



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

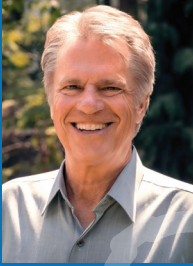
Mark A. Harris

Mrs. Kelly's Journey Home

Breeda Kelly Miller

Closing Remarks

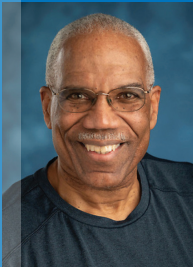
Victor Strecher, Ph.D., MPH



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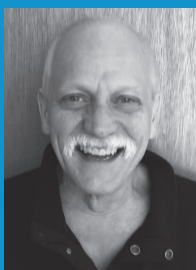
*Professor, University of Michigan
School of Public Health
Founder and CEO, Kumanu, Inc.*

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.

PROGRAMS

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.

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.)

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 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.

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.

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

WEBSITE: [michmed.org/
Silver-Club-Memory](http://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](mailto:GerMedSilverClub@umich.edu)

OFFICE HOURS: M-F, 9 a.m.-
5 p.m.; PROGRAM HOURS: M-F,
10 a.m.-3:30 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 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.

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

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

ARTISTIC DIRECTORS

Breda Miller

Founder, Breda Miller Speaking
Author, *Mrs. Kelly's Journey Home*

Brian Cox

Artistic Director, Pencilpoint Theatreworks

ANNOUNCER

Martin Bandyke

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

HONORARY COMMITTEE

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"Touchdown" Dr. Billy Taylor
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Laurita Thomas
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BIG HEARTS COMMITTEE

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Hallie Butterer
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*Event Chair

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Cumulus Media Ann Arbor

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Visiting Angels Ann Arbor
Raymond Yung

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Orion Automotive
Sakstrup Towing, Inc.
Gary Sarafa, M.D., Avalon Physician Services
Stefanie Sinks Geriatric Care Management
Jeff and Helen Starman
StoryPoint Senior Living
University of Michigan Retirees Association
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WSR Certified Public Accountants

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Ann Arbor Art Center
Ann Arbor Symphony Orchestra
Anonymous Donor
Anthony's Gourmet Pizza
A R Workshop
Arthur Murray Dance Studio of Ann Arbor
Athleta at Briarwood Mall
Aubree's Pizzeria & Grill
Balance and Composure Massage and Spa
Baskets and More
Bavarian Inn Lodge
bd's Mongolian Grill
Bell's Brewery
Beth Spencer
Bivouac
Blank Slate Creamery
Blue LLama Jazz Club
Bonobo Winery
Booksweet
Breeda Kelly Miller
Breeda Miller Speaking
Busch's
Calm Consulting LLC
Cambrian Assisted Living & Memory Care
Cardamon Restaurant
Caretel Inns Brighton (Symphony Network)
Catching Fireflies
Cherry Republic of Ann Arbor
Costco Wholesale — Pittsfield Township
Crows Nest Bar & Grill
Daria Paik, Potters Guild Member
Debbie Nanry
Detroit Pistons
Detroit Red Wings
Detroit Street Filling Station —
The Lunch Room Bakery & Cafe
Domino's Pizza
Dr. Lee
El Harissa Market Café
Eleanor's Sweets & Sodas
Imagine Entertainment
Eternity Brewery
Everyday Wine
Filson
Firestone Complete Auto Care
Fox Hills Golf & Banquet Center
Fran Coy's Salon & Spa
Fran Kawalec
Gerych's Innovative Event & Floral Design
Gross Electric
Hampton Inn Ann Arbor South
Handyman Connection of Ann Arbor
Happy House Gift Shop
Holiday's Restaurant
Hotel Hickman Chuckwagon BBQ
H.E.H. Human Electric Hybrids
Janet Hunko
Jennifer Melinsky
Jennifer Wolf
Jewish Family Services for Esperance Clothing
and Accessories
Jewish Family Services of Washtenaw County
"JIFFY" Mixes
Joan Harris, Potters Guild Member
John Beilein
Jon and Emily Yanca
Julie Edwards
Justine Bykowski
Karla Hitchcock
Kerrytown Concert House
Kimberly Lauren's Body & Health Studios
Knight's Southside Market

