



SAINT JOHN'S ON THE LAKE

2022 Symposium On Aging

Many Rooms ©Jan Richardson

Saint John's On The Lake Presents A Symposium On Aging
 Anchored by the latest research of this public health crisis, the Symposium will focus on the effects of and solutions to social isolation and loneliness which existed before and were amplified by the pandemic.

April 7-9, 2022

Pre-Symposium – Wednesday, April 6

7:00 p.m.
Theatre Event

ROOM: NCAC

A PLAY PRESENTED BY IN TANDEM THEATRE, MILWAUKEE
'night Mother" – a play in one act

"night, Mother" is a taut and fluid drama that addresses the impact of deep and abiding loneliness in the lives of simple people. "...honest, uncompromising, lucid, penetrating, well-written, dramatic, and...unmanipulatively moving...It is at once sparse and concise, introspective and penetrating, powerful and uncompromising, intense and intelligent, warm and theatrical." -NY Magazine

By one of America's most talented playwrights, this play won the Dramatists Guild's prestigious Hull-Warriner Award, four Tony nominations, the Susan Smith Blackburn Prize, and the Pulitzer Prize in 1983.

Director: Chris Fleiller is one of Milwaukee's premier theatre professionals who for years headed In Tandem Theatre and is now with UW-Oshkosh. Later in 2022, he will direct the Saint John's Players.

Thursday, April 7

9:00 a.m.

SESSION 1
 10:00 a.m.
 -12:00 p.m.

Opening Lecture
 1.5 CEH

ROOM: NCAC

REGISTRATION | Coffee and Connections

WELCOME
RENÉE ANDERSON, PRESIDENT & CEO
SAINT JOHN'S ON THE LAKE, MILWAUKEE, WISCONSIN

DISTINGUISHED LECTURE – OPENING SESSION
THE FORGOTTEN & PARALLEL PANDEMIC: LONELINESS & ISOLATION IN OLDER ADULTS
LECTURE – CEH 1.5
CARLA M. PERISSINOTTO, M.D., M.H.S.
 Professor of Geriatrics, Department of Medicine, University of California, San Francisco, Dr. Perissinotto is board certified in internal medicine, geriatrics and palliative medicine. She served as the associate chief for geriatrics clinical programs at UCSF from 2017 to 2021. She has gained national and international recognition for her research on the effects of loneliness on the health of older adults. Her research and advocacy have focused on integration of loneliness assessments in health care, and evaluation and implementation of community-based programs focused on ameliorating loneliness and isolation in adults. Dr. Perissinotto was an advisor to the film, ALL THE LONELY PEOPLE.

