jams, incorporating local stuff, bringing music to remote places /

# Focus on connection and anti-ageism



# Anti – Ageist Slow Tour

COURTNEY HARTMAN & TAYLOR ASHTON

2018 COLORADO TOUR  
IN COLLABORATION WITH DETOUR MUSIC

AUG 31 // SALINA, CO #  
SEP 2 // FOUR CORNERS FOLK FEST  
SEP 5 // COLORADO SPRINGS, CO #  
SEP 7 // GRAND LAKE, CO #  
SEP 8 // DENVER, CO +  
SEP 9 // FORT COLLINS, CO #

# W/ HANNA DOREEN BROWN  
+ W/ FY5

MORE SHOW INFO ON  
COURTNEYHARTMAN.COM  
TAYLORASHTON.COM

THE NEW ALBUM  
"BEEN ON YOUR SIDE"  
OUT NOW  
ON FREE DIRT RECORDS

photo by  
Talia Hartman

courtneyhartman Gather your lambs - it's album release day for Been On Your Side 🎉

We embark today on a tour of CO, in collaboration with @coloradodetour, to bring our music to elder care centers throughout the state.

There are a few special album release shows as well, listed above.

I hope you enjoy our record, it was a joy to make.

# Anti-Ageist / Slow Tour

- Visiting older adult residences, assisted living facilities and dementia care centres in Colorado. Concerts, singalongs, meals, tears (end of life)
- Dementia care music specialist accompanies (Hannah Doreen Brown)
- Make A Wish foundation funds writing workshops with older song writers in facilities
- Appreciation for care staff
- deTour (community music non profit) helps organize tour.
- Learning 20 'new' old songs. Spotify list for musicians
- Evening paid concerts in each community / connections .... CD release



# Colorado Slow Tour



# Slow Tour Articles



**Courtney Hartman**

November 20, 2018 · 🌐

Thanks to the [Scene Magazine of Northern Colorado](#) for this thoughtful article about [Detour Music](#) , a project that Taylor Ashton and I were a part of this fall!



SCENENOCO.COM

**Weaving the Social Fabric of Elders through deTour - Scene Magazine**

**COURTNEY HARTMAN & TAYLOR ASHTON EMBARK  
ON INNOVATIVE TOUR OF COLORADO**

submitted by -HeartMusic: Fri, 08/24/2018 - 4:11 pm

*Courtney Hartman & Taylor Ashton*  
**BEEN ON YOUR SIDE**

# What Worked

- Everything
  - Depth of emotion / more connections with older adults, chance to talk about issue in evening concerts (your community...)
  - Extra touches
  - DMS opened shows with own songs
- Barriers
  - Coordination / administration
  - Under development for touring music in some regions
  - Need database of places to do this (prisons, residences, schools)

**Such depth and so right**

# What's Next

- Downscaling not upscaling
- Courtney has committed to doing two 'slow tour' dates on each of her tours. She will be evaluating each tour.
- Courtney and April are following up with interest generated across North America with the model of the engagement and tour:
  - NPR Minnesota
  - Canadian Museum of Human Rights
  - MHO Massachusetts and health librarians

# Spreading the Model

Weaving the social fabric

- National Coalition of Dialogue and Deliberation

**Slow Tour as Social Innovation\***

# NCDD Conference Denver

- Plenary - fast Ted Talk + music (s.d.h.)
- Showcase – Slow Tours and learning exchange
- Spontaneous Workshops / Open Space / Songs
- Privilege/Allyship/ White Supremacy Wksps.
- Anti-ism Performance art / music attendance

# Seeking Community and Connection

When we seek community, we are in a constant state of *engaging*, *learning*, *finding* and *connecting*

.

By *engaging* in ideas and with people, we create a relationship between ourselves and the thoughts of others that thrives on depth and understanding.

