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Third Annual Symposium on Positive Aging
Create Your Next Act: Opportunities for Inspiration and Connection
Monday, October 22 at the Marlene Meyerson JCC Manhattan

NEW YORK (September 18, 2018) – Join the Marlene Meyerson JCC Manhattan for its 3rd Annual Symposium on Positive Aging on Monday, October 22 from 9 a.m. to 3 p.m. The day, with the theme “Create Your Next Act: Opportunities for Inspiration and Connection,” provides insightful programming for adults age 60 and over, with a special focus on creativity and its benefits for aging with vitality. Registration in advance is required. Tickets are \$60 per person and include breakfast and lunch. To learn more or sign up, call 646.505.5708 or visit jccmanhattan.org/symposium.

“Today, age 60 isn’t what it was even 10 or 20 years ago – during our symposium, we’ll explore what retirement looks like in a modern world, and why including creative pursuits can keep people feeling younger and provide a wonderful outlet and focus,” said Susan Lechter, senior director of adult programming at the JCC.

The event, which is generously sponsored by 305 West End Assisted Living, will begin with a keynote presentation from Ed Friedman, executive director and co-founder of Lifetime Arts, Inc., and an expert in positive aging. He will discuss the benefits of creative engagement in older adults and its importance in healthy aging. A panel of older adults, each of whom has discovered a creative passion later in life, will share their journeys with moderator Dr. Renee Solomon, DSW, LCSW. Following the presentation, there will be a variety of workshops, during which attendees can tap into their creative sides, or discover new concepts and ideas related to aging. Workshop descriptions are below.

Making Time for Making Music

Join Amy Nathan, author of “Making Time for Making Music: How to Bring Music into Your Busy Life,” and make music on the spot with the help of Kaitlin Stark, who leads the Third Street Music School’s adult choir and its adult cabaret.

Improvisational Dance

Join Fran Hamburg in a relaxed atmosphere and experience the joy of dance and what your body can do at any age. No dance experience is required.

Writing Creatively

The workshop, led by Wayne Cotter, will focus on the basics of writing a first draft. Participants will write a short piece on an aspect of their lives they think will interest family and friends. Volunteers will be asked to share their stories with the group for discussion.

Artful Aging

Judy Greenwald, a psychotherapist, artist, and teacher, leads this session, which will cultivate creativity, risk-taking, and improvisation in a novel way by engaging in art/play.

Storytelling

Join this participatory workshop with renowned storyteller Peninnah Schram as she shares why and how to tell your stories in a meaningful way.

Explore a Visual Art: Watercolor

Marika Hahn will demonstrate using liquid watercolors, painting abstract designs, flowers, butterflies, birds, and more, as she teaches participants to express themselves in this medium.

Beautiful Treats: Get Creative in the Kitchen

Chef Jennifer Cinclair will teach cupcake decorating techniques with frosting, piping, fondant flowers and cutouts, and demonstrate how to use fruit, candy, sprinkles, and sparkles in creative ways to make your culinary creations extra special.

Enhance Your Creativity with Your Smartphone Camera

Professional photographer Nancy Adler teaches fun and simple techniques to unleash your creativity as you learn to improve visualizing, shooting, editing, and sharing photos on your smartphone. She'll also teach you which apps will make the most of your phone's camera.

Medicine Cures the Body, but Art Heals the Spirit

Join Robin Glazer for an interactive presentation on the benefits of creative aging, which will explore current research and practices that describe how it impacts the body, mind, and soul. Discover your own creativity as a tool for positive distraction, lifelong learning, and pure joy!

Refashion Yourself: What Is Your "Style Sensibility"?

In this workshop, Sharon Pinckney will teach you some of the key fashion trends and concepts that can help you define and develop a creative wardrobe mix. Current fashion trends are not limited to the young!

Risk-Taking: Taking a Chance on You

Dr. Renee Solomon will explore how to determine when taking a risk is the right decision and how to overcome fears and develop confidence.

About Ed Friedman

Friedman, the executive director and cofounder of Lifetime Arts, is responsible for the coordination and implementation of multiple national initiatives including The Creative Aging Libraries Initiative, Lifetime Arts Roster, and Lifetime Arts Training Institutes. He has spent over 30 years in parallel careers serving the arts community and older adults and their families. As deputy director at the Bronx Council on the Arts, Friedman played a leadership role in the formation of policy and programming, advocacy, grant-making, and community development, as well as overseeing technical assistance services. His plays and monologues have been produced throughout the New York metropolitan area. Friedman received his B.A. in psychology from Hunter University and M.A. in liberal studies from Empire State College (SUNY).

About Dr. Renee Solomon

Solomon's academic career encompassed four areas that helped to shape gerontological social work. Her conceptualizations of intergenerational social work practice, interdisciplinary team work, and dual focus on both the resident and institution of long-term care deepened understanding of the social work role and working with aging individuals and families. She worked for over 30 years at the Columbia

University School of Social Work and published extensively throughout her career. Solomon earned her BA from Brooklyn College, her MSW from Columbia University, and her DSW from Hunter College.

About the Marlene Meyerson JCC Manhattan

Together with its community, the Marlene Meyerson JCC Manhattan creates opportunities for people to connect, grow, and learn within an ever-changing Jewish landscape. Located at 76th Street and Amsterdam Avenue, the JCC is a vibrant non-profit community center on the Upper West Side. The cornerstone of progressive programming in Manhattan, the JCC serves over 55,000 people annually through 1,200 programs each season that educate, inspire, and transform participants' minds, bodies, and spirits. Since its inception, the JCC has been committed to serving the community by offering programs, classes, and events that reach beyond neighborhood boundaries, reaching people at all stages of their lives. Learn more at jccmanhattan.org.

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