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Contact: Lauren Alexander, lalexander@mmjccm.org

6th Annual Symposium on Positive Aging
Lineup Announced for Monday, October 25

Speakers and Presenters include Anna Quindlen, Rabbi Joy Levitt, Gary Bagley, Rabbi Laura Geller, Nessa Rapoport, Susan Weidman Schneider, Rabbi Mychal Springer, and more.

New York, NY (October 5, 2021) – The Marlene Meyerson JCC Manhattan (MMJCCM)’s Wechsler Center for Modern Aging announced today the schedule for its 6th Annual Symposium on Positive Aging: Friendship, Connection, and Community on Monday, October 25. The popular event will feature a conversation between MMJCCM CEO Rabbi Joy Levitt and Pulitzer Prize-winning author/journalist Anna Quindlen in the JCC’s newly renovated Goldman-Sonnenfeldt Auditorium with a virtual option as well, followed by afternoon virtual workshops and breakout sessions.

At the morning conversation, Levitt and Quindlen, quintessential modern agers and friends since college, will reflect on their decades-long relationship, and discuss the unique ways in which friendships become more critical as we age. The virtual afternoon sessions will include an array of thought-provoking workshops designed to educate and inspire, focusing on the theme of friendships and connections through shared interests and experiences. Presenters include New York Cares Executive Director Gary Bagley, Getting Good at Getting Older co-author Rabbi Laura Geller, author Nessa Rapoport, Lilith Founding Editor Susan Weidman Schneider, Rabbi Mychal Springer, and more.

“Each year, our Symposium brings Modern Agers together to address important and relevant themes that highlight positive aging,” shares Susan Lechter, Director of The Wechsler Center for Modern Aging. “The Wechsler Center for Modern Aging celebrates and recognizes both the challenges and the opportunities at this age and stage of life, and together with a committee of volunteer leaders comprised of retired individuals from a variety of professional backgrounds, we create an annual Symposium with a focus on pertinent issues to educate, motivate, and inspire older adults.”

Virtual Afternoon Workshop Lineup:
Reading and Writing: Family, Friends, and the Solace of Books
Nessa Rapoport, author of *Evening*, in conversation with Susan Weidman Schneider, founding editor of *Lilith* magazine

The Evolving Nature of Friendship
Rabbi Laura Geller, co-author of *Getting Good at Getting Older*

Empathy and Support on Your Health Journey
Rabbi Mychal Springer, Manager of Clinical Pastoral Care at NewYork-Presbyterian, in conversation with Rabbi Jeremy Kalmanofsky, Congregation Ansche Chesed

The Life I Want to Live as I Age
Alice Chera, CPCC/ACC, AKC Life Coach

Impactful Volunteering
Gary Bagley, Executive Director, New York Cares

Exploring Friendship Through Theater
Scott Klavan, actor, longtime JCC drama teacher, lifetime member of The Actors Studio

Social Media: A Link to Connection
Barry Elkins + Abby Rich, Tech Soup

For the full schedule and to purchase tickets for the 2021 symposium, please visit [mmjccm.org/symposium](http://mmjccm.org/symposium).

The 6th Annual Symposium on Positive Aging is generously sponsored by 305 West End Assisted Living, The New Jewish Home, and Inspīr Carnegie Hill. The MMJCCM is also partnering with other organizations around the country to help promote the symposium. The list of National Event Partners includes the Jewish Community Center of the North Shore (Marblehead, MA); Mid-Island Y JCC (Plainview, NY); Riverdale YM-YWHA (Bronx, NY); 14th Street Y (New York, NY); Edlavitch DCJCC (Washington, DC); B’nai Jeshurun (New York, NY); and Ansche Chesed (New York, NY).

All individuals over the age of 12 are required to show proof of full vaccination (via NYS Excelsior Pass, NYC COVID Safe app, or vaccination card) each time entering the MMJCCM.

About the Annual Symposium Keynote Speakers:

**Anna Quindlen** is a novelist and journalist whose work has appeared on fiction, nonfiction, and self-help bestseller lists. She is the author of nine novels: *Object Lessons*, *One True Thing*, *Black and Blue*, *Blessings*, *Rise and Shine*, *Every Last One*, *Still Life with Bread Crumbs*, *Miller’s Valley*, and *Alternate Side*. Her memoir, *Lots of Candles, Plenty of Cake*, published in 2012, was a number-one *New York Times* bestseller. Her book *A Short Guide to a Happy Life* has sold more than a million copies. While a columnist
at The New York Times, she won the Pulitzer Prize and published two collections, Living Out Loud and Thinking Out Loud. Her Newsweek columns were collected in Loud and Clear, published in 2004.

Rabbi Joy Levitt is the CEO of the Marlene Meyerson JCC Manhattan, a position she has held for nearly 25 years, and will hold until her retirement in December 2021. Prior to coming to the JCC, Rabbi Levitt served congregations on Long Island and in New Jersey. Rabbi Levitt was ordained at the Reconstructionist Rabbinical College. She is the co-author of A Night of Questions: a Passover Haggadah. She serves on the boards of the Shefa School, a Jewish community day school for children with language-based learning disabilities; Plaza Jewish Community Chapels; The Jerusalem Foundation; and Israel Story. She is married to Rabbi Michael Strassfeld, and together they have five children and three grandchildren.

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 on 76th Street and Amsterdam Avenue, the JCC is a vibrant non-profit community center on the Upper West Side. It also presents a robust slate of virtual programming, serving an even wider community. The JCC serves over 55,000 people annually through 1,200 programs each season that educate, inspire, and transform participants’ minds, bodies, and spirits. Throughout COVID-19, the JCC has pivoted to meet the community online, exceeding 102,000 registrations to over 3,000 virtual classes and programs in the earliest part of the pandemic. Since its inception, the JCC has been committed to serving the community by offering programs, classes, and events that extend beyond neighborhood boundaries, reaching people at all stages of their lives. Learn more at mmjccm.org

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