

ELDER WISDOM ACADEMY

ancient practice - new understanding

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Welcome to EWA

We would like to welcome you to our second year of the Elder Wisdom Academy. We are very excited about connecting with you, growing relationships, and learning from ancient ways while building new understandings of elderhood.



Dr. Moshe S. Torem "Finding Meaning and Purpose in the Third Phase of Life."

November 10

4:00pm

ShawJCC

750 White Pond Dr.
Akron, OH 44320



Moshe S. Torem MD is a psychiatrist certified by the American Board of Psychiatry and Neurology (ABPN). He is a distinguished life fellow of the American Psychiatric Association, Life Fellow of the American Society of Clinical Hypnosis and Life Fellow of the Society for Clinical and Experimental Hypnosis. Dr. Torem served as president of the International Society for the Study of Trauma and Dissociation (ISST&D), and the American Society of Clinical Hypnosis (ASCH). Currently, Dr. Torem serves as Professor of Psychiatry at Northeast Ohio Medical University.

In addition, Dr. Torem has published numerous articles and book chapters in the field of psychiatry, hypnosis and integrative mind-body medicine & health. He has provided lectures and workshops to professionals in the U.S. and other countries. Dr. Torem has also been in clinical practice providing guidance and treatment for people with a variety of conditions such as; anxiety, depression, eating disorders, insomnia, habit disorders, smoking control, weight control, autoimmune disorders, & preparing people for medical procedures and surgery.

Moreover, Dr. Torem has also provided executive coaching, guidance and help to students & workers in passing examinations, tests and preparing for personal interviews and other important life events & meetings. Dr. Torem is known for his practical approach utilizing age progression procedures with and without formal hypnosis as an important and unique contribution to the field of hypnosis and therapeutic imagery.

<https://thenucleus3.org/ewa/>

The Elder Wisdom Academy Story

Sam Chestnut - Lippman Head of School



The Elder Wisdom Academy is a wonderful and natural outgrowth of the many years of partnership and community programming that The Lippman School and the Northern Cheyenne Nation have developed together. The partnership was initially developed for students in each community to develop a new way of understanding their tribal, Jewish and personal identity through immersive experiential education experiences here in Akron and on the Northern Cheyenne Reservation. In learning about Jewish and Northern Cheyenne practice and traditions, students were able to see both difference and similarities in their own identity as it relates to these ancient traditions.



Angela Miller, who learned of this work through her own research into native practice met with Lippman School leaders several years ago as she had an idea that elders in our own community could benefit from learning from native and Jewish thinkers and elders who could help provide a framework for what being an elder might look like for those of us who have been disconnected from our own ancient practices.

The Elder Wisdom Academy was conceived and developed with this framework and has realized early success in creating transformative learning moments for dozens of elders and young adults in our community. We have explored many topics and themes together such as: What it means to be an elder? How do elders function differently in these traditions as compared to the typical Western paradigm? How do we bring forward the influence and lessons of those who were here before us? How does ancient wisdom connect us to the earth in ways that many of us have lost?



This last question is one that our group has spent significant time exploring. Crown Point Ecology Center has played a strong role in helping provide a “place-based” learning environment for us to not only have conversation, but offer healing moments as we recognize the history of the land and how reestablishing our connection to it offers important context and perspective.



Updates

On October 6th, The Elder Wisdom Academy (EWA) held its inaugural meeting in the Century Barn at the beautiful Crown Point Ecology Center.

Following a short video, which presented an overview of last year's program, participants were captivated by the heartfelt and eloquent words of Angela Miller, as she described how she came to be one of the founders of EWA. Angela, and EWA co-founder, John Bennett, encouraged everyone to help cast a vision for the future of the Academy.

The first EWA workshop will be held on November 10th at 4:00pm at the Shaw JCC in Akron. Dr. Moshe Torem, from the Center for Mind-Body Medicine, will lead a conversation about "Finding Meaning and Purpose in the Third Phase of Life". If you would like to join us, please RSVP to achaffinmiller786@gmail.com.

Conversation Circle

November 15th, 2022
Shaw JCC of Akron
750 White Pond Dr. Akron OH 44320

Conversation Circles are intimate gatherings in which we will discuss what matters within the strong, supportive community we build together.

This month, we will review ideas presented by Dr. Moshe Torem in his workshop, "Finding Meaning and Purpose in the Third Stage of Life." Then, we will discuss the introduction to our reading selection: Rabbi Zalman Schachter-Shalomi's book *Age-ing to Sage-ing*.

Rabbi Schachter culls ideas about elderhood from Native American shamans, Sufi masters, Buddhist teachers, and science. He presents a model of aging that counters the notion that "keeping active" is the only remedy for diminishment and decline. Instead, he encourages us to view our remaining years as an opportunity to achieve our highest human potential.

Come join us on November 15th to begin our journey together!

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