Big Hearted Stories: On Purpose

May 18, 2023
Lydia Mendelssohn Theatre
and Michigan League

Benefitting:

- Ann Arbor Meals on Wheels
- Housing Bureau for Seniors
- Osher Lifelong Learning Institute
- Silver Club Memory Programs
- Turner African American Services Council
- Turner Senior Wellness Program
Big Hearted Stories: On Purpose

ARTISTIC DIRECTORS
Breeda Miller
Brian Cox

EMCEE AND STORYTELLER
Victor Strecher, Ph.D., MPH

MUSIC INTERLUDES
Billy Harrington Trio

EVENING PERFORMANCE

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

Leading With Safety, Serving With Purpose
Traci Ruiz

Salute to Fatherhood
Wallace Bridges

Featured Storyteller
Ari Weinzweig

Blessed to Find My Purpose
Audrey Lucas

More to Give – Big Hearts for Seniors
Video

Foregone Conclusion
Chris Mosley

Changing Expectations
Kasey Hilton

The Single Best Invention of Life
and Closing Remarks
Victor Strecher, Ph.D., MPH
Traci Ruiz
Traci Ruiz is an award-winning police leader and one of the highest-ranking Latina police officers in the country to serve more than 25 years. Ruiz has expertise as a presenter on personal safety. She was the first police officer appointed to the Michigan Governor’s Board of Medicine and one of the few municipal officers to work on a locally created federal grand jury team. She brings a multicultural perspective to her work, helping organizations take control of their safety, enhance emotional wellness, mitigate risk, and increase return on investment.

Wallace Bridges
Professor Wallace Bridges has been teaching theater courses and directing plays at Eastern Michigan University since 1992. He’s the recipient of the Fulbright U.S. Scholar Award, which allowed him to teach theater courses and to direct Lorraine Hansberry’s “A Raisin in the Sun” at the University of Ghana. Bridges is a member of Actors’ Equity Association and Screen Actors Guild-American Federation of Television and Radio Artists. He’s acted in feature films, most recently playing Rudy in “No Sudden Move.” He’s scheduled to appear as Johnny in “Jukebox for the Algonquin” at the Purple Rose Theatre in Chelsea, Michigan, this summer.

Ari Weinzweig
This year’s featured storyteller, Ari Weinzweig, is a University of Michigan alum and founder of Zingerman’s Delicatessen in Ann Arbor. His passion for the food business began while he was washing dishes at a local restaurant. He and his partner, Paul Saginaw, launched their small sandwich shop with a staff of two in 1982. Today, Zingerman’s is an Ann Arbor institution and a $40-million business with 500-plus employees. Weinzweig has been involved with and instrumental in founding Food Gatherers, a perishable food-rescue program that delivers more than a million pounds of food to people in need. Along the way, his colorful business story is dotted with national speaking engagements, awards, and multiple publications.

Audrey M. Lucas
Audrey M. Lucas has spent most of her life in the area, attending Ann Arbor Public Schools and graduating from Cleary College. For 47 years, she worked for the University of Michigan Health and now volunteers for various local organizations, including the Turner African American Services Council. Lucas is an active member of the Second Baptist Church of Ann Arbor and enjoys performing as a vocalist at local events. She’s grateful to be a part of a community where she has many family and friends.

Chris Mosley
Chris Mosley is a screenwriter of dark, gritty thrillers that often include tragic events from his own life. He is also a veteran television writer who covered news, professional sports, and entertainment. The Detroit-born writer has won multiple screenwriting competitions and a regional Emmy award. Most recently, he completed his first comic book, “I Ride for Them,” a science-fiction story that touches on mental illness and finding purpose. One of his passions is volunteering at Michigan Medicine, where his life was saved.

Kasey Hilton
Kasey Hilton, a University of Michigan alumna, has been an educator for 12 years and is currently a teacher for Ann Arbor Public Schools. Hilton is a champion for the disability community, which she supports through education and advocacy. When she’s not in the classroom, she spends time volunteering for University of Michigan Health C.S. Mott Children’s Hospital, and her sons’ school. She is currently working on a children’s book teaching others about the disability world and the importance of inclusion, giving her children the opportunity to see themselves in the stories they read.