<p>CONTINUED SESSION 1 10:00 a.m. -12:00 p.m.</p> <p>Opening Lecture 1.5 CEH</p> <p>ROOM: NCAC</p>	<p>Description: During this presentation, audience members will learn about the science of loneliness and isolation with a focus on older adults. We will review causes, risk factors and health outcomes. We will simultaneously explore effects of the COVID-19 pandemic, where policies went well and where we need to learn and move forward to protect our social health.</p> <p>At the close of this session, the participant will be able to:</p> <ul style="list-style-type: none"> • Know the definition of both loneliness and isolation • Understand why loneliness and isolation should be viewed as a public health issue in need of intervention on a community and/or personal level • Identify evidence for interventions, and how one can take action in the absence of evidence • Know resources that communities can access for ways to address loneliness and isolation.
<p>12:00 p.m. Lunch</p>	<p>Join us at tables in TAYLOR'S</p>
<p>SESSION 2 1:00-2:30 p.m.</p> <p>Film/Lecture 1.5 CEH</p> <p>ROOM: NCAC</p>	<p>ALL THE LONELY PEOPLE [FILM] SPECIAL MILWAUKEE SCREENING WITH DISCUSSION – CEH 1.5 DIRECTOR, STU MADDUX AND PRODUCER, JOSEPH APPLEBAUM</p> <p>The Clowder Group The documented story of the social isolation and loneliness that Covid is leaving behind. Everyone gets lonely and feels isolated at various times in life. It's perfectly natural and for most of us it passes. But for some of us from all walks of life it persists and can have serious debilitating effects both psychological and physical. It can even be deadly. Chronic loneliness and isolation are now a growing worldwide epidemic. Loneliness is a feeling now as frequent as happiness for millions of us around the world from all walks of life.</p> <p>Description: "All The Lonely People" is the first deep-dive documentary into a bad feeling that's getting worse for millions of us. It probes not only the causes of the problem but what is being done to fight it and the solutions taking root. A handful of people from different walks of life and different life stages offer the cameras an intimate access to their struggle to overcome crippling loneliness and isolation with the help of innovative new programs and practices that if used in enough places, may make millions of us feel like we belong again. Each person is pulled out of isolation by a different innovative solution.</p> <p>At the close of this session, the participant will be able to:</p> <ul style="list-style-type: none"> • Understand loneliness as an issue requiring intervention on both a community and personal level • Know actionable steps to reduce loneliness and isolation among people whom the attendees serve • Identify programs around the world that can be emulated in their communities • Know one's own level of loneliness and how to assess loneliness in others. <p>-Followed by: Commentary and Talk-Back with Stu Maddux and Joseph Applebaum</p>
<p>2:30 p.m.</p>	<p>Break</p>
<p>SESSION 3 3:00-4:30 p.m.</p> <p>Workshop 1.5 CEH</p> <p>ROOM: SCAC</p>	<p>EXPLORING LONELINESS TOGETHER. ALL OF US. ALL LONELY. FACILITATED ROUND TABLE DISCUSSION WORKSHOP – CEH 1.5 SUE KELLEY, B.A. Psychology, M.S.W. and TOM HLAVACEK, M.S.</p> <p>Sue Kelley is a principal consultant based in Milwaukee, WI. Sue provides consulting services to human service and governmental agencies in areas of strategic planning, program planning, proposal writing, project management and group facilitation. Clients include the Milwaukee County Department on Aging, the Alzheimer's Association of Southeastern WI, Interfaith Older Adult Programs and many others.</p>

<p>CONTINUED SESSION 3 3:00-4:30 p.m.</p> <p>Workshop 1.5 CEH</p> <p>ROOM: SCAC</p>	<p>Tom Hlavacek served for thirteen years as Executive Director of the Alzheimer’s Association of Southeastern WI, where he oversaw a staff of 29 in an eleven-county region. He convened and chaired the Alzheimer’s Challenging Behaviors Task Force which produced two reports, <i>Handcuffed</i> and <i>We All Hold the Keys</i>, and led to his testimony before the U.S. Senate Special Committee on Aging, and State legislation. His previous work includes directing the Milwaukee Office of Disability Rights Wisconsin where he co-founded the Mental Health Task Force. He is a past recipient of the Joseph P. Kennedy, Jr. Foundation Public Policy Fellowship and served as a Disability Fellow in the United State Senate. Tom holds a Master of Science degree in Rehabilitation Counseling from the University of Wisconsin – Milwaukee.</p> <p>Description: This session brings together a cross-section of community leaders, scholars, clergy and service providers to assess the impact of Social Isolation and Loneliness on the shared life of people across the city, region and nation. Intimate small-groups discussions facilitated by trained consultants, Sue Kelley and Tom Hlavacek, will explore in depth the varied expressions of the global pandemic of isolation and loneliness, expose its often-hidden, quiet and covert but devastating impact. They will suggest resilient practical responses for lay-people and professionals alike.</p> <p>At the close of the session, the participant will be able to:</p> <ul style="list-style-type: none"> • Distinguish between social isolation and loneliness • Describe the collective impact of isolation and loneliness throughout society • Compare and contrast options for addressing the pandemic in various settings • Identify strategies for implementation in re-building community and a sense of social cohesion in changing times.
<p>4:30 p.m. ROOM: MUSEUM GALLERY</p>	<p>SPEAKEASY – Casual Conversations with Beverages Opportunity for casual yet engaging conversations with presenters and attendees.</p>

