

## **SCHEDULE OF DAY**

### **8:30–9 AM — Continental Breakfast, Registration and Exhibits**

*(Program begins at 9 AM sharp.)*

### **9–9:30 AM — Opening Remarks and Introduction of Topic**

**Opening Prayer** — Rabbi Mendel Levy, *Rabbi and Chaplain, Mount Sinai Medical Center*

**Welcoming Remarks** — Jason Pincus, *Nursing Home Administrator, Miami Jewish Health*; Scott Kaufman, *President and CEO, Greater Miami Jewish Federation*; Miriam Singer, *CEO, Jewish Community Services*

**Introduction of Topic** — Pathways to Connections: Overcoming Loneliness Through Creating Communities of Concern — Rabbi Frederick L. Klein

### **9:30-10:30 AM — First Keynote**

**Introduction of Keynote Speaker Dr. Eileen Graham** — Robin Jacobs, *Chair, Mishkan Miami*

## **Overcoming Loneliness Through Creating Communities of Concern**

*Loneliness is a pervasive feeling of distress that arises when a person's desired social connections do not match their lived experience. When these feelings persist over time, it can lead to longer-term negative impacts that affect a person's overall wellbeing, their lifestyle, and ultimately their physical health. These impacts can be particularly pervasive among older adults. The prevalence of loneliness and isolation are on the rise and several global leaders have begun efforts toward addressing this at the societal level. My research program is focused on building a knowledge base of how persistent and increasing loneliness in midlife and older adulthood can negatively impact a person's memory and risk of dementia. Additionally, I seek to understand how individuals are different: some people are socially resilient and can be relatively isolated without the expected accompanying feelings of loneliness, while others are more vulnerable. Understanding these differences between individuals can be a useful tool for practitioners, caregivers and clergy to provide individualized care in their efforts to build community- and society-wide solutions. My talk will begin by identifying the challenges of loneliness within the context of the aging population, present new findings from my research group on the effects that loneliness and social vulnerability can have on health and well-being, and close with actionable recommendations for applying these research findings into various care settings.*

**10:30-10:45 AM** — Break

**10:45-11:45 AM** — Second Keynote

**Introduction of Speaker M. Gary Neuman** – Robin Jacobs, *Chair, Mishkan Miami*

**Where Everybody Knows Your Name:  
*How Loneliness Has Changed and What Each of Us Need to Know About  
Ourselves in Order to Help Others***

*M. Gary Neuman will discuss significant changes with regard to loneliness in which he has experienced in his 38 years of private practice and community service. He will take us on a journey within to better understand ourselves so that we can be inspired to best help others. He will discuss the challenges of the decreasing capacity in our culture for deep listening and chart avenues to increase the quality of our relationships.*

**11:45 AM-Noon** — Break and Proceed to Sessions

**Noon–12:40 PM** — First Breakout Sessions

**12:40-1:20 PM** — Second Breakout Sessions

**1:20–2 PM** — Lunch and Presentation of Clergy of the Year Award to Rabbi Mendel Levy

**2-2:15 PM** — **Concluding Remarks and Blessing** — Rabbi Arielle Shimko, *Director of Spiritual Care, Miami Jewish Health*

**STEERING COMMITTEE**

Rabbi Frederick L. Klein and Rabbi Arielle Shimko, *Conference Chairs*

Marjorie Aloni; Nicole Alonso; Bernardo Arroyo; Leah Broderick; Rev. Renwick Bell; Shoshana Farbman; Alan Frent; Charlotte Goldberg; Gail Harris, LCSW; Debbie Hurwitz, LCSW; Rev. Jacqueline Kelley; Rabbi Claudio Kogan; Kassandra Mutis; Barbara Reiser; Dr. Edith Shiro; Dr. Joy Siegel, Sammi Siegel, PhD; Joy Spill, Esq.; Rabbi Cheryl Weiner and Dr. Miriam Zylberglait