Tamarack Institute

<http://deepeningcommunity.ca/about>

# Spontaneous Workshops

## Music / Dialogue / Deliberation



# How To Do a Slow Tour



## SLOW TOUR "Been on Your Side"

### DEVELOPMENT

Based on the 'slow food' movement ideas:

- Savouring food and company
- Using local – home grown ingredients
- Building a longer table – inclusive
- Cooking together
- Conversation/dialogue

### April's vision

Music tour with musicians on bicycles on the Kettle Valley Railway grade in interior BC, carrying instruments on backs, local produce and wines in their panniers. Camping and connecting with communities in old village halls, schools, community centres, historic churches. Workshops on ecology or other issues, jams, communal meals, concerts. Supported by group travelling with tour in electric vehicles to pitch tents, do logistics etc. Sponsored possibly by wineries on the route.

Design evolved with lots of

### Aspects of SLOW TOUR

- ✓ Seeking connections, more time in communities- with community groups, musicians providing role models of inclusion, good human relations, implicit support of pro-social actions, top notch music; enjoyment for everybody
- ✓ Less travel for musicians daily. Alternate transport, regional view
- ✓ Workshops-Deepen knowledge of issues, techniques, local / regional specialities
- ✓ Align with non profits, community based organizations
- ✓ Jams- before concerts, include jammers in concerts sometimes
- ✓ CD releases

### ACTION

### COLORADO SLOW TOUR

- A Wish foundation to finish songs with elder songwriter
- Workshops, sing a longs, parties, mini-concerts in centres and facilities, meals
- Colorado's Music District deTouk
- Video /audio record



## A Consultant and a Musician walked into a Bar... And then the Bar got Raised.

April Struthers, M ed, RCC, WIT Works Ltd. Courtney Hartman, OneBeat Fellow, Berkeley College of Music



### Abstract

Courtney Hartman, Grammy nominated singer-songwriter, acclaimed guitarist; and April Struthers, Consultant, coach, counsellor and music geek have a co-learning arrangement based on dialogue and deliberation.

Grounded in human rights, human relations, sonic and creative exploration; it has evolved a way of working and projects, and 'products'. We think the projects are social innovations.

The co-learning works across age cohort, across cultures, across professional training and sectors. We share a love of teaching, travel, social justice, collaboration; and are both compelled to 'do' music. The results, learning, products, and future work that flow from this approach are explained here.

### Introduction

Dialogue Tied To Action. We think both the process and products are of interest to people pursuing social change and knitting together the social fabric.

Values Based Activity Combining the Best We have to Offer

• DIALOGUE	• PARTNERSHIP
• LEAPS OF FAITH	• CONVERSE AND REFLECT CYCLE
• ASPIRATION	• ACCOUNTABILITY
• VULNERABILITY	• BOLD AMBITION
• PUSHING THE ENVELOPE	• COURAGE
• EXPERIMENTATION	• A Crucible of CREATIVITY
• RESTORATIVE PRACTICES	• INTERDEPENDENCE
• COLLABORATION	

### Principles

Highly relational - pro social/ social justice  
Sustainability - eco principles  
Protecting / transmitting traditional music  
Inclusive leadership  
'Showing Up' - developing presence

### Methods

COLLABORATION AS LIFEblood. Meaning Centered Practice.

Significant Elements - Virtual and real face to face communication, taking time for reflection, sharing learning, mutual encouragement, testing ideas in action learning cycle, navigating tensions, monitoring accountability agreements, peer to peer relationship

PRACTICAL

- Appropriate use of appropriate technology
- Emotional intelligence, compassion, mindfulness
- Facilitative leadership
- Support and challenge / Honesty about our struggles

INTRAPROFESSORIAL ELEMENTS

- Support and challenge / Honesty about our struggles
- Use of discipline lenses and social justice lenses
- Design thinking, social mapping, consulting techniques
- Developing and using best thinking including intuition

CONCEPTUAL ELEMENTS

- Use of discipline lenses and social justice lenses
- Design thinking, social mapping, consulting techniques
- Developing and using best thinking including intuition

APPROACHES

- Musical cultural diplomacy, arts based engagement, using all creative media

Results

THE ACTION NETWORK

Podcast 1- Spain

TUNE IN - Music and Life (Courtney Hartman & April Struthers)

Refugee musician integration Concerts

Leadership in democracy award nomination (Della Mai / CH) Everista Democracy

Research brings together 25 adventurous musicians from 17 countries to explore how the arts can renew and restore perspectives, spaces, and societies.

