

Visiting expert Paulina Siegel to speak on the millennial mindset

Engaging millennials in Jewish life is a question that stumps some and excites others. Whichever side of the spectrum one falls, the reality is that millennials, the generation born between 1980 and 1996, are significantly different than the generations that came before them. They have different priorities, challenges, values and approaches to problem solving. The disconnect between generational behavioral patterns and ways of thinking can lead to challenges in work environments, in familial situations, and yes, in Jewish communal engagement.

Paulina Siegel, a nationally recognized expert on the millennial mindset, will speak at the Jewish Community Campus on Nov. 4 to address millennial behaviors, values and challenges. Where are they coming from? How have

they been uniquely shaped by the environments and messages they grew up with? How do millennials' needs, challenges and strengths compare with the generations that came before them? Molly Hess, community connector of TribeKC, and Gavriela Geller, executive director of JCRB|AJC, will follow Siegel's presentation with a discussion on how her findings apply to engaging millennials in Jewish life.

Siegel, who is a graduate of Hyman Brand Hebrew Academy, is a licensed clinical social worker (LCSW), certified addiction counselor (CAC II), and master-level trained mindfulness instructor. She owns a private therapy practice in Denver, Courageous Paths Counseling, working exclusively with Gen-Zers and millennials. She has spoken all over the United States imparting her expertise in generational research, the unique needs of Gen-Z and millennials, and how social workers, therapists and organizations can significantly help these two generations to thrive and flourish within society.

"It is critical that organizations begin to learn about millennial values, beliefs and outlooks as a means to create greater cohesion," Siegel said. "By doing so, all generations can come together with mutual understanding and unity."

Hess and Geller recognized that Siegel's research provides important insights that are applicable to the Jewish community. "One of the goals of Tribe



Paulina Siegel

KC is to engage future leaders with the community, and the community with future leaders," Hess said. "Through this conversation, we are hoping to help the greater Jewish community connect to this generation of professionals, by helping them understand how millennials think and act."

"As all of our organizations look to the future, we realize the importance of successfully engaging this demographic if we want to continue to thrive as a community. That requires shifting our expectations of what this age-group wants from the Jewish community,

and what they can offer," Geller said. "This is a generation that cares deeply about social issues, that wants to make a difference, that craves connection and community in an increasingly isolating digital world. Yet it is also a generation that values individualism and innovation over traditional views of duty, responsibility, and maintaining the status quo. Rather than reacting to millennial thought-processes and behavior with annoyance and frustration, we need to accept the reality, and change the paradigm. We hope this insight will help our community reframe the conversation around millennial engagement."

This program is targeted specifically for Jewish communal professionals and lay leaders, but all are welcome. It will be held from noon to 2 p.m. in the MAC Room. A light kosher lunch will be provided; RSVP is required at www.tinyurl.com/millennialrsvp or email Carol Burton at cburton@jewishkc.org.

Jewish Committee on Scouting hosts fundraiser

The Kansas City Jewish Committee on Scouting is hosting a social/fundraising function featuring an (amateur) Texas Hold-Em Poker Tournament on Saturday evening, Oct. 26, at the Sidepockets Restaurant and Sports Bar. The facility also has billiards and darts available, and there will be plenty of time to "schmooze" and have a relaxing fun evening.

The evening is open to singles, couples or groups of friends. This is a "social only" evening open to all adults in the community, with proceeds benefiting the Jewish Committee on Scouting's activities in the community.

The Jewish Committee on Scouting supports Jewish Scouting in Kansas City. Funding allows the committee to provide Jewish Scouting's Religious Awards, maintain the Jewish Chapel and chaplain's quarters at the H. Roe Bartle Scout Reservation, council and district activities, partial funding of the Tzofim (Israel Scouts) Friendship Caravan's annual performances, etc.

For more information or to make reservations, contact the event co-chairs: Ted Goldstein, tgoldstein613@gmail.com, 913-271-6798 or Billy Silverman, billysilverman@earthlink.net, 913-851-9992.



Karen R. Glickstein of Jackson Lewis law firm is recognized

Jackson Lewis P.C., one of the country's preeminent workplace law firms, announced that Principal and Litigation Manager Karen R. Glickstein of the firm's Kansas City office has been listed in 26th Edition of "The Best Lawyers in America" in the areas of employment law-management; labor law-management; and litigation-labor and employment.

Lawyers on "The Best Lawyers in America" list are divided by geographic region and practice areas. They are reviewed by their peers on the basis of professional knowledge, and undergo an authentication process to make sure they are in current practice and in good standing.

Jackson Lewis' Kansas City office can be reached at 913-981-1018.



Karen R. Glickstein

Learn Laugh & Love program focuses on arthritis management

Arthritis and other rheumatic conditions are the second most common musculoskeletal diseases among adults in America, with 54 million diagnosed adult cases. The most common type of arthritis is osteoarthritis, which affects an estimated 31 million Americans.

Often a debilitating disease, many who suffer with arthritis struggle to manage it. However, there are strategies to help deal with the disease.

At 1 p.m. Thursday, Nov. 14, Amber R. Keller, R.N., from AdventHealth Shawnee Mission will present the latest research and share practical strategies to take control of arthritis in a free, one-hour program. It is part of the monthly Learn Laugh & Love series presented by Jewish Family Services and The Heritage Center of the Jewish Community Center.

The program will take place in the MAC Room of the Jewish Community Campus.

Keller will provide an update on the role of the patient in disease management. She will also discuss the important role nutrition and exercise play in disease management.

All Learn Laugh & Love programs are free, but reservations are requested by calling The Heritage Center reception desk at 913-327-8044.