8:00 a.m.	Coffee and Connections
<p>CONCURRENT SESSIONS <u>CHOOSE ONE</u></p> <p>SESSION 4-A 8:30-10:00 a.m. Workshop 1.5 CEH</p> <p>ROOM: NCAC</p>	<p>CONNECTING OLDER ADULTS: HARNESSING THE POWER OF TECHNOLOGY WORKSHOP – CEH 1.5 THOMAS KAMBER, PH.D.</p> <p>Dr. Kamber is the founder and executive director of Older Adults Technology Services (OATS) and Senior Planet. He is a leading expert on aging and technology and is regularly featured in national media. Under his leadership, OATS and Senior Planet have developed award-winning programs for older adults across America and are now charitable affiliates of AARP. He has taught courses on technology, urban studies and philanthropy at Columbia University, is widely published in professional and academic journals, and has presented his work on five continents. He is also a co-founder of the Afro-Latin Jazz Alliance (which has won multiple Grammy awards) and serves on several nonprofit boards of directors and public commissions.</p> <p>Description: All social change implies a theory of change—a conceptual map of causes and effects, of linkages between action and outcomes. It is these inter-related assumptions about the mechanics of the world that underpin effective strategic thinking. As an organization that has taught tens of thousands of classes to older adults determined to learn challenging new skills and information so that they can work, communicate, get around and take care of themselves, OATS has developed a strong appreciation of the transformative potential of older adults. We have seen first-hand how much older adults desire to remain independent, to continue learning and growing and to contribute to the world around us. At OATS and Senior Planet, the goal is to harness technology to change the way we age. It drives strategy and is the basis for programs, so it’s essential to understand what we mean by changing the way we age, and how we can engineer new systems that are shaping the future of aging and translate them into operational terms.</p> <p>At the close of this session, the participant will be able to:</p> <ul style="list-style-type: none"> • Describe a new theory of change that affirms the potential of older adults • Understand how technology can be mobilized to change the ways people age • Explain how seniors can improve their social connections and counter social isolation and loneliness by interacting with technology.
<p><u>CHOOSE ONE</u></p> <p>SESSION 4-B 8:30-10:00 a.m. Workshop 1.5 CEH</p> <p>ROOM: SCAC</p>	<p>SENIOR CENTERS – IMPROVING LIVES THROUGHOUT THE AGES WORKSHOP – CEH 1.5 DIANNE STONE, Associate Director, National Council on Aging (NCOA)</p> <p>Dianne Stone has more than 20 years of experience with senior centers and aging issues primarily as the Director of the Newington Senior and Disabled Center in Newington, CT. Ms. Stone has also worked, volunteered and held leadership positions with a variety of organizations in Connecticut including Connecticut AgeWell Collaborative, the ADA Coalition of Connecticut, Connecticut Medicaid Oversight Council and the Commission on Women, Children, Seniors, Equity and Opportunity.</p> <p>She has served on several legislative task forces and has held leadership positions with the National Institute of Senior Centers (NISC). Ms. Stone joined NCOA in January 2022 as the Associate Director of Network Development and Engagement where, as a member of the Center for Healthy Aging, she is focused on supporting senior centers throughout the country through the Administration on Community Living funded by Modernizing Senior Centers Resource Center and NISC.</p> <p>Description: Since 1943, Senior Centers have been there for their communities, providing the programs, services and activities that improve lives as people age. Today there are more than 10,000 Senior Centers across the country. They reflect the community they serve.</p>

