

43rd Annual Kaleidoscope

A DAY FOR WOMEN

Reflect. Recharge. Reimagine.

Friday, Sept. 8, 2017

The Kellogg Hotel and
Conference Center

Generously presented by



FEATURING
Vicki Lawrence

Actress & Women's Activist



Women
Working
Wonders

WOMEN WORKING WONDERS

Founded in 2002 by Lansing entrepreneur Virginia Hilbert, the Sparrow Foundation's Women Working Wonders (W3) committee works tirelessly to support the physical and psychological health of women in mid-Michigan. The committee comprises more than 35 professional women from the Greater Lansing area. With the generous support of our community, Sparrow Foundation W3 has raised more than \$2.3 million for initiatives that advance women's health. Its signature fundraisers are **The Dapper Dads Challenge and Fashion Show** and **Kaleidoscope**.

Thanks to community philanthropy, Sparrow Foundation W3 supported/funded projects include:

- » A fulfilled \$1 million pledge to Sparrow's new Herbert-Herman Cancer Center.
- » A \$250,000 MicroSelection HDR V2 that reduces radiation treatment for Patients with certain types of breast cancer from five weeks to five days.
- » A state-of-the-art stereotactic breast biopsy machine for Sparrow's Radiology Department.
- » A dedicated room for the compassionate treatment of sexual assault victims.
- » A Transition-to-Hospice Program that helps terminally ill Patients and their families ease into end-of-life care.
- » An Infant Bereavement Program for the heartbreaking times when parents lose a newborn.
- » Pocket-sized cards outlining symptoms of heart disease and stroke specific to women, created and distributed throughout the region.
- » A comfortable (and comforting) family lounge in Sparrow's Neurosciences Center.
- » Softer, more comfortable examination gowns for women undergoing mammograms at Sparrow.
- » A lactation clinic at Sparrow to assist mothers who may have challenges breastfeeding their new babies.
- » The creation of the Deb Atkinson W3 Endowment.

Kaleidoscope is designed to empower, enrich and inspire the women of our community. Sparrow Foundation W3 is proud to continue the legacy of this event, now in its 43rd year and previously hosted by the MSU Alumni Association.

43rd Annual Kaleidoscope

A Day for Women Reflect. Recharge. Reimagine.

The old saying that “the best things in life are free” is never truer than when we gather together with friends or family and share some hearty laughter. While we all know it feels good to laugh, there are proven health benefits: laughter increases endorphins, lowers stress and soothes tension.

Our Kaleidoscope 2017 Keynote Speaker, Vicki Lawrence, is expert at making audiences laugh. She’s been doing so since she was tapped to play comedienne Carol Burnett’s kid sister in the wildly successful variety show that bore Burnett’s name during the late 1960s and 70s. New to the business, Lawrence honed her natural comedic skills under the guidance of three top comedians of the time — Burnett, Harvey Korman and Tim Conway, as well as a glittering galaxy of guest stars over the years. Her recurring “Mama” character was so popular that it was spun into its own television series, “Mama’s Family,” from 1983 to 1990.

So come, enjoy the laughter! Of course, our annual Kaleidoscope event offers so much more. In this year’s opening session, you’ll learn riveting facts about Blackbeard, the legendary 18th century pirate, from storyteller extraordinaire Elliot Engel.

That’s just the start. Our Kaleidoscope 2017 breakout sessions feature a wide range of engrossing topics offered by experts in their fields. Want to learn more about protecting yourself or your loved ones from scam artists? How about some proven techniques for (finally!) decluttering your home? Or the four steps it takes to plan the perfect party, the importance of art in the public square, how the Wharton Center assembles its upcoming season, or how you can grow fresh vegetables year round? You’ll find these topics and more. Kaleidoscope 2017 is sure to have something for everyone.

There’ll be plenty of time, too, in the day’s schedule to check out an intimate shopping emporium filled with unique items, as well as receive health tips and free health screenings from Sparrow Caregivers. Browse through this registration packet to see all that this year’s Kaleidoscope has to offer, then choose two or three breakout sessions that sound the most intriguing to you, and sign up.

Register soon: You won’t want to miss this year’s event!

