



Refuat Ha’Nefesh Fellows Program **2021-2022 Curriculum**

Unit 1 – Orientation

November 9, 2021 @ 6:30 PM – 8:30 PM

Rabbi Frederick L Klein, MPhil, BCC

Director, Mishkan Miami: The Jewish Connection for Spiritual Support of the Greater Miami Jewish Federation

Executive VP, Rabbinical Association of Greater Miami

Rabbi Cheryl Weiner, PhD, BCC

Staff Chaplain, Mishkan Miami, Greater Miami Jewish Federation

Director, Refuat HaNefesh Fellows Program and Alumni Network

Director, The Sacred Jewish Conversation

- Rabbi Weiner: Welcome and Introductions
- Rabbi Weiner: Etiquette and Boundaries, Confidentiality
- Rabbi Klein: *Bikkur Cholim Sources*
- Turn Toward Me (DVD) and Discussion

Unit 2 - Understanding the Person We Visit

November 16, 2021 @ 6:30 PM – 8:30 PM

MITZVAH PROJECT DISCUSSION: PLEASE BE ON TIME!

Rabbi Cheryl Weiner

- Rabbi Weiner: Your Identity as a Spiritual Care Giver and Volunteer
 - What does it mean to be a “volunteer” --- not a professional? You are a “friendly visitor”.
- Volunteering in the Time of COVID-19: Nature of Volunteering in Different Venues
- Volunteer Mitzvah Project Possibilities
- The Mechanics of a Visit/ Activity--- How do we encounter others as a volunteer?
- Goal Setting; Do’s and Don’t’s of *Bikkur Cholim*
- Role Playing: Case Studies

Resources:

Rabbi Simeon Schreiber. *A Caring Presence: Bringing the Gift of Hope, Comfort and Courage*, NY: Gefen Publishing, 2011. Rabbi Rafael Goldstein. *Being a Blessing: 54 Ways You Can Help People Living with Illness*, 2009. (Wonderful resource but limited availability).

Unit 3 – Psycho-Social Dynamics of Visiting
November 30, 2021 @ 6:30PM – 8:30 PM

Dr. Joy Siegel, EDD, MBA Consultant, Senior Solutions and Avmed
Rabbinic Pastor Chaya Lerner, LCSW, Consultant, Jewish Community Services
Rabbi Mendy Levy, Chaplain, Mt. Sinai Medical Center and Chabad Chaplaincy Network

- Who are you as a visitor? Concept of Transference: Your Relationship with aging, death and suffering and losses. Generational issues that feed into transference and counter transference.
- Who are you visiting? As a volunteer, how do you do a “Spiritual Assessment”?
- Family dynamics and the impact on your visiting with someone.
- How do you relate to COVID 19 issues of isolation, depression, loss?
- Support structures for patient as well as families and care-givers
- Mt. Sinai Holocaust Project

Unit 4 - The Spiritual Life of Seniors
December 14, 2021 @ 6:30 PM – 8:30 PM

Rabbi Cheryl Weiner and Rabbi Fred Klein
Rabbi Jesse Charyn, Rabbi and Director of Jewish Spiritual Care, Miami Jewish Health

- Viewing and Discussion of Film “Number Our Days”

Topics to Be Discussed

- Becoming Attuned to the Spiritual Life of a Person
- The Meaning of Aging in the Jewish Tradition
- Psychological Development Among Adults
- Understanding Loss/Doing Spiritual Assessment Again
- How to Respond to Loss - Emotional and Spiritual Support
- Strategies-Spiritual Coping, Living Histories, Unaddressed Issues

Unit 5 ---Modalities of Healing: The Power of Jewish Prayer
January 4, 2022 @ 6:30PM – 8:30PM

Rabbi Cheryl Weiner
Mitzvah Project Check-In

Rabbi Fred Klein, Mishkan Miami

- Jewish Theologies of Illness: Views on Suffering: “Why Is This Happening to Me?”
- What Is Prayer?

Review of Important Prayers and Discussion of Prayer CD and Brochure

Resources: Prayer Brochure, Visiting Blessing Card, Alden Solovy. *This Grateful Heart: Psalms and Prayers for a New Day*. NY: CCAR Press, 2017.