Victor Strecher, Ph.D., MPH
Professor, University of Michigan School of Public Health
Founder and CEO, Kumanu, Inc.
Vic Strecher is a visionary leader and expert in the fields of behavior change, digital communication, and well-being. Strecher is a professor at the University of Michigan School of Public Health and founder of Kumanu, Inc., a next-generation well-being company. He’s focused on the importance of developing and maintaining a strong purpose in life and his neuroscience, behavioral, and epidemiologic research reflects that. So do his other works including two books, “Life On Purpose” and the graphic novel “On Purpose,” his free online course “Finding Purpose and Meaning in Life,” and the Purposeful application his business (Kumanu) created.

Breeda Miller
Breeda Miller is a renowned speaker, playwright, and caregiving expert with extensive experience in the healthcare industry. Miller is a sought-after speaker and advocate, using her talents as a playwright and performer to raise awareness and provide education on the challenges of caregiving. Her one-woman show “Mrs. Kelly’s Journey Home” has been a hit with audiences around the world. She is also the author of “The Caregiver Coffeebreak,” an award-winning book dedicated to supporting and inspiring caregivers everywhere.

Brian Cox
Brian Cox is an award-winning newspaper editor and published author in Detroit. One of his short stories, “The Surrogate Initiative,” was selected for Houghton Mifflin’s “The Best American Mystery Stories 2020” anthology. His full-length play “CLUTTER” received the 2017 Wilde Award for Best New Script. Cox also constructs crossword puzzles for The New York Times. He is the founder and artistic director of PencilPoint TheatreWorks and a producer of “Snapshots: Stories of Life,” featuring live storytelling from people in the community using their own photographs as the basis of their stories.
ANN ARBOR MEALS ON WHEELS
Ann Arbor Meals on Wheels (AAMOW) is a program of U-M Health Department of Community Health Services. It seeks to reduce hunger and food insecurity in a culturally responsive manner for homebound community members in the Ann Arbor area. The program serves those who are unable to shop and prepare complete, nutritious meals for themselves because of their health.

AAMOW provides up to 13 prepared meals for clients each week. Individuals can choose between a hot or cold meal, or both. Ensure nutritional supplement shakes are also available to those who are at nutritional risk. Referrals to AAMOW for eligible individuals can be made by those seeking services as well as their loved ones, caregivers, social workers, and medical providers.

Volunteers play a critical role in helping us serve our homebound neighbors by conducting wellness checks and delivering meals and needed household items and toiletries. They also give our clients cards and activity books to brighten their days.

HOUSING BUREAU FOR SENIORS
The Housing Bureau for Seniors (HBS) is a program of U-M Health Department of Community Health Services. Recognizing that stable housing is imperative to physical and mental well-being, the program empowers older adults and their loved ones to help them maintain permanent housing. HBS offers:

- Access to resources to find and maintain permanent, sustainable housing.
- Support to prevent homelessness among older adult renters through the Elderly Eviction Prevention program.
- One-on-one assistance, community events, educational programs, and other outreach efforts.
- Decision-making tools and resources to assess options around housing transitions with the Housing Counseling program.
- Assistance navigating barriers around mortgages and property taxes through the Foreclosure Prevention program.

OSHER LIFELONG LEARNING INSTITUTE
The Osher Lifelong Learning Institute at the University of Michigan (OLLI-UM) is a program that was established in 1987 by a group of Turner Geriatric Clinic volunteers. It’s for people who share a love of learning. The institute capitalizes on the skills, knowledge, and experience of dedicated senior volunteers who actively plan and implement the learning programs for their peers. More than 100 volunteers work to 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 for more than 1,100 members.

OLLI members largely live in Ann Arbor and surrounding communities, but virtual programming pulls in people from around the country. Membership is intended for all enthusiastic learners 50 and older, approaching or living in retirement, regardless of previous education. OLLI-UM is dedicated to challenging minds and stimulating the spirit to maintain healthy bodies.

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 participating in 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 fun and 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.