### Discussion

Challenges:

- Scheduling two travellers in different time zones
- One reflector / one activist
- Pressurized work contexts
- Cognitive bandwidth limits
- Dynamic - unpredictable and precarious work context
- Financial pressure
- Too many projects

Joy is having a virtuoso on speed dial

### Conclusions

Working in a dialogic and deliberative way leads to more powerful application, more complete processing of experience, more invitationality, deeper collaboration, and possibly transformation.

We believe it contributes to:

- A bigger stretch across disciplines / cross-pollination
- Ties to meaning and purpose.
- Support to working in ambiguity
- Generating or recognizing more opportunities.
- Shifting conditions of work which can be barriers to productivity and motivation.
- Providing a platform for useful pushback where we want to make changes
- Significant positive effect on April's songwriting and performance advancement

This all acts like a springboard for both of us

### Future Directions

Audio production, music production / producer role  
Music genre pushing  
Action network membership  
Courtney Hartman Music Foundation  
Refugee integration  
Podcasts  
Music lessons and coaching

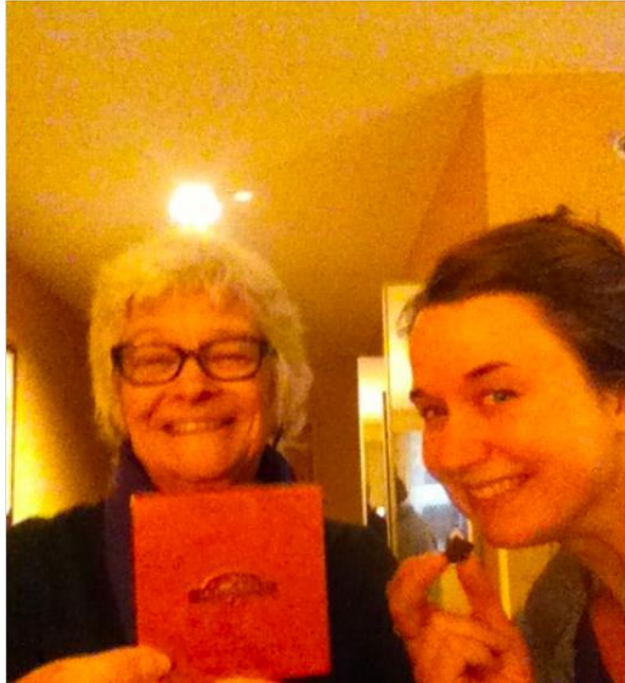
if you'd like to collaborate call us.



# Kazoo Principle of Engagement

- Leveling devices
- Keep it fun
- Keep inviting and normalizing
- Keep it simple
- Follow people's interests
- Keep going

# Give us chocolate and we will collaborate



**Changing the  
world one song  
at a time.....**

(A cheeky way to  
connect....)

# Combatting Ageism

- All of us need to think about this (embedded)
- Individual and social action, policy /programming bias
  - Intergenerational practice
  - Celebrate achievements
  - Explode myths
  - Invitational and engaging
  - Work within own age cohort
  - Role models

# Power of an Image

Grammy nominated musician Courtney Hartman has partnered with consultant, coach and facilitator April Struthers to face ageism in communities by building relationships between musicians and communities. #NCDD2018



# Watch for our upcoming podcasts

- Based on conversation themes, interviews / meetups, joint projects
- Conversation, music and 'how to' tips

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Courtney Hartman, [courtneyhartmanmusic@gmail.com](mailto:courtneyhartmanmusic@gmail.com)

# Thanks

- For your attention
- And for the learning from many of you  
and the Association