



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN



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SUMMER LECTURE SERIES AND MORE!

**FOOD INSECURITY: AROUND THE
STATE AND CLOSE TO HOME**

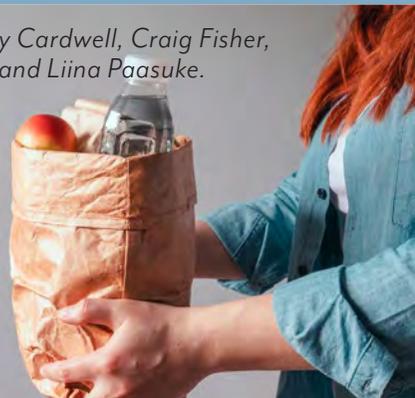
JUNE 10-24, 2021

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FOOD INSECURITY: AROUND THE STATE AND CLOSE TO HOME

This lecture series was planned by: Camille Orso, Chair, Mary Cardwell, Craig Fisher, Bruce Friedman, Jerry Gardner, Will Hawk, Debby Nicholas, and Liina Paasuke.

In 2018, 37 million Americans (11.5%) experienced food insecurity and Michigan was well above the national average at 13.6%.¹



In a country with supermarkets bulging at the seams with food products why, in recent years, have millions of Americans lacked consistent access to enough food for a healthy active life? In 2018, 37 million Americans (11.5%) experienced food insecurity and Michigan was well above the national average at 13.6%.¹ Further, according to the October 2020 estimate from Feeding America, the coronavirus pandemic has markedly worsened the situation and 50.4 million people, including 17 million children, have experienced food insecurity in 2020.² Join our summer series on food insecurity to learn more about the extent of the problem before and during the pandemic, the populations most affected, the federally supported programs that address food insecurity, the organizations that provide solutions right here in Washtenaw County, and an innovative private initiative to create win-win-win programs benefitting needy households, local farmers and vulnerable communities.

1, 2 Figures from Feeding America, 2018

Thursday, June 10
10:00 - 11:30 AM

No Food for Thought: Food Insecurity and Health Outcomes Across the Life Course

Cindy Leung, Sc.D.,

Assistant Professor of Nutritional Sciences, is a nutrition epidemiologist at the U-M School of Public Health. Her research focuses on the experience of food insecurity and its negative influence on health. She is especially interested in using this research to inform the development of federal programs and policies to help alleviate food insecurity and promote good health for vulnerable populations. Dr. Leung earned her M.P.H. from UC Berkeley and her Sc.D. in Nutrition and Epidemiology from Harvard University.



Food insecurity has been a persistent social and health concern in the U.S.

for the past several decades. This presentation will discuss the negative health outcomes associated with food insecurity for various populations across the life course, how national food insecurity has changed as a result of the COVID pandemic, and how our food assistance programs have responded to alleviating food insecurity.

Thursday, June 17
10:00 - 11:30 AM

Fair Food Network: Hungry People, Local Farmers, and Vulnerable Communities



Kate Krauss became Fair Food Network's (FFN) Executive Director in 2019 after four years as the organization's COO. Before joining FFN, Kate was Managing Director of Slow

Food USA. She recently re-joined Slow Food as a member of its national board of directors. Kate, who has over twenty years of non-profit experience, began her career in television journalism. She is a graduate of Columbia University.

Ms. Krauss will provide an overview of FFN's work toward greater equity in our food economy, increased access to healthy food for everyone, and a more sustainable ecological future.

She will describe its Double Up Food Bucks program that matches locally grown fruit and vegetable purchases up to \$20 a day for individuals eligible for SNAP funds (formerly "food stamps"). The FFN, started in southeastern Michigan in 2009, works with community partners in almost every county in Michigan and has expanded its programs across the U.S.

Thursday, June 24
10:00 - 11:30 AM

Key Organizations Serving Food-Insecure People in Washtenaw County

Washtenaw County is wealthy. Median household income is \$76,500, 28% above the Michigan average and 17% above the U.S. average¹. However, there are significant pockets of poverty in the county. About 11% of the population is below the poverty line. Similarly, 11% is food insecure, a percentage close to the national average. The Coronavirus pandemic has greatly worsened the problem. Since March 2020, county food distribution agencies reported a 30-300% increase in visitors. To quote one agency head, "[T]he pandemic created a perfect storm of food insecurity...We have never seen anything like it."

This panel discussion will feature leaders of three front-line organizations doing battle against food insecurity: Food Gatherers, serving all of Washtenaw County, Ypsilanti Meals on Wheels, and We The People Opportunity Farm in Ypsilanti. Each leader will describe their organization, its target audience, and operations.

