Big Hearted Stories: Journeys

May 17, 2022
Lydia Mendelssohn Theatre and Michigan League

Benefiting:

♥ Ann Arbor Meals on Wheels
♥ Housing Bureau for Seniors
♥ Osher Lifelong Learning Institute
♥ Silver Club Memory Programs
♥ Turner Senior Wellness Program

MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN
Big Hearted Stories: Journeys

ARTISTIC DIRECTORS
Breeda Miller
Brian Cox

ANNOUNCER
Martin Bandyke
107one radio host and
Detroit Free Press/Ann Arbor.com music writer

EMCEE AND SPECIAL GUEST STORYTELLER
Victor Strecher, Ph.D., MPH
Professor of health behavior and health education,
U-M School of Public Health

MUSIC INTERLUDES
Billy Harrington Trio
EVENING PERFORMANCE

Welcome and Introduction
Victor Strecher, Ph.D., MPH

Destination Unknown
Bill Krieger

Arriving at Acceptance
Marc Holland

A Caring Community — Big Hearts for Seniors
Video

Life on Purpose: How Living for What Matters Most Changes Everything
Victor Strecher, Ph.D., MPH

The Bright Side
Mark A. Harris

Mrs. Kelly’s Journey Home
Breeda Kelly Miller

Closing Remarks
Victor Strecher, Ph.D., MPH
Victor Strecher, Ph.D., MPH
Professor, University of Michigan
School of Public Health
Founder and CEO, Kumanu, Inc.

Vic Strecher (pronounced Streker) is a visionary leader and expert in the fields of behavior change, digital communication, and wellbeing. Vic is a professor at the University of Michigan’s School of Public Health and Founder of Kumanu, Inc., a next generation wellbeing company. His latest neuroscience, behavioral, and epidemiologic research; his two books, Life On Purpose and the graphic novel On Purpose; his free massive open online course Finding Purpose and Meaning in Life, which in its first seven months has over 90,000 enrollees; and the Purposeful application his business (Kumanu) created are all focused on the importance of developing and maintaining a strong purpose in life.

Mark A. Harris

Mark is an experienced fitness instructor and personal trainer. He inspires and educates those who want to improve their cognitive and physical health and fitness. Since 1999, he has been developing fitness programs in the community and for area hospitals and physicians. Mark has participated in programs to promote better health, funded by federal agencies, local foundations and several universities. Mark has been teaching senior fitness classes since 2006. After being diagnosed with prostate cancer in 2013, he became a community ambassador with the American Cancer Society, an advisory board member of the Michigan Medicine Rogel Cancer Center, an advisory board member for the University of North Carolina and Henry Ford Health System study funded by Genentech, a co-facilitator of the Michigan Institute of Urology prostate cancer support group, and the first prostate cancer consultant for Merck. He likes to ride his bike, work out, and read.
Marc Holland
For nearly three decades, Marc Holland has been a published playwright. With five titles currently in print, his plays have been produced over 500 times across the country. Marc first worked in front of an audience at the age of eighteen months and has decided to remain until he is asked to leave.

Bill Krieger
Bill Krieger is the Veterans Affairs Program Manager for Consumers Energy and the host of the *Me You Us* podcast. He is focused on easing the transition of veterans into civilian work as well as personal well-being. Bill has 28 years of experience at Consumers Energy. He is also a retired army captain with 21 years of service and has been deployed to Iraq. Bill is a founding member and past co-chair of the Veterans Advisory Panel at Consumers Energy. He holds a bachelor’s degree in public administration and a master’s degree in organizational leadership from Central Michigan University. Bill is married with three adult children and one grandchild. He enjoys storytelling, music, classic cars, and spending time with his family.

Breeda Kelly Miller
A storyteller, author, playwright, actor, and recovering caregiver. Her experiences caring for her mother for nearly six years, including hospice care, have shaped her own journey and she shares those lessons in a variety of creative ways. A lifelong Michigander, she is a graduate of the University of Detroit Mercy. A skilled storyteller, her video stories have gone viral and she has appeared on *The Moth Story Hour* on NPR. Her acclaimed one-woman play, *Mrs. Kelly’s Journey Home*, brings to the stage the experiences that are often unspoken of so many generations of immigrants and adults caring for their aging parents. Breeda lives in Manchester with her husband, Jim, their children, along with two dogs, and two “ginormous” cats.
ANN ARBOR MEALS ON WHEELS

Ann Arbor Meals on Wheels (AAMOW), a program of Community Health Services at Michigan Medicine, seeks to reduce hunger and food insecurity in a culturally responsive manner for the homebound in the Ann Arbor area who are unable to shop and prepare complete, nutritious meals for themselves because of their health.