Program

- 7:45 a.m. to 2 p.m.** Kaleidoscope Emporiums
- 7:45 a.m.** Registration Opens
- 8:15 a.m.** Breakfast Begins, Registration Continues
- 8:30 a.m.** **Welcome**
Stella Cash
Vice President of Development and Strategic Partnerships
Sparrow Health System
- 9 a.m.** **Remarks**
Sheri Jones
Anchorwoman for WLNS TV6 News
- 9:05 a.m.** **Opening Session**
Elliot Engel
The Dread Pirate Blackbeard
- 10:05 a.m.** **Break**
Mingle and visit the emporiums
- 10:35 a.m.** **Session I** SEE DETAILS
- 11:25 a.m.** **Break**
Mingle and visit the emporiums
- 11:50 a.m.** **Session II** SEE DETAILS
- 12:40 p.m.** **Break**
Mingle and visit the emporiums
- 1:15 p.m.** **Luncheon**
- 2 p.m.** **Introduction of Keynote Speaker**
- 2:05 p.m.** **Keynote Speaker**
Vicki Lawrence
Actress & Women's Activist

KEYNOTE SPEAKER

Vicki Lawrence Actress & Women's Activist



During her senior year in high school, where she was voted “Most Likely to Succeed,” Vicki Lawrence sent comedienne Carol Burnett an invitation to her local fire department’s “Miss Fireball Contest.” Included with that invitation was a local newspaper article mentioning Lawrence’s resemblance to the television star.

Burnett, who had been searching for an actress to play her kid sister in her new television variety series, arranged to attend the contest and meet Lawrence. The rest is television history.

During its 11-year run, “The Carol Burnett Show” won 25 Emmys, one of which Lawrence earned (she was nominated five times). After the show ended, Lawrence starred in her own series, “Mama’s Family” from 1983 to 1990.

Besides national recognition as an actress, Lawrence has also been a game and talk show host (“Win, Lose or Draw” and “Vicki!”), recording artist, theater performer and writer. She received critical acclaim as the only talk show host since Oprah Winfrey to be nominated for a Daytime Emmy in her premier year.

Lawrence also received a gold record in 1973 for her international hit single, “The Night the Lights Went Out in Georgia.” On stage, she appeared in numerous productions including “Carousel,” “Send Me No Flowers,” “My Fat Friend,” and live from the Grand Ole Opry, “Nonsense 3: The Jamboree,” which aired on TNN.

An avid women’s rights activist, Lawrence regularly speaks to groups across the country about her life, career, and women’s health issues, reminding them always that “life is much too serious to be taken seriously!” Before appearing on “The Carol Burnett Show,” Lawrence sang with the Young Americans musical group and was in the Academy Award-winning documentary film about that group. In 1988, she was the first woman honored as “Person of the Year” by the Coalition of Labor Union Women. Lawrence has worked with the Humane Society as well as the American Heart Association and its “Go Red for Women” campaign. Her autobiography — Vicki!: The True Life Adventures of Miss Fireball” — was published in 1995.



KALEIDOSCOPE HOSTESS

Sheri Jones

Sheri Jones anchors both the 6 p.m. and 11 p.m. news at WLNS and leads its Crime Stoppers Program. Her weekly Crime Stoppers report has aided in the capture of many of mid-Michigan's most wanted fugitive felons. For several years in a row, she has earned the top media award from the Crime Prevention Association of Michigan. The program has also earned her several other awards, including honors from the Associated Press, the Michigan Association of Broadcasters, and the Crime Prevention Association of Michigan.

Jones has also been recognized by the State of Michigan as an Outstanding Advocate for Crime Victims' Rights and was a featured speaker at Eastern Michigan University for the Center for Regional and National Security.

In 2009, Jones wrote and hosted an hour-long documentary titled "We Can Do It!" for the Michigan Women's Hall of Fame that aired statewide on PBS. This documentary won an Emmy in 2010. Today, some 800 schools across Michigan offer students access to the documentary in their research libraries. In recognition of her dedication to excellence and the significant contributions she has made to the television industry over the past 30 years, Jones was inducted into the Michigan Chapter of the National Academy of Television Arts and Sciences Silver Circle.



OPENING SESSION

Elliot Engel

Blackbeard: The World's Most Famous Pirate

Professor Elliot Engel is one of the most insightful, personable and entertaining lecturers to come out of academia in the past 50 years. His witty, engaging speaking style imparts hard, factual information, leaving his audiences virtually spellbound yet charmed by his humor and insight. Using anecdotes and analysis, he gives new insights into the backgrounds, accomplishments and lives of the great masters of English and American literature, as well as significant historical figures.

As a professor, Engel has taught courses at Duke University, North Carolina State University and the University of North Carolina. For his scholarship and teaching, he has received North Carolina's Adult Education Award and the Victorian Society Award of Merit.

In this opening session, Engel will talk about England's Edward Teach — an educated and cultured man — who became the dread pirate Blackbeard who, along with his band of men, terrorized ships traveling in the Atlantic Ocean and Caribbean Sea during the early 18th century.

Session I: 10:35 - 11:25 a.m.