<p>CONTINUED SESSION 4-B 8:30-10:00 a.m. Workshop 1.5 CEH</p> <p>ROOM: SCAC</p>	<p>In this presentation, we will talk about what senior centers are doing today and how they continue to evolve. We will share how NCOA, the national voice of senior centers, connects senior centers to support services and to each other through the National Institute of Senior Centers (NISC) and the new Modernizing Senior Centers Resource Center. And we will share how NCOA is improving the lives of 40 million older adults through its social impact goal and equity promise.</p> <p>At the close of this session, the participant will be able to:</p> <ul style="list-style-type: none"> • Understand the role of senior centers in improving lives and reducing isolation • Identify best practices for senior centers and social connections • Know how NCOA supports senior centers through NISC and the Modernizing Senior Centers Resource Center
<p>10:00 a.m.</p>	<p>Break</p>
<p>SESSION 5 10:30 a.m.- 12:00 p.m.</p> <p>Lecture 1.5 CEH</p> <p>ROOM: NCAC</p>	<p>LGBTQ+ OLDER ADULTS AND THE IRIDESCENCE OF LONELINESS LECTURE – CEH 1.5 CHARLES PITRE HOY-ELLIS, PH.D., M.S.W., L.C.S.W.</p> <p>Charles Pitre Hoy-Ellis, PhD, MSW, LCSW, is an Assistant Professor at the University of Utah, College of Social Work. He received his MSW in Clinical/Contextual Practice, and PhD in Social Welfare from the University of Washington, Seattle. Dr. Hoy-Ellis teaches <i>Diversity, Social Justice, and Ethical Reflexive Social Work Practice</i> and <i>Aging Advanced Practice</i> for MSW students.</p> <p>Dr. Hoy-Ellis’ scholarship focuses on the mental health and well-being of lesbian, gay, bisexual, transgender and queer/questioning (LGBTQ) people, especially midlife and older adults. He has nearly 20 years’ direct practice experience as a licensed clinical social worker (LCSW) providing services to the LGBTQ community. Dr. Hoy-Ellis was a member of the research team of the <i>Caring and Aging with Pride (CAP)</i> project, the first of its kind federally-funded (National Institutes of Health / National Institute on Aging) national study that began to systematically examine the health and well-being of LGBTQ midlife and older adults. The initial CAP project was so successful it is now an ongoing longitudinal study that continues to explore the health and well-being of LGBTQ midlife and older adults over time – <i>Aging with Pride: National Health, Aging, Sexuality, and Gender Study (NHAS)</i> that Dr. Hoy-Ellis continues to collaborate on.</p> <p>Description: The Iridescent Life Course Theory illuminates the intersection between identity and context that produces distinct experiences of the life course and aging process across the lives of marginalized people, including older lesbians, bisexual women and men, transgender and gender nonconforming individuals and gay men (LGBTQ+). One of the many consequences of their ongoing marginalization is that compared to heterosexual/straight peers, older LGBTQ+ adults experience significantly greater loneliness. To understand the loneliness among LGBTQ+ older adults today, it is critical to understand both current and historical sociocultural contexts across the life course.</p> <p>At the close of this session, the participant will be able to:</p> <ul style="list-style-type: none"> • Understand and utilize how applying Iridescent Life Course Theory can support awareness of unique factors that contribute to loneliness among LGBTQ+ older adults, and consequential social, mental and physical health disparities • Create strategies and/or actionable steps to reduce loneliness and isolation among LGBTQ+ older adults • Know of programs available or that can be adapted in their communities and organizations to serve LGBTQ+ older adults in culturally sensitive ways.