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

- 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 a therapeutic writing group, weekly open bridge and chess, and special events
- Caregiver Resource Center in the Turner Resource Center 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.
Interim Chair, Department of Internal Medicine
Jeffrey B. Halter, M.D. Collegiate Professor of Geriatric Medicine
Director, Geriatrics Center and Institute of Gerontology
Theodore Suh, M.D., Ph.D., MHS
Professor, Internal Medicine
Director, Turner Geriatric Clinic
Alfreda Rooks, MPA
Director, Community Health Services

ARTISTIC DIRECTORS
Breeda Miller
Founder, Breeda Miller Speaking Author, “Mrs. Kelly’s Journey Home”
Brian Cox
Artistic Director, PencilPoint TheatreWorks

HONORARY COMMITTEE
John U. Bacon
Martin Bandye
George Bedard
John Beilein
“Mr. B” Mark Lincoln Braun
Carol Ann Fausone
Carol Hutchins
Marianne James
Jack Knowles
Ken Magee
Warde Manuel
Anne Mondro
Rob Reinhard
Alfreda Rooks
Jeff Starman
Vie Streicher
“Touchdown” Dr. Billy Taylor
Christopher Taylor
Laurita Thomas
Ray Yung

BIG HEARTS COMMITTEE
Steph Augustyniak
Angela A. Bingham
Pam Brown
Brian Cox
Yvonne Cudney
Julie DeLoria*
Shannon Etcheverry
Mary Fahrner
Susan Fisher
Margaret Flannery
Pat Hall
Sara Holmes
Janet Hunko
Gayle Jackson
Leslie Kamil
J. Terrence MacEwen
Breeda Miller
Michelle Miller
Sharon Niedzielski
Jason Page
Wendi Smith
Maureen Stein
Julia Stevens
Carolyn Rose Stone
Cathy Strachan
Courtney Vanderlaan
Perrin Varland
Fran Weinstein
Carolyn White
*Event Chair

SPONSORS*

PRESENTING

SILVER
Marti Barden
DTE Energy Foundation
Martin Family Foundation
Michigan Medicine-University of Michigan-Geriatric Center

BRONZE
Atria Park of Ann Arbor
Balfour Senior Living
Blue Compass RV
Brookhaven Manor
CuraVitae
FirstLight Home Care of Greater Ann Arbor
U-M Health Department of Community Health Services

COPPER
Angela Hospice
Arbor Hospice
Bank of Ann Arbor
Bassett Murray Law Group, PLLC
John and Kathleen Beilein
The Betty Brigade
BrightStar Care Home Care
Chaligian & Tripp Law Offices, PLLC
EHM Senior Solutions
Fox Run Senior Living
Home Instead of Ann Arbor
Jack and Monica Knowles
Legacy Law Center
Michigan G.R. and M.A., LLC
Old National Bank
Jana Smith
University Living
Royce G. Walters

FRIEND
All Seasons Ann Arbor
Cabell Family Dental Care
Chelsea Retirement Community
Elder Law Attorney (Suzy Fanning)
Excel Dental - Dr. Sandra Shrimankar
German Honda of Ann Arbor
Jennifer and David Howard