Due to COVID-19, meals are currently being delivered Tuesdays, Thursdays, and Saturdays to clients. Individuals can choose between a hot meal, sack lunch, or both. Ensure® is also available to those who are at nutritional risk.

Referrals to AAMOW for eligible people can be made by those seeking services as well as their loved ones, caregivers, social workers, and medical providers.

Volunteers are critical to helping us serve our homebound neighbors by conducting socially-distanced wellness checks, and delivering meals, needed household items and toiletries, as well as cards and activity books to brighten the days of our clients.

HOUSING BUREAU FOR SENIORS

The Housing Bureau for Seniors (HBS) recognizes that stable housing is imperative to physical and mental well-being. HBS informs and empowers older adults and those who care about them with guidance and resources regarding sustainable housing.

• Provide seniors, caregivers, and family members support and access to the resources they need to find and maintain permanent, sustainable housing.
• Help to prevent homelessness among older adult renters through our Elderly Eviction Prevention program.
• Provide one-on-one assistance to hundreds of individuals annually, and reach countless others through community events, educational programs, and other outreach efforts.
• Offer decision-making tools and resources to assess options around housing transitions with our Housing Counseling program.
• Assist older adults to maintain home ownership and navigate barriers around mortgages and property taxes through our Foreclosure Prevention program.

To learn more about AAMOW, make a referral, or volunteer:

WEBSITE: victors.us/UMAAMOW
ADDRESS: 3621 S. State Street, Ste. 650
Ann Arbor MI, 48108
PHONE: 734-998-6686
EMAIL: aamealsonwheels@umich.edu
HOURS: M-W-F, Off-site (voicemail monitored 8:30 a.m.-4 p.m.)
T-Th-Sa, In-office (8:30 a.m.-4 p.m.)

To learn more about HBS:

WEBSITE: victors.us/HBS
ADDRESS: 3621 S. State Street, Door #710
Ann Arbor, MI 48108
PHONE: 734-998-9339
EMAIL: housingbureauseniors@umich.edu
HOURS: M-F, 8:30 a.m.-5 p.m.
Please feel free to make an appointment during those hours.
OSHER LIFELONG LEARNING INSTITUTE

The Osher Lifelong Learning Institute (OLLI-UM) is a program established in 1987 by a group of Turner Geriatric Clinic volunteers for people who share a love of learning. Under sponsorship of Michigan Medicine, OLLI-UM is affiliated with Elderhostel Institute Network and the Bernard Osher Foundation. The approximately 1,300 members of OLLI-UM oversee and develop an extensive program of top quality lectures and offer a wide variety of study groups, travel excursions, evening and weekend events, and social/cultural gatherings.

OLLI members are a diverse group from Ann Arbor and surrounding communities. Membership is intended for all enthusiastic learners over age 50, approaching or living in retirement, regardless of previous education. OLLI-UM is dedicated to challenging minds and stimulating the spirit to maintain healthy bodies.

To become a member, find out more about OLLI-UM programs, or volunteer:

WEBSITE: olli-umich.org
ADDRESS: Turner Senior Resource Center 2401 Plymouth Road, Suite C Ann Arbor, MI 48105
PHONE: 734-998-9351
EMAIL: olli.info@umich.edu
HOURS: T & Th, 9 a.m.-5 p.m.

SILVER CLUB MEMORY PROGRAMS

Silver Club Memory Programs was established in 1998 and is one of the community programs at Michigan Medicine Turner Geriatrics Center. Silver Club promises a safe, stimulating environment for older adults with mild to moderate memory loss to participate in activities, share stories, and have fun. Silver Club’s unique approach offers caregivers the opportunity to recharge while their loved one enjoys music programs, creating art, socializing with friends, and engaging in other stimulating activities.