12:00 p.m. Lunch	Join us at tables in TAYLOR'S
CONCURRENT SESSIONS CHOOSE ONE	LEARNING AND CONNECTING WITH BEAUTIFUL QUESTIONS WORKSHOP – CEH 1.5 SAM GOODRICH, TIMESLIPS TELE-STORIES PROGRAM MANAGER AND MASTER TRAINER
SESSION 6-A 1:00-2:30 p.m. Workshop 1.5 CEH	Goodrich oversees several TimeSlips projects including Tele-Stories, connecting with under-connected elders via phone, and other projects in which seniors living with dementia are creatively engaged for better health outcomes. With a performance background, time spent as a professional caregiver and a personal connection to caregiving for someone with memory loss, she hopes to bring light to the benefits that creativity can have on a person with memory loss, as well as the relief it can bring to loved ones and care partners.
ROOM: SCAC	<p>Featuring three Milwaukee-based artists and TimeSlips facilitators who participated in the Milwaukee Tele-Stories program, collaborating with the United Community Center, ERAS Senior Network and Meals On Wheels, with acknowledging financial support from the Greater Milwaukee Foundation and Saint John's On The Lake.</p> <p>Rob Knapp Rob Knapp is a singer, songwriter, and producer based out of Milwaukee. He graduated from UWM with his BFA in Acting in 2016. Since graduation, he's focused on his music career, and has been a staple in the local music scene ever since. Rob specializes in audio editing, and creating original content using words and music. Rob started working with Timeslips in 2020 as a Tele-Stories artist, and enjoys connecting with the community through creativity.</p> <p>Jacklyn Kostichka Jackie Kostichka is a dance/movement therapist and artist who lives in Milwaukee, WI. She graduated from the University of Wisconsin – Milwaukee in 2015 with majors in dance and psychology. Then, she graduated with her master's in dance/movement therapy and Counseling from Drexel University in Philadelphia, PA. Jackie has been involved with TimeSlips since 2014. Through TimeSlips, she has been a part of Stage Right Theatre, the Student Artist in Residency program where she worked at Milwaukee Catholic Home from 2015-2016, was a Tele-Stories artist in 2021 and presented at a few events in between. Jackie also enjoys connecting with her Mexican heritage through folkloric Mexican dance.</p> <p>Michael W. Snowden Michael W. Snowden is a multidisciplinary storyteller from Milwaukee, WI who approaches every project with a lens of compassion and curiosity. Michael believes in the power of listening and supporting the community and it is shown through his work. Michael graduated from Cardinal Stritch University in 2017 with a BA in Business Administration and minor in Communications. He is also the founder Executive Director of Evelyn's Angel. A nonprofit that focuses on providing support for those living with Alzheimer's and Dementia and their care partners. Michael has worked with Timeslips as a workshop facilitator and Telestories artist since 2019.</p> <p>Description: Tele-Stories was/is designed to engage older adults who were/are isolated during the pandemic and beyond, in meaningful, creative engagement. The artistic products that were created through this power program will be shared and guide the audience through an exercise to learn the power of Beautiful Questions firsthand.</p> <p>At the close of this session, the participant will be able to:</p> <ul style="list-style-type: none"> • Know the definition of Beautiful Questions • Compare / contrast the impact of asking open, generative questions to closed questions • Identify models that demonstrate integrating Beautiful Questions into everyday care relationships and systems

<p>CHOOSE ONE SESSION 6-B 1:00-2:30 p.m. Workshop 1.5 CEH</p> <p>ROOM: NCAC</p>	<p>BUILDING CONNECTED COMMUNITIES WORKSHOP – CEH 1.5 E. A. CASEY, L.G.S.W., M.P.A.</p> <p>E.A. Casey – who goes by Casey and uses they/them pronouns – is a clinical social worker and community-based Dementia Navigator, supporting clients and families in Washington, DC. Casey also holds a Master of Public Affairs and was a long-time strategic advisor to AARP Foundation’s social connectedness initiatives. Before making the switch in 2021 to social work, Casey led the development and implementation of national strategies and programs to combat isolation and loneliness among vulnerable older adults. As a Dementia Navigator at a community aging services provider, Casey facilitates support groups and Club Memory sessions and provides case management services and other support to people experiencing dementia and their caregivers.</p> <p>Description: This presentation is designed to serve as a workshop to educate community members about isolation and loneliness and the steps they can take to live more socially connected lives. Participants will have a unique opportunity to both participate in the workshop and learn about how they can adapt and deliver the workshop themselves. Activities include developing a 1) Friendventory and 2) a personal Social Connection Plan.</p> <p>At the close of this session, the participant will be able to:</p> <ul style="list-style-type: none"> • Understand the causes and consequences of social isolation and loneliness • Identify opportunities and actions steps for both communities and individuals to become more socially connected • Adapt and deliver the workshop in their own settings and communities.
<p>2:30 p.m.</p>	<p>Break</p>
<p>SESSION 7 3:00-4:30 p.m.</p> <p>Lecture 1.5 CEH</p> <p>ROOM: NCAC</p>	<p>LIVING BEYOND LONELINESS: THE PLACE OF THE OTHER IN NOURISHING THE SELF LECTURE – CEH 1.5 MARK FREEMAN, PH.D.</p> <p>Dr. Freeman is the Distinguished Professor of Ethics and Society in the Department of Psychology at the College of the Holy Cross, Worcester, MA where he has taught since 1986. His writings include <i>Rewriting the Self: History, Memory, Narrative</i> (Routledge, 1993); <i>Finding the Muse: A Sociopsychological Inquiry into the Conditions of Artistic Creativity</i> (Cambridge, 1994); <i>Hindsight: The Promise and Peril of Looking Backward</i> (Oxford, 2010); <i>The Priority of the Other: Thinking and Living Beyond the Self</i> (Oxford, 2014); and <i>Do I Look at You with Love? Reimagining the Story of Dementia</i> (Brill Sense, 2021). Winner of 2010 Theodore R. Sarbin Award in the Society for Theoretical and Philosophical Psychology as well as 2021 Joseph B. Gittler Award from American Psychological Foundation, Dr. Freeman is a Fellow in the American Psychological Association and also serves as Editor for the Oxford University Press book series “Explorations in Narrative Psychology.”</p> <p>Description: Isolation and loneliness may be said to entail a kind of “existential undernourishment,” wherein one is deprived of stimulation critical to vitality of self. What might be done to counteract such undernourishment in a time like now? Drawing on works of Martin Buber & Viktor Frankl as well as musings from my book <i>The Priority of the Other</i>, I will offer that attention, responsiveness and responsibility to what is “other”—other people, but also nature, art, perhaps God—can serve as important vehicles for finding meaning, providing hope and sustaining self’s vitality and well-being in the face of the challenges at hand.</p> <p>At the close of this session, the participant will be able to:</p> <ul style="list-style-type: none"> • Understand nature of loneliness and its potentially deleterious consequences for the vitality and well-being of the self • Appreciate the various ways in which loneliness may be counteracted and diminished • Craft actionable steps and/or strategies for “nourishing” the self through both personal practices and community-based opportunities and organizations.