*As of May 3, 2023
SPONSORS

IN-KIND

2 LadsWinery
36 Social
ABC3 (Awesome Business Coaches, Counselors and Consultants)
Aberdeen Farm
Ace Barnes Hardware
Afternoon Delight
Al Dente Pasta Whitmore Lake
American Appliance Heating and Cooling
Ann Arbor Art Center
Ann Arbor City Club
Arbor Farms Market
Arcadian Antiques
The Ark
Arthur Murray Dance Studio of Ann Arbor
Athleta at Briarwood Mall
Aubree’s Pizzeria & Grill
Axe Ventura
John U. Bacon
Balance and Composure Massage & Spa
BarStar Management
Bavarian Inn Lodge
B.D.E.L. Transport, LLC
John Beilein
Bell’s Brewery
The Betty Brigade
Bivouac
Blank Slate Creamery
Bonobo Winery
Breeda Miller Speaking
Briarwood Mall
Brighton Airborne Adventure Park
Brys Estate Vineyard & Winery
Shari Buck
Busch’s Fresh Food Market
By Dawn’s Early Light Home Care Service’s INC.
Cambrian Assisted Living & Memory Care
Cardamom Restaurant
Caretel Inns
Grace Cataldo
Catching Fireflies - Ann Arbor
Chaloner’s Cigar House
Chateau Chantal Winery
Chef Darlene
Cherry Republic
Club Champion
Crow’s Nest
Claire Dahl
Debi Varland: debiV Studio Art Glass Design
Wayne DeLoria
Detroit Lions
Detroit Red Wings
Detroit Street Filling Station
Detroit Tigers
The Earle
Julie Edwards
El Harissa Market Cafe
Eleanor’s Sweets and Sodas
Electric Ramen
Emagine Theater
Eternity Brewing Company
Everest Sherpa Restaurant
Everyday Wines
Susan Falcone
FireKeepers Casino
Fisher Theatre
Susan Fisher
Fowling Warehouse Ypsi Ann Arbor
Fran Coy’s Salon and Spa
Frita Batidos
Rita Gelman
Loretta Grimes
Gross Electric
Handyman Connection
Janet V. Haynes
The Health & Fitness Center at WCC
Holiday’s Restaurant
HOMES Brewery
Hotel Hickman Chuckwagon BBQ
Human Electric Hybrids, LLC
Infinity Yacht Charters
Izzy’s Hoagie Shop
Jerusalem Garden
Jon Onye Lockard Foundation
Kestly Development and Training
Kimball Animal Hospital
Kimberly Lauren’s Body & Health Studios
Knight’s Southside Market
Lake Forest Golf Club
Lewis Jewelers
Liberty Athletic Club
Gabrielle Lucci
Lucky Kitchen, Inc.
LUX Looks Salon
The M Den
Madaras Design Studio
Ken Magee
Mainstreet Ventures Restaurant Group
Norman Mallard
Mast Shoes
MAWBY Sparkling Wine
McIntosh Dental
Medical Care Alert
Medical Weight Loss Clinic
Mediterrano
Meijer
Metzger’s German Restaurant
Michigan Firehouse Museum and Education Center
Mindo Chocolate Makers
Ryan Molloy
Motawi Tileworks
MotorCity Casino Hotel
DebbieNanry
Nautili on the River
Noreen Owens Photography
Norton’s Flowers & Gifts
Natalie Novello
OLLI-UM
Ore Creek Craft Cider
P.F. Chang’s
Daria Paik
Pedal Saloon Ann Arbor
PencilPoint TheatreWorks
People’s Food Co-Op
Plum Market
The Purple Rose Theatre Company
Rappport
Rob Reinhart’s Essential Music
Salt Springs Brewery
Schuler Books
Seva Ann Arbor
Signs In 1 Day
Silver Club Memory Programs
Sparrow Properties North
Beth Spencer
Spun Ann Arbor
Star’s Cafe
State & Liberty Clothing Company
Curtis Stevens
Stone and Spoon
Vic Strecher
Sweetwaters Coffee & Tea
Tap Room
Target
Mickey Taylor
Tea Haus
Theatre NOVA
TJ Maxx - Westgate Management Team
Trader Joe’s
Mary Alice Treadway
Turner’s Greenhouse
Twinkle Toes Alaska
Unicorn Feed and Supply
University Musical Society
University of Michigan Athletics
University of Michigan Club of Ann Arbor
Unwind Yarn Shop
Vestergaard Farms
Walcott Dental
Pat Walters & Sons - Heating and Cooling
Washtenaw Golf Club
Weingartz - Ann Arbor
Cheryl and Paul Whitfield
The Whitney
Wild Birds Unlimited
Wines For Humanity
York Food & Drink
Phil Zaret
Zingerman’s Community of Businesses
Zippy Auto Wash
Zoup!
Your gift makes an impact!

<table>
<thead>
<tr>
<th>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>$5,000</td>
<td>Could help the Housing Bureau for Seniors assist 10 older adults to age in place and avoid crises.</td>
</tr>
<tr>
<td>$750</td>
<td>Could fund a free event for TAASC to help promote equitable healthcare for diverse senior adults and underserved populations.</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 or donate now. Auction closes at 6:50 p.m. Auction checkout begins at 8:30 p.m. Visit us at victors.us/BHS2023.

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)