## LIPPMAN ELDER WISDOM ACADEMY

ancient practice - new understanding



**Elevator Pitch** 

Many people anticipate life after work as a phase that will offer rest and tranquility. However, retirement ranks high on every list of "Life's Greatest Stressors." With few guideposts, many are unable to navigate the transition to include meaning and purpose. Some communities, however, have retained rites of passage that make the journey easier.

Jewish and Native American traditions share the view that older adults play a vital role in the life of a society. Wisdom gained from experience is valued—an asset to be preserved and transmitted to the next generation. Rather than marked by diminishment and decline, the latter years are considered the most important—a time to distill life's lessons and share them. This is the crowning achievement of legacy.

The Lippman Elder Wisdom Academy seeks to introduce concepts from both traditions through a combination of online and in-person instruction. By learning about the ancient practice of elderhood, participants forge a new understanding —what they have to offer is both needed and appreciated. This paradigm is put into practice as graduates seek opportunities to be of service to the communities around them.

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"Are we becoming good ancestors?"



## Welcome By Sam Chestnut

The Lippman School is honored to help facilitate the development of LEWA. We believe this intergenerational programing will continue to have an impact in our area and be a model for other communities interested in creating meaningful experiences for elders whose wisdom helps inform the next generations.

## Kick-off Event Rabbi David Horowitz & Linwood Tall Bull

The kick-off event in October welcomed our first group of participants who enjoyed an engaging conversation with David and Linwood about elderhood from two ancient perspectives. You can watch the presentation here: www.thenucleus3.org/LEWA/Kick-off

## First Speaker Shianne Eagleheart November 10 @ 2:00

Shianne Eagleheart (Haudenosaunee-Seneca) is a Licensed Independent Counselor, Clinical Supervisor, Native American Ceremonial Leader, Professional Trainer, Ordained Minister, and the Executive Director and Founder of The Red Bird Center. Inc.

https://us02web.zoom.us/j/88109273193? pwd=cFFnNUF5MmI5dDMwSIVHL2FKNTIXUT09

Meeting ID: 881 0927 3193 Passcode: Wisdom



"I am becoming a good ancestor."

Community Activist, Kenmore Neighborhood