LaFontaine Chevrolet
Leslie Kamil for Jon Onye Lockard Foundation
Lewis Jewelers
Lori Hirshman
Lucky Kitchen, Inc.
Lux Look's Salon
Mainstreet Ventures
Marni Schmid
Martin Bandyke
Mast Shoes
Mary Rumman
Max Junk Removal
Medical Care Alert
Metzger's German Restaurant
Michigan Firehouse Museum and
Education Center
Michigan Medicine Survival Flight
Mickey Taylor
Mindo Chocolates
Motawi Tileworks
Naughty Boy's Rolled Ice Cream
Nicola's Books
Nina Hauser
Noreen Owens Photography
Norton's Flowers & Gifts
Osher Lifelong Learning Institute at the
University of Michigan (OLLI-UM)
Outback Steakhouse
Pat Walters & Sons — Heating and Cooling
Pencilpoint Theatreworks
People's Food Co-op
Rachel Dewees
Rappourt Ann Arbor
Restore Hyper Wellness Ann Arbor
Revive Dexter
Rob Reinhart's Essential Music
Rose's Restaurant & Lounge
Salt Springs Brewery
Seva Restaurant
Shinola

Silver Club Memory Programs
Signs In 1 Day
Social Work and Community Programs
South Lyon Cycle
Sparrow Properties North
Star's Cafe
State and Liberty Clothing Company
Susan Falcone
Susan Fisher
Sweetwaters Coffee & Tea
Target
TeaHaus
The Ark
The Betty Brigade
The Compassionate Friends
The Detroit Shoppe at Somerset Collection
The Earle Restaurant
The Hair Spot
The Health & Fitness Center at
Washtenaw Community College
The Lee Center
The M Den
The Purple Rose Theatre Company
The Whitney
Total Wine & More
Tuesday Night Quilters
Trader Joe's Ann Arbor
Turner Senior Wellness Program Book Sale
Turner's Greenhouse and Garden Center
Twinkle Toes Alaska
University Musical Society (UMS)
University of Michigan Athletics
V's Bees
Washtenaw Community College
Wayne DeLoria — Guitar/Vocals
Weingartz
Wild Birds Unlimited, Ann Arbor
York Food & Drink
Zingerman's Community of Businesses
Zippy Auto Wash

\$25

Could provide an Ann Arbor Meals on Wheels client with essential toiletries and household supplies for a month.

Your gift makes an impact!

\$50

Could provide Silver Club members with a storytelling program from a talented guest performer enabling members to interact, engage, and connect.

\$100

Could provide an OLLI participant \$25 in annual membership, a six part lecture series, and a multiple session class.

\$250

Could help HBS pay housing application fees for five low-income older adults.

\$500

Could provide six months of art supplies for Silver Club members.

\$1,000

Could fund closed captioning services for 12 online education programs at TSWP.

\$2,500

Could provide 15 Osher Lifelong Learning Institute lecture series scholarships to members.

\$5,000

Could help the Housing Bureau for Seniors assist 10 older adults to age in place and avoid crises.

\$10,000

Could provide 2,100 hot meals to Ann Arbor Meals on Wheels clients.

\$15,000

Could provide all exercise classes at no cost to seniors for an entire year at the Turner Senior Wellness Program.

\$25,000

Could provide over 300 hours of nursing support to help Silver Club members maintain health and age in place.

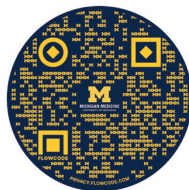
BID NOW!

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

(Please make checks payable to the University of Michigan)