1 Figures from US Census for 2019

PANELISTS:

Alison Foreman, Executive Director of Ypsilanti Meals on Wheels (YMOW), has worked with Ypsilanti area non-profit organizations for more than 15 years. Ms. Foreman serves on the boards



FOOD INSECURITY: AROUND THE STATE AND CLOSE TO HOME

of the Ypsilanti Area Community Fund, Washtenaw Leaders Advisory and the Area Agency on Aging 1B Diabetes Program Advisory Group, and is a former member of the SOS community services board. She has appeared as a guest on NPR's "All Things Considered" and CNN's "The Lead." Prior to YMOW Alison worked with the Michigan State Housing Development Authority and the Book Industry Charitable Foundation. She received her bachelor's degree in juvenile justice and a master's degree in public administration from Eastern Michigan University.

YMOW provides nutritious meals, social contact, and other services to homebound elderly, ill, and disabled persons in eastern Washtenaw County. YMOW's vision is a community where every senior feels nourished, valued and supported.



Melvin Parson (AKA Farmer Parson), spent approximately 13 years of his life incarcerated, was homeless on 3 separate occasions, and battled with substance abuse for many years. He has

experienced many of the challenges that come with being on parole or probation. In 2015, while he was earning a bachelor's degree in social work from Eastern Michigan University, he co-founded a mentor program for men and women returning home from incarceration called A Brighter Way. In 2018 Mr. Parson founded a nonprofit organization, We The People Opportunity Farm (WTPOF),

to create a sustainable farming system that can support a workforce of formerly incarcerated persons. He believes a main factor for people returning to prison is their inability to find meaningful employment or enrichment opportunities. One of his goals is to provide a paid internship program that will act as a springboard to future employment, continued education, and meaningful strides towards caring about themselves, others and their community.

WTPOF's mission is to break the cycle of incarceration in Washtenaw County. Its Paid Internship Program includes farming activities, as well as literacy and learning related to organic foods, career-building workshops, financial literacy, and home rehabilitation. In 2020, WTPOF started a Food Distribution Program and has given over 1,200 lbs. of food to 300 neighbors.

Eileen Spring, recently named 2021 Woman of the Year by the United Way of Washtenaw County, has spent 27 years at Food Gatherers (FG) and is currently President and CEO.



Ms. Spring helped develop and steward a community-wide Food Security Plan that has dramatically improved the amount of fresh produce and protein available to individuals struggling with food insecurity in Washtenaw County. She has been active on the board of the Food Bank Council of Michigan, has participated at the national level with Feeding

America, and is a founding member of the Washtenaw Housing Alliance. She received her bachelor's degree from Hofstra University and a master's degree from the University of Michigan.

Food Gatherers was the first food rescue program in Michigan and the sixth nationwide. The food bank serves all of Washtenaw County and provides millions of pounds of free or low-cost food to a network of 170 hunger relief pantries. FG also provides direct food assistance in

the form of hot meals, nutritious snacks, or emergency groceries to low-income adults, seniors and children. FG operates the Community Kitchen/Job Training Program at the Delonis Center, as well as Summer Food Service and Healthy School Pantry programs. FG also advocates for policies to improve food system equity.

For more information and supplemental resources about Food Insecurity visit:

bit.ly/3gGc9cr

URGENT & CRITICAL LECTURE SERIES

It's been a COVID-19 year - where are we and where are we headed? This series is co-hosted by OLLI-UM and the U-M Turner Senior Wellness Program. The lectures are free and registration is not required.

Tuesday, May 18
10:00 - 11:30 AM

Shelter in Place: How the Pandemic is Changing our Cities, Neighborhoods and Homes

Many of us are thinking about how the pandemic will impact our lives going forward. This includes architects and designers who are imagining the changes that the pandemic will bring to urban spaces, neighborhoods, and homes.

Kit Krankel McCullough, an architectural and urban designer and faculty member for the U-M Taubman College of Architecture and Urban



Planning, will discuss some of the ways our surroundings are adapting to post-pandemic life and provide us with an inside look at what might be in our not- so-distant future. Through her urban design practice and teaching, Ms. McCullough advocates for equitable and socially just development, healthy and sustainable environments, strong communities, and cities that promote well- being and happiness. She has developed urban design and economic strategies at a range of scales and led urban design projects in cities around the country. She received her Bachelor of Architecture from the University of Texas at Austin and her Master of Architecture in Urban Design from Harvard University.

OLLI@Home

STAY IN OR GO OUT

as You Explore the Treasures of Washtenaw

Monday, May 17

3:00 - 4:30 PM

Sauerkraut and Beyond: The Art and Necessity of Traditionally Fermented Foods



David Klingenberger, owner and chief fermentation officer of the Brinery, will introduce OLLI members to the art of fermentation. The presentation will look back to the Brinery's origins and the commitment that David has both to working with local farmers and to producing healthy nutritious foods. Learn about what goes into the fermentation process and what the Brinery offers to the community!

PLEASE JOIN US!

OLLI's Annual Meeting

Tuesday, May 25

10:00 - 11:45 AM

OLLI Director Lisa Barton and Leadership Council President Laurie Barnett will take a look back on our OLLI Year and the presentation of the slate of candidates for our 2021-2022 Leadership Council.

Guest speaker, **Dr. Emily Toth Martin**, Associate Professor of Epidemiology at U-M's School of Public Health will present and the session will be moderated by OLLI member Karen Bantel, PhD, MBA.

