Thank you for joining us for our 15th anniversary event as we provide an evening of storytelling from community members about their true life experiences.

**Program**

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<td>6:45 PM (EST)</td>
<td>Virtual Lobby Opens to Registrants</td>
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<td>7:00 - 7:15 PM</td>
<td>Welcome and Introduction by Vic Strecher</td>
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<td>7:15 - 8:25 PM</td>
<td>Storytellers</td>
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<td>Breeda Miller - Apple Pie</td>
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<td>8:25 - 8:30 PM</td>
<td>Thank You/Conclusion of Program</td>
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**Event Emcee:** Victor Strecher, PhD, MPH, Director for Innovation & Social Entrepreneurship, University of Michigan
HAVING A POSITIVE INTERACTION WITH A LOVED ONE WITH DEMENTIA

Remember your loved one is still your family member. They may not remember your name, but they know who you are and still love you. Start off by connecting physically with your loved one. Hold their hand or give them a hug and sit with them for a few minutes to ease any tension or stress.

Never argue. If your loved one is talking about something from the past just remember that is their reality now. Telling them that their mother is no longer alive or they can’t go back to their home will only increase their stress level, which will do the same for you. Provide a quick answer and redirect them. Such as “your mom went to the store, we should start getting some dinner ready it’s almost 5:00.”

Use past memories to spark conversation. Since long term memory is the last thing to go, your loved one may remember their childhood best friend or past vacations even if they don’t remember what they had for lunch (or even that they had lunch). Bringing up something from the past prevents them from feeling frustrated and allows you to connect. Try using a special memory you have!

Try to avoid asking open ended questions. Instead of asking your family member what they would like to eat, try to offer ideas of things you know they like such as “would you like oatmeal or scrambled eggs for breakfast”. This will allow for easier communication while making them feel empowered by making independent choices.

When all else fails go to something you know they love. If your loved one seems to be having a hard day and nothing is working, use something you know they are passionate about. Often times their favorite food, putting on a type of music they used to enjoy, or showing them a funny video on Youtube. These things can be used as a redirection technique to get things going in a positive direction.

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- OLLI-UM
- Norman Mallard, Artist
- Real Seafood Company of Ann Arbor and Palio’s
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- Schuler’s Restaurant and Pub
- Seva
- Star’s Café
- Stonebridge Golf Course
- TeaHaus
- The Hair Spot
- The Henry Ford
- The Lunch Room
- The Standard Bistro & Larder
- University of Michigan Athletics
- Valerie’s Hair by Design
- Your Path Reiki
- Zingerman’s Community of Businesses

Meet the Story Tellers
Victor J. Strecher, PhD, MPH - Emcee

Vic is a professor at the University of Michigan School of Public Health and Founder and CEO of Kumanu, Inc. 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; and the Purposeful/application his business (Kumanu) created are all focused on the importance of developing and maintaining a strong purpose in life.
Roger Parker - Salt and Pepper

Roger Parker grew up on his grandparents' farm near Ann Arbor listening to his grandfather's stories. He honed his own story-telling skills telling biblical tales during 40 years as a United Methodist preacher. Roger has played piano in dance bands and jazz ensembles since he was a teenager. His story will tell about the influence of Ed Cox, with whom he formed the duo “Salt and Pepper” and who has become for him a role model for aging vibrantly and living life fully to the very end.

Margaret Flannery - Lake Rara

Margaret is a native Michigander from Saginaw and has travelled the world in her seven decades. She says her journeys have been both physical and mental. “Some of the most incredibly beautiful and scary places I have visited are within myself.” She loves to tell stories about her experiences, she says she sometimes does things just to have a good story to tell. Other times, good stories happen because she is active and willing to explore. Margaret is grateful to her family and to all the people from around the world who have enriched her life.

Marc Holland - The Knees Go First

Marc is a published playwright whose comedies have been performed more than 300 times over the last 28 years. He recently signed a contract with Fifth Avenue Press to publish a trilogy of mystery novels, chronicling the adventures of Ted Winkle: Private Eye. A longtime actor, he portrayed both Atticus Finch and Willy Loman for the Ann Arbor Civic Theatre. Married with grown children, Marc is a voracious fan of the Detroit Tigers and Toarmina's Pizza.

CarolynRose Stone - Singing with Strangers

CarolynRose's Southern parents gave her a special first name, pronounced and spelled as one word, as her mother intended, her everyday name. Her story is about singing late in life, not about performing. She loves to sing like we used to, driving around, windows open, radio cranked. She makes connections with people through music, that surge of energy and common experience. CarolynRose works with people with dementia, always watching for their ways to show us who they have always been.

Betty Brown-Chappell, Phd, MSW - The Matriarch

Author of the book, Open Secrets: A Poor Person’s Life in Higher Education, Eastern Michigan University (EMU) named Dr. Brown-Chappell as a 2012 Martin Luther King Humanitarian Award Recipient. Currently a retiree from EMU, Dr. Brown-Chappell’s professional work has been featured in such media as Ebony Magazine, The New York Times, Detroit Free Press, Ann Arbor News and The Chicago Defender; she has also appeared on local and national television and radio shows. Dr. Brown-Chappell recorded The Matriarch, (originally an Honors Thesis authored by Pamela Gesund) for Storycorps. She and her husband, Michael, have two adult children and recently became grandparents.
Breeda Miller - Apple Pie

Breeda is a recovering caregiver, speaker and author who helps other caregivers carry on. Her stories have been shared on The Moth Story Hour on NPR and a video of her story Ticket to Heaven went viral (in a good way) with over 1.2 million views in early 2020. Her award-winning book The Caregiver Coffeebreak provides helpful tips for caregivers to Take a Break Before They Break. As the Preventing Burnout Speaker, Breeda works with organizations who want to keep their best and brightest and help them stay that way. When not telling stories, you’ll find her in Manchester with her family enjoying a decent cup of tea on her porch.

A SPECIAL THANK YOU TO:

Honorary Chair

Victor Strecher, PhD, MPH, University of Michigan School of Public Health and Founder & CEO of Kumanu

Faculty and Staff Champions

Theodore Suh, MD, PhD, MHS, Associate Professor, Internal Medicine
Alfreda Rooks, MPH, Director, Community Health Services

Artistic Directors

Breeda Miller, CEO of Breeda Miller Speaking and founder of The Caregiver Coffeebreak
Brian Cox, Artistic Director, Pencilpoint Theatreworks

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