



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

A large, stylized graphic of a microphone on a stand, rendered in light blue outlines, spans across the top and sides of the page. The microphone head is at the top left, and the stand extends down to the bottom right.

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.

ARTISTIC DIRECTORS



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.

PROGRAMS

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.

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

WEBSITE: [Michiganmedicine.org/
community/community-health-
services/ann-arbor-meals-wheels](https://www.michiganmedicine.org/community/community-health-services/ann-arbor-meals-wheels)

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.-4:00 p.m.)
T-Th-Sa: In-office (8:30 a.m.-
4:00 p.m.)

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.

To learn more about HBS:

WEBSITE: [Michiganmedicine.org/
community/community-health-
services/housing-bureau-seniors](https://www.michiganmedicine.org/community/community-health-services/housing-bureau-seniors)

ADDRESS:
3621 S. State Street, Door #710
Ann Arbor, MI 48108

PHONE: 734-998-9339

EMAIL: [housingbureauseniors@
umich.edu](mailto:housingbureauseniors@umich.edu)

HOURS: M-F: 8:30 a.m.-5:00 p.m.

Please feel free to make an appointment during those hours.

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.

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

WEBSITE: [Olli-umich.org](https://www.oli.umich.edu)

ADDRESS:
Turner Senior Resource Center
2401 Plymouth Road, Suite C
Ann Arbor, MI 48105-2193

PHONE: 734-998-9351

EMAIL: olli.info@umich.edu

HOURS: M-F: 9:00 a.m.-5:00 p.m.

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

WEBSITE: [Medicine.umich.
edu/dept/geriatrics-center/
community-programs/turner-
senior-resource-center/silver-
club-memory-programs](https://www.michiganmedicine.org/dept/geriatrics-center/community-programs/turner-senior-resource-center/silver-club-memory-programs)

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)

PROGRAM HOURS: M-F: 10:00 a.m.-
3:30 p.m. OFFICE HOURS: M-F: 9:00
a.m.- 5:00 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 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.

To learn more about TAASC programs or to volunteer:

WEBSITE: [michmed.org/taasc](https://www.michmed.org/taasc)

ADDRESS:
Turner Senior Resource Center
2401 Plymouth Rd., Suite C
Ann Arbor, MI 48105

PHONE: 734-998-7409

EMAIL: info.taasc@umich.edu

TURNER AFRICAN AMERICAN SERVICES COUNCIL

The Turner African American Services Council (TAASC) was established more than 25 years ago to identify and improve the health, social, and emotional needs of local underserved and vulnerable older adults of color. TAASC is the only program in Washtenaw County that primarily focuses on promoting the health and wellness of older adults of color. In 2022, TAASC became one of the community programs at Michigan Medicine Turner Geriatrics Center. TAASC's diverse membership is primarily composed of local, older, African-American stakeholders that are affiliated with prominent faith-based, health, academic, and governmental organizations.

TAASC's program year kicks off with an annual MLK, Jr. Day Celebration, which sets the theme and tone for the rest of their offerings throughout the year. This year's MLK, Jr. event was entitled "Differential Diagnosis: Is Race, Ethnicity and Culture Considered?" Themes in the 2023 series focus on health, healing, and happiness. All TAASC programs are free and open to the public.

To learn more about TSWP programs or to volunteer:

WEBSITE: [Medicine.umich.edu/
dept/geriatrics-center/
community-programs/turner-
senior-wellness-program](https://www.michiganmedicine.org/dept/geriatrics-center/community-programs/turner-senior-wellness-program)

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: 9:00 a.m.-5:00 p.m.

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
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"Mr. B" Mark Lincoln Braun
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Anne Mondro
Rob Reinhart
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Vic Strecher
"Touchdown" Dr. Billy Taylor
Christopher Taylor
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Ray Yung

BIG HEARTS COMMITTEE

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Angela A. Bingham
Pam Brown
Brian Cox
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*Event Chair

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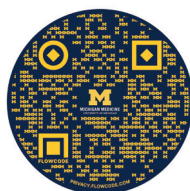
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<p>\$100</p> <p>Could provide an OLLI participant \$25 in annual membership, a six part lecture series, and a multiple session class.</p>		<p>\$250</p> <p>Could help HBS pay housing application fees for five low-income older adults.</p>
<p>\$1,000</p> <p>Could fund closed captioning services for 12 online education programs at TSWP.</p>	<p>\$2,500</p> <p>Could provide 15 Osher Lifelong Learning Institute lecture series scholarships to members.</p>	<p>\$5,000</p> <p>Could help the Housing Bureau for Seniors assist 10 older adults to age in place and avoid crises.</p>
<p>\$10,000</p> <p>Could provide 2,100 hot meals to Ann Arbor Meals on Wheels clients.</p>	<p>\$15,000</p> <p>Could provide all exercise classes at no cost to seniors for an entire year at the Turner Senior Wellness Program.</p>	<p>\$25,000</p> <p>Could provide over 300 hours of nursing support to help Silver Club members maintain health and age in place.</p>

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)