COVID: Variants, Treatments, and a View on Mitigating Future Pandemics

<https://umich.zoom.us/j/91343781105> or dial (312) 626-6799.

Meeting ID: 913 4378 1105 followed by #.

The OLLI Commons is your Meetup Place!

The Commons is OLLI's free meetup place, offering a variety of fun, friendly, stimulating and creative activities, offered on a flexible, drop-in basis.

For more information visit: <https://www.lli-umich.org/lli-commons> for the details.

OLLI OUT OF TOWN - WEEKEND KICKOFFS

Start your weekend off with **Out of Town**. It has transitioned from in-person travel to virtual travel and is offering five dynamic programs to provide you with a kickoff into your weekend.

Friday, May 28

3:00 – 4:30 pm

\$10 Online

Alden B. Dow and Mid-Century Modern Architecture in Southeast Michigan



This presentation by **Craig McDonald**, Director of the Alden B. Dow Home and Studio and the Foundation Representative of the Alden and Vada Dow Family Foundations, will focus on Dow's architectural achievements in southeast Michigan, including Ann Arbor. Dow was the architect of Ann Arbor's City Hall, Downtown Public Library, and the UM Administration Building.



When OLLI resumes in-person travel, we look forward to scheduling a day trip to Midland to view, first hand, Dow's home, studio, and gardens and other architectural accomplishments in Midland.

TORN FROM THE HEADLINES

Monday, June 7

4:00 - 5:00 PM

Cybersecurity: Personal, Corporate and Governmental Risk and Strategies for Addressing Vulnerabilities

News of extensive Russian hacking of a number of U.S. government agencies and major corporations broke recently, prompting many questions about the strength of our cybersecurity. Why was the Russian hacking not detected by any of the government agencies that have cybersecurity roles? Is our reliance on private companies for our nation's cybersecurity strategy appropriate, or does this pose a vulnerability?

The Cybercrime Support Network works with federal, state and local law enforcement and consumer protection agencies to help consumers and small businesses affected by cybercrime. Ms. Judge's extensive background includes her role as Director of Government Affairs at the National Cyber Security Alliance (NCSA) where she worked with Google, FTC, FBI, SBA, DHS, NIST, congressional leaders and other key stakeholders across the country to educate consumers and businesses on how to protect sensitive data.



Speaker, Kristin Judge, founder of the nonprofit Cybercrime Support Network

AFTERNOONS WITH OLLI

Wednesday, May 19

3:30 - 5:00 PM | \$5 online

A Band for All Ages

The Little Bands Music School is an innovative music program in which students learn music from a constructivist perspective. The program serves all ages. The foundation of the program is the multi-instrumental band program. Students join a 5-piece band. The instrumentation of the band is piano, guitar, bass, drums and voice. Students follow a detailed curriculum of songs and compose their own songs. This method is designed to facilitate an environment in which students understand music from different perspectives, learn to collaborate and work together, and experience what goes into a piece of music and how to compose their own music.



Joshua Grekin is a musician and educator with experience teaching all ages and genres. Trained as a jazz trumpet player, he is also proficient on piano, guitar, bass,

drums, and other orchestral instruments. Joshua has a BA in music from the Berklee College of Music, a Masters from the Manhattan School of Music and is currently finishing his PhD at Oakland University. He is the creator and director of the Little Bands School. A songwriter as well, Joshua writes music for musicals, film, commercials, bands, and the Little Bands School curriculum.

Wednesday, June 16

3:30 – 5:00 pm, \$5 online

Heard Around Town: Michigan Speak

Do you say 'pop' or 'soda' or 'soft drink'? Do you know what a 'Michigan left' is? Did you know 'Yoooper' is now in some standard dictionaries? Come hear about what is happening to English in Michigan and share the changes you're hearing in the language.

Anne Curzan, Dean of LSA at University of Michigan is a trained linguist, studies the history of the English language. She describes herself as a fount of random linguistic information



about how English got to be the way it is—information she shares every Sunday on the show "That's What They Say" on Michigan Public Radio. She has also dedicated one major strand of her career to helping students and the broader public understand linguistic diversity as part of cultural diversity, and language change as a natural part of living languages.

Dr. Curzan is the Arthur F. Thurnau Professor and the Geneva Smitherman Collegiate Professor of English Language and Literature, Linguistics, and Education at the University of Michigan.

BIG HEARTS FOR SENIORS

BIG HEARTED STORIES: GENERATIONS

MAY 27, 2021 | 7:00-9:00 PM EDT | VIRTUAL

Join us for an evening of storytelling and a silent auction benefitting five important programs that serve older adults in our community.



YOUR SUPPORT BENEFITS

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

TO REGISTER, VISIT:
michmed.org/bhs

The event is free
but donations are
welcome.



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Osher Lifelong Learning Institute
at the University of Michigan
2401 Plymouth Road
Suite C, Room 1163
Ann Arbor, MI 48105-2193