Staff and volunteers join with members to create a community where people with memory loss can make friends, share joys and fears, and participate in meaningful activities. Professionally trained staff members come from a variety of backgrounds including social work, fine arts, music, and recreation therapy. Participants do not need to be a Michigan Medicine patient. Cost is based on ability to pay.

To learn more about Silver Club benefits, programs, or to volunteer:

WEBSITE: michmed.org/Silver-Club-Memory
ADDRESS: Turner Senior Resource Center 2401 Plymouth Rd., Suite C Ann Arbor, MI 48105
PHONE: 734-998-9352
EMAIL: GerMedSilverClub@umich.edu
OFFICE HOURS: M-F, 9 a.m.-5 p.m.; PROGRAM HOURS: M-F, 10 a.m.-3:30 p.m.

TURNER SENIOR WELLNESS PROGRAM

The Turner Senior Wellness Program (TSWP) is a vital learning, health, and wellness program enhancing quality of life for older adults and their families. The program offers an array of high quality, low cost programs and resources:

- Healthy living presentations, exercise, healthful cooking demonstrations, Senior Nutrition Program, and blood pressure screening
- Medicare counseling and assistance with advance directives
- Social and cultural activities including support groups, a therapeutic writing group, weekly open bridge and chess, and special events
- Caregiver Resource Center in the TSRC lobby with contact information for local agencies and organizations, as well as a lending library on a variety of topics related to caregiving

To learn more about TSWP or to volunteer:

WEBSITE: victors.us/TSWP
ADDRESS: Turner Senior Resource Center 2401 Plymouth Rd., Suite C Ann Arbor, MI 48105
PHONE: 734-998-9353
EMAIL: tswp.info@umich.edu
HOURS: M-F, 9 a.m.-5 p.m.
FACULTY AND STAFF CHAMPIONS
Raymond Yung, M.B., Ch.B.
Collegiate Professor, Geriatric Medicine
Director, Geriatrics Center and Institute of Gerontology

Theodore Suh, M.D., Ph.D., MHS
Associate Professor, Internal Medicine

Alfreda Rooks, MPA
Director, Community Health Services

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Founder, Breeda Miller Speaking
Author, Mrs. Kelly’s Journey Home

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Detroit Pistons
Detroit Red Wings
Detroit Street Filling Station — The Lunch Room Bakery & Cafe
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Michigan Medicine Survival Flight
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Motawi Tileworks
Naughty Boy’s Rolled Ice Cream
Nicola’s Books
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Noreen Owens Photography
Norton’s Flowers & Gifts
Osher Lifelong Learning Institute at the University of Michigan (OLLI-UM)
Outback Steakhouse
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Pencilpoint Theatreworks
People’s Food Co-op
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<table>
<thead>
<tr>
<th>Gift Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>$25</td>
<td>Could provide an Ann Arbor Meals on Wheels client with essential toiletries and household supplies for a month.</td>
</tr>
<tr>
<td>$100</td>
<td>Could provide an OLLI participant $25 in annual membership, a six part lecture series, and a multiple session class.</td>
</tr>
<tr>
<td>$1,000</td>
<td>Could fund closed captioning services for 12 online education programs at TSWP.</td>
</tr>
<tr>
<td>$2,500</td>
<td>Could help HBS pay housing application fees for five low-income older adults.</td>
</tr>
<tr>
<td>$5,000</td>
<td>Could provide six months of art supplies for Silver Club members.</td>
</tr>
<tr>
<td>$10,000</td>
<td>Could provide 2,100 hot meals to Ann Arbor Meals on Wheels clients.</td>
</tr>
<tr>
<td>$15,000</td>
<td>Could provide all exercise classes at no cost to seniors for an entire year at the Turner Senior Wellness Program.</td>
</tr>
<tr>
<td>$25,000</td>
<td>Could provide over 300 hours of nursing support to help Silver Club members maintain health and age in place.</td>
</tr>
</tbody>
</table>

**BID NOW!**
Scan the QR code to bid in the silent auction.
Auction closes at 6:50 p.m.
Auction checkout begins at 8:30 p.m.
Visit us at victors.us/BHS2022.

If you would like to pay by check, please mail to:
Big Hearts for Seniors
Michigan Medicine Office of Development
777 E. Eisenhower Pkwy., Suite 650
Ann Arbor, MI 48108
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