

From Myles Krieger, MD

My present activities span several keen interests of mine. Since ending my time as chief of my department and serving on the medical staff executive committee and the closing of my otolaryngology, head and neck, and facial plastic surgery practice six years ago.... and my becoming single again, I had a challenge of how - at 69 -- to make the next three decades meaningful, fulfilling, and pleasurable. After my own transformational training, I became a life coach to help others in transitions in their lives. This is not a vocation but is truly an opportunity to serve so many people who seek me out to help them transition to make decisions from scarcity to make them in abundance, with gratitude and humility. I found this to be a perfect sequela for me - after having a lifetime of many close relationships in which I helped serve as a catalyst for change – in so many lives.



Second, one of the greatest pleasures I have had comes from the honor to be a physician- with the skills to help many people. So, I started to teach two courses I developed at a local medical school. One is *The Art of Medicine* and the other is *How to Think in Medicine*. These courses give my students the opportunity to enjoy a perspective that usually is not a prescribed course in most medical education settings.

Third, I have helped a brilliant psychotherapist, a physician in pain management, and another in integrative medicine to create a holistic clinic serving patients in pain of all sorts to have better outcomes, through the use of properly administered medical cannabis, ketamine assisted psychotherapy, and many other avenues. This has been a surprising challenge and education for me, and I know we have improved the lives of so many people in our community.

Fourth, I have always had a profound interest in the thinking behind our politics, and so I have served on the national executive committee for NoLabels.Org which created the Problem Solvers Caucus in Congress, made up half Republicans and half Democrats. Almost anything bipartisan that comes out of Washington comes from our efforts. Party dogma withers in contrast to solution-oriented discussion. As we know at Penn, red and blue, not red vs blue!

Fifth, I have also taken my interest in my Jewish identity, passion for Israel, and desire for improved education to accept my position on the Board of Regents of the Hebrew University in Jerusalem. After starting a Jewish coffeehouse in downtown Philadelphia while in medical school and serving on the board of trustees of the largest synagogue, I did spend a summer at Hadassah Medical Center after the Six Day War as a Hebrew University visiting medical student. Now I serve as the chairman of the American Friends of the Hebrew University for the southeast United States, and I participate with our Board of Governors with meetings in the United States and in Israel. I have a research project that my son and I have funded at the multidisciplinary Safra Brain Sciences Center at the Hebrew University in Jerusalem on brain processing.

With regard to support of Israel, I do go to Washington DC almost yearly to Capitol Hill with AIPAC and lobby on behalf of a forever closer relationship between Israel and the United States. Two of our local congressmen are friends of mine.

I live near Fort Lauderdale in Florida and spend much of my summers in Aspen where I am in the Society of Fellows of the Aspen Institute. There are so many South Floridians who participate with me in the cultural programs in Aspen; we are now developing programs for the Society of Fellows and others in South Florida during the fall through spring season. As part of the Aspen Ideas Festival, we are holding a seminar May 9-12 in Miami Beach on climate change and all of its repercussions.

Of course, I have plenty of time for family and friends and dating at 75 - which I am helping transform for myself and others as well through a new dating-app startup. I look back at my frenetic time at Penn as a premed student and chairman of the National Conference on the United Nations and China and chairman of the National Conference on the Soviet Union as the fertile incubation period for much of what I was to become throughout and even later in life.

Aren't we the most fortunate to have had the Penn experience and the opportunity to make a better world? I join you in feeling blessed that we have reached this point in our lives as Penn graduates who continue to make a difference!