7:00 p.m.

Organ Concert

ROOM: CHAPEL

NO ONE STANDS ALONE

Sheri Masiakowski, Dean, Milwaukee American Guild of Organists

Simone Gheller, Organist, St. Jerome Catholic Church

Larry Wheelock, Artist In Residence, Plymouth Church UCC

Sheri Masiakowski, Dean – American Guild of Organists, Milwaukee Chapter

Sheri Masiakowski is Minister of Music at Greenfield Avenue Presbyterian Church, West Allis, WI and Music Director for the Permanent Diaconate Formation Program of the Archdiocese of Milwaukee. She plays consistently for numerous parishes in the Archdiocese. Sheri is Dean of the Milwaukee Chapter—American Guild of Organists and serves on the Board of the MacDowell Club of Milwaukee. She is a graduate of Alverno College, Milwaukee and holds advanced degrees in organ/liturgical music from Westminster Choir College, Princeton, NJ and St. Francis de Sales Seminary, Milwaukee. She currently studies with John Chappell Stowe, University of Wisconsin-Madison, in pursuit of a Doctor of Musical Arts in organ.

Simone Gheller, Ph.D. – The Church of Saint Jerome, Oconomowoc

Dr. Simone Gheller was born in Padua, Italy, in 1978. After graduation from high school, he received four Master's degrees from the Pedrollo Conservatory in Vicenza, Italy, in Piano, Organ Performance, Music Education, and Choral Music and Choral Conducting. He earned a Doctorate in Organ and Organ Composition, cum laude, at Venezzese Conservatory in Rovigo, Italy, where he studied with Andrea Toschi. In 2008, he received a "Medaille d'Or en Supérieur d'Interpretation" with Eric Lebrun at Conservatoire National de Paris. Dr. Gheller has an extensive performing history spanning the last 27 years, with concerts in prestigious locations in Italy, France, Germany, Austria, and America among others.

Currently, Dr. Gheller is Music Director and Organist at St. Jerome Catholic Church in Oconomowoc, WI and professor of piano & organ at the Wisconsin Conservatory of Music in Milwaukee. He has recorded three CDs: Liszt and Reubke organ music, the Orgelbuchlein by J.S. Bach for OnClassical label, and The Complete Choral Works with organ by Alessandro Scarlatti for the Tactus label.

Larry Wheelock, Organist – Plymouth Church, Milwaukee

Born in Indiana, Larry Wheelock, began his musical studies at the age of 5 and became a church organist at the age of 14. His teachers have included B.L. Spencer, Daniel Pedtke, Arthur Lawrence, Philip Gehring and Robert Plimpton. He studied music theory and composition with Marilyn M. Green, Katherine Alle and Richard Wienhorst.

