

Program Committee report for 2021-22

This season the Committee sponsored a Fall Symposium, a Spring Forum and five Empowerment sessions. Though most of the events were held on Zoom, by Spring we held a few events in-person with the possibility of those who were hesitant to attend, to watch online. The Fall Symposium, on Nov. 21st, 2021, was titled, "Trials and Tribulations Using Technology: Social Isolation Among Older Adults". Dr. Kristen Haase and Dr. Megan O'Connell presented their findings from their study on virtual socialization among older adults during the pandemic.

The Spring Forum, on May 15th, "With a Song in My Heart", was an in-person event. Wendy Bross Stuart dedicated this concert to Claire Klein Osipov z'l and Joan Beckow z'l. Bross Stuart was joined in this musical performance by Kat Palmer, Erin Aberle Palm and Chris Adams.

The five Empowerment sessions continued the theme "Be Inspired" and as usual, were co-presented with other seniors' agencies in the community. The first session, on Oct. 8th, co-presented with Sholom Aleichem Seniors of Vancouver Peretz Centre, featured Gloria Levi telling us "What Inspires Me at Ninety".

This was followed on Dec. 5th by "Inspired by Story and Song", presented by Shanie Levin and Myrna Rabinowitz and co-sponsored by Louis Brier Home & Hospital. On Feb 14, 2022, we heard about "Care for the Caregivers" with co-sponsors COSCO and L'Chaim.

"Retired, Rewired and Inspired" on April 26th with JFS saw Rosa Tesler, Dr. Paul Steinbok and Tony Dumoulin describing how they felt and dealt with retirement. The final session, on June 27th, was an in-person event, with Kehila and Beth Tikvah. It featured tenor Gustavo Herrera, who entertained us with both classical and musical theatre numbers.

We are looking forward to our Fall Symposium in December when we will hear from SFU graduate students in gerontology about their research in this area. We will also be presenting a number of Empowerment sessions on the theme, "Back to the Future".

Report submitted by

Shanie Levin
Co-Chair
Program Committee