

## From Your President

We're all getting older. Or, as they say about the fish in the market in Maine, they ain't gettin' any fresher!

The good news, however, is that social interaction is one of the best ways to counteract the mental and physical declines traditionally associated with aging. And even better: Informal social interactions—like the Neighbors' Club—are especially important.

So it's with great pleasure that we present Wendy Miller, co-author of *Sky Above Clouds: Finding Our Way through Creativity, Aging, and Illness* as a speaker at the next meeting of the Book Section on March 8 at 1 pm.

Heidi Daniels—our Book Section Chair—calls this is a “life-changing book.” I'll take her word for it.

### About the Book:

Wendy and her late husband Gene Cohen uncovered new clues about how the aging mind can build resilience and continue to grow, even during times of grave illness, upending the traditional paradigm of aging as a time of decline.

Through their scientific research and clinical practice they answer the age-old questions of: What happens when the expert on aging begins to age? And what happens when the therapist who helps others cope with illness and loss is forced to confront her own responses to these experiences?

Cohen and Miller show that with the right tools, the uncharted territory of aging and illness can, in fact, be navigated. With Miller's insights and expressive writing, *Sky Above Clouds* tells the inside story of how attitude, community, creativity, and love shape a life, with or without health, even up to death. Cohen and Miller draw deeply on their own lessons learned as they struggled through aging, illness, and loss within their own family and eventually Cohen's own untimely death.

See you there!! Beverly



## March Book Section

**March 8, 2017**

**1 p.m. Program**

### Sky Above Clouds:

## Finding Our Way through Creativity, Aging, and Illness

**Wendy L. Miller and Gene Cohen,  
co-authors**

**at the home of**

**Priscilla Becker  
2375 N. Vernon Street  
Arlington, VA 22207**

**Heidi Daniel, Chair**

### About the Speaker:

Wendy L. Miller is the Co-founder of the Create Therapy Institute, an Integrative Arts Medicine Studio, and the Executive Director of Projects on Intergenerational Communication at the Washington, DC Center on Aging.

Miller's skills take her into the worlds of fine art, writing, psychology, expressive arts therapy and mind-body medicine. She has published on medical illness and the arts as complementary medicine, the use of sand tray therapy with internationally adopted children, experiential approaches to supervision in expressive arts therapy, and on the cultural responsibility of the arts in therapy.



Wendy Miller, Ph.D., ATR-BC, REAT, LPC