He has served Lutheran churches in Pennsylvania and New Jersey and was Minister of Music at St. Michael's Lutheran Church in Philadelphia from 1983-1991. From 1991 to 2015 he served as Director of Music Ministries at Kenwood United Methodist Church, Milwaukee. He is currently Artist-In-Residence at Plymouth Church UCC on Milwaukee's East Side and is also a freelance musician, playing in a variety of local churches and venues. His compositions have been published by Augsburg Press and Celebrations Unlimited. He is Past-Dean of the American Guild of Organists—Milwaukee Chapter, having served as Dean for 6 years and he served as chair of the AGO Regional Convention in Milwaukee in 2019.

This performance is held on campus in the Chapel of Saint John the Evangelist – a most stunning and sacred space designed with acoustics for optimum sound delivery.

Saturday, April 9

<p>SESSION 8 10:00 a.m. -11:30 a.m. Screening 1.5 CEH</p> <p>ROOM: NCAC</p>	<p>SPECIAL REPEAT MILWAUKEE SCREENING ALL THE LONELY PEOPLE WITH FILM AND DISCUSSION – CEH 1.5 FACILITATOR, M. KENT MAYFIELD, M.DIV., M.A., PH.D. The documented story of the social isolation and loneliness that Covid is leaving behind.</p> <p>Description: “All The Lonely People” is the first deep-dive documentary into a bad feeling that's getting worse for millions of us. It probes not only the causes of the problem but what is being done to fight it and the solutions taking root. A handful of people from different walks of life and different life stages offer the cameras an intimate access to their struggle to overcome crippling loneliness and isolation with the help of innovative new programs and practices that if used in enough places, may make millions of us feel like we belong again. Each person is pulled out of isolation by a different innovative solution. Dr. Mayfield will facilitate the discussion following the conclusion of the film.</p> <p>At the close of this session, the participant will be able to:</p> <ul style="list-style-type: none"> • Understand why loneliness is an issue requiring intervention on a community and personal level • Know actionable steps to reduce loneliness and isolation among people whom attendees serve • Have knowledge of programs around the world that can be emulated in their communities • Know their own level of loneliness and how to assess loneliness in others.
<p>11:30 a.m.</p>	<p>Break</p>
<p>SESSION 9 1:00-2:30 p.m.</p> <p>VIRTUAL Lecture ON CAMPUS 1.5 CEH</p> <p>ROOM: NCAC</p>	<p>DISCOVERING WHAT DEATH CAN TEACH US ABOUT LIVING FULLY VIRTUAL LECTURE – CEH 1.5 FRANK OSTASESKI</p> <p>Frank Ostaseski is an internationally respected Buddhist teacher and visionary co-founder of the Zen Hospice Project, and founder of the Metta Institute. He has lectured at Harvard Medical School, the Mayo Clinic, leading corporations like Google and Apple Inc. and teaches at major spiritual centers around the globe. Frank is the 2018 recipient of the prestigious Humanities Award from the American Academy of Hospice and Palliative Medicine. Frank has accompanied over 1,000 people through the dying process and trained thousands of healthcare clinicians and family caregivers around the world. His groundbreaking work has been featured on the Bill Moyers PBS series On Our Own Terms, highlighted on The Oprah Winfrey Show and honored by H.H., the Dalai Lama. He is the author of <i>The Five Invitations: Discovering What Death Can Teach Us About Living Fully</i>.</p> <p>Description: In this session, Frank will introduce his <i>Five Invitations</i>, principles that show us how to wake up fully to our lives. They can be understood as best practices for anyone navigating aging or coping with loss or serious illness; they guide us toward appreciating life’s preciousness. Weaving together pragmatic tools, real life stories and ancient wisdom, the listener can discover how an awareness of death can be a valuable companion on the road to living well, forging a rich and meaningful life free of regret. His learning strategies include: a lecture, experiential exercises, slides and group discussion.</p> <p>At the close of this session, the participant will be able to:</p> <ul style="list-style-type: none"> • Understand the Five Principles that support self-awareness, personal engagement and the development of mutually beneficial relationships in service • Distinguish characteristics between helping, fixing and serving • Explore the lessons that awareness of death can provide individuals in the aging process.
<p>2:30 p.m.</p>	<p>Conclusion</p>