

CUMMINGS CENTRE VIRTUAL CONFERENCE

# AGING WELL

## ADAPTING TO THE NEW REALITY

JAN 21, 2021 • 10:30 AM - 3:30 PM

The Cummings Centre presents **Aging Well: Adapting to the New Reality**, a ground-breaking interactive, virtual conference. Don't miss this opportunity to join the conversation! We will explore new and exciting possibilities for navigating the challenges stemming from the Covid-19 pandemic and generate concrete plans to address the current and emerging needs of the senior population.

Designed for adults aged 50+, professionals and leaders who engage with seniors, this conference will feature an inspirational keynote address and four interactive workshops, all with simultaneous translation. Each workshop will be followed by round table discussions, in either English or French.

### KEYNOTE ADDRESS "LOOKING FORWARD TO THE NEW REALITY"



**Stuart Himmelfarb, MBA**

CEO, B3—The Jewish Boomer Platform and Senior Fellow, NYU Wagner



**David Elcott, PhD**

Co-founder & Principal Partner, B3—The Jewish Boomer Platform and Taub Professor, NYU Wagner



**Rabbi Laura Geller**

Rabbi Emerita of Temple Emanuel of Beverly Hills, CA, author, one of Newsweek's Most Influential Rabbis

### FOUR INTERACTIVE WORKSHOPS (CHOICE OF TWO)

12:30-1:45 PM • CHOOSE 1 OF 2 WORKSHOPS:

#### RECOGNIZING ISOLATION AND LONELINESS—PRACTICAL OPTIMISM



**Sue Varma, MD,**  
DFAPA, Psychiatrist,  
Therapist

2:00-3:00 PM • CHOOSE 1 OF 2 WORKSHOPS:

#### MUSIC AND THE ARTS—ENHANCING OUR WELL-BEING



**Daniel Levitin, PhD,**  
FRSC Author, McGill  
Professor Emeritus

#### TECHNOLOGY FOR STAYING @HOME: THE DIGITAL FUTURE



**Anna D'Ambra,**  
MScN, ENC(c),  
Clinical Lead



**Marc Chriqui,**  
Founder & CEO,  
Delevante Tech



**Elliott Silverman,**  
Dir. Logistics,  
JGH-CIUSSS

#### BUILDING INTERGENERATIONAL BRIDGES



**Sharon Mackenzie,**  
MEd, Intergenerational  
Society of Canada

### REGISTRATION REQUIRED

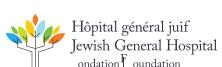
DEADLINE JANUARY 10, 2021

Price: \$25

[cummingscentre.org/conference](http://cummingscentre.org/conference) • 514.343.3510



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