Unit 6 – Modalities of Healing: Creative Rituals, Blessings and Spontaneous Prayer
January 18, 2022 @ 6:30PM - 8:30 PM

Rabbi Cheryl Weiner, Refuat HaNefesh Fellows Program

- How Do We Pray with Someone? Spontaneous Prayer and Blessing
- Chevruta Blessing Work
- Mindfulness and Meditation

Unit 7 – Denominational Inclusion
Feb. 1, 2022 @ 6:30 PM - 8:30 PM

Religious Differences: Rabbis Klein and Weiner

Panel of Rabbis: Orthodox, Conservative, Reform, Reconstructionist, Post Denominational

- Differences between Religion and Spirituality: *Keva vs. Kavannah*
- Denominational Differences---God, Revelation (scripture), Law, Sources of Authority
- Religious Pluralism and Issues of Secular/ Non-Religious Identification
- Ethnic/Cultural Differences and Demographics in Miami --- Latino, Russian, Israeli,
- How to relate to someone in congregations with caring communities vs. unaffiliated

Unit 8: Dementia, Depression & Mental Illness in the Elderly
Concept of Wise Aging among Seniors
February 15, 2022 @ 6:30 PM – 8:30 PM

Dr. Marc E. Agronin, Medical Director for Mental Health and Clinical Research,
Miami Jewish Health

- Wise Aging among Seniors
- The Science behind Dementia and Depression
- Strategies to Help Patients with Dementia or Depression
- How to Relate to a Patient with Dementia or Depression

Unit 9- Modalities of Healing: The Power of Music and Creative Rituals
March 1, 2022 @ 6:30 PM – 8:30 PM

Cantorial Soloist Jodi Rozental, Temple Judea, Miami

- Healing Services and their Role in the Community
- Healing and Music: The Repertoire Available
- Drumming Circles and Other Musical Healing Programs”
- What is Music Therapy?
- What are the psycho-social dynamics of music?
- How can “non-musical” people use music?

Rabbi Cheryl Weiner

- Creative Rituals
- Mikvah
- Meditation and Mindfulness

Unit 10 – Modalities of Healing: Power of Narrative and Power of Art
March 15, 2022@ 6:30-8:30 PM

Yehudis Levitin, Art Consultant to ALF/Nursing Homes

- What are the psycho-social dynamics of art?
- How can we use art as a healing modality?
- How can “non-artistic” people use art?
- Hands-On Art Activity (Virtual)

Rabbi Weiner

- Narrative Therapy and the Power of Story
- Using Texts: See texts in notebook.

UNIT 11 – End of Life: Living and Leaving Your Legacy and Ethical Wills
March 30, 2022 @ 6:30-8:30

Merle R. Saferstein, Facilitator, Living and Leaving Your Legacy Workshops;
Educator and Author

- Your Values and How You Live Them
- Your Values and How You Share Them
- Leaving Legacy Projects to Give to Your Loved Ones

Unit 12- End of Life: Jewish Medical Ethics
Dying & Death with Dignity
April 12, 2022 @ 6:30- 8:30 PM

Rabbi Claudio Kogan, MD, MBE, MEd

- End of Life Decision Making and Jewish Ethics
- Jewish Standards of Medical Futility
- Jewish Definitions of Quality of Life

Unit 13- End of Life: Mourning Rituals & Bereavement
April 26, 2022 @ 6:30 PM – 8:30 PM

NOTE: MITZVAH PROJECT SUMMARIES

NOTE: PROGRAM SUMMARY AND EVALUATION

Rabbi Robyn Fisher, Rabbi Temple Beth Orr

Topics to discuss: Focus on Pragmatics: Relevance in Terms of Visiting People

- Prayers at the End of Life
- Jewish Mourning Rituals
- Shiva Calls and Visiting Mourners

Rabbi Cheryl Weiner

- Bereavement Issues
- Jewish Definitions of Quality of Life

Special presentation about Greater Miami Jewish Federation given by Simon Kaminetsky, Director of Philanthropic Initiatives, Greater Miami Jewish Federation, and *Refuat HaNefesh* alumnus. Date and Time: TBD

SUNDAY, MAY 1 or TUESDAY, May 3, 2022: GRADUATION 6:30 PM-8:30 PM
Venue: TBD

MINISTERING TO THE ELDERLY CONFERENCE
Date and Venue: TBD