1

The Art of the Party: 4 Steps to an Unforgettable Gathering

Presented by Deborah Atkinson
Owner, Deb Atkinson Design

2

How to Prepare Three Palate-Pleasing Appetizers

Presented by John Findley
Executive Chef, University Club of MSU

3

Wines Bound to Satisfy Any Crowd

Presented by Marianne Bacon
Operations Manager, Kellogg Center's State Room

4

What Your Skin Can Reveal

Presented by Robyn Messing, D.O.
Board Certified Physician

5

Physical Fitness & Your Spiritual Health

Presented by Kimberly Whitfield
Kimberly Inspiring Beauty in Strength

6

Social Media: Online Sharing Apps Beyond Facebook

Presented by Tiffany Dowling
Publisher and Founder of M3 Group

7

When It Sounds Too Good to Be True: Dodging Scams

Presented by Karen Kafantaris
Associate State Director, AARP Michigan

8

Inside Look: Shaping a Season at Wharton Center

Presented by Michael Brand
Executive Director, Wharton Center, MSU

9

Scent of a Woman: How Aromatherapy Can Influence the Spirit

Presented by Allie Phillips, Esq.
Owner, Manifested Harmony, LLC

10

Fresh Foods from Garden to Table

Panel Presentation featuring:
LouAnn Stark-Dykema, Tower Garden
Denise Paquette, Allen Neighborhood Center
Jennifer Zumbrink, Naturopath



1 THE ART OF THE PARTY: 4 STEPS TO AN UNFORGETTABLE GATHERING

Presented by Deborah Atkinson

Owner, Deb Atkinson Design

When was the last time you hosted a party that was absolutely FABULOUS?! An event where you had as much fun planning it as you did actually holding the event? Whether your gathering is small or large, your budget is tight or bountiful, it's the planning and attention to detail that will practically guarantee that both you and your guests have a great time. Veteran party planner and former Sparrow Foundation W3 Chair Deb Atkinson will help you imagine the possibilities for your next soir ee. An interior designer, Atkinson launched her business — Deb Atkinson Design — some 35 years ago. She is a graduate of MSU with a dual degree in interior design and clothing textiles. Active in the Greater Lansing community, Atkinson has done event planning for multiple volunteer organizations and is an emeritus member of the Sparrow Foundation Board of Directors.



2 HOW TO PREPARE THREE PALATE-PLEASING APPETIZERS

Presented by John Findley

Executive Chef, University Club of MSU

September's arrival also signals the start of a new round of upcoming gatherings —everything from tailgates to a new book club season and, of course, the holiday parties and dinners that loom right around the corner. With each new gathering we attend or host, it's easy to turn to tried-and-true recipes while at the same time wishing there was something new to try, a recipe that will be a real crowd-pleaser. If you are looking for something new, tasty and simple to prepare, Executive Chef John Findley, who's been with the University Club of Michigan State University since 1988, has the answer. In this session, he'll show you how to prepare three simple, but tempting treats. He'll not only share these scrumptious recipes that call for simple ingredients, but also show you how to arrange the results in a way guaranteed to impress your guests or fellow party-goers.



3 WINES BOUND TO SATISFY ANY CROWD

Presented by Marianne Bacon

Operations Manager, Kellogg Center's State Room

In this session, the Kellogg Center's Marianne Bacon will help you select wines that work for group gatherings. With her guidance, you'll explore which wines to pair with hors d' oeuvres, sit-down dinners, and even desserts, all at price points that fit any budget. She'll also share favorite punch recipes that incorporate wine to liven up your next party. Learn about different glassware and garnishes to change the look of your drinks and really "wow" your guests. This session is sure to help you select the perfect pairings for your next event!

A Lansing native, Bacon has 16 years of experience in the restaurant/food and beverage industry. She most recently served as shift manager in the Kellogg Center's State Room. She was previously with the University Club of MSU and has served in a variety of other bars and restaurants through the Greater Lansing area. She is a certified Level 1 Sommelier.



4 WHAT YOUR SKIN CAN REVEAL

Presented by Robyn Messing, D.O.

Board Certified Physician

For women of one generation, a perfect tan involved slathering themselves with baby oil. For another, that goal was realized by time spent in a tanning bed. Yet exposure to the sun (or tanning beds) in our youth can have far-reaching effects on the shape of our skin as we grow older. Wrinkles, sun spots, cancer, dry patches, rashes — changes in your skin can reveal a lot about your health and overall well-being. In this session, Lansing physician Robyn Messing will talk about skin changes, what they might mean (a by-product of growing older or cause for concern?), and whether a visit to a physician might be in order. She'll also answer questions about anti-aging products and procedures, and the role genetics play.

A board-certified physician, Messing specializes in dermatological issues/diseases. She has been in practice in Lansing since 2006 and treats all age groups.



5 PHYSICAL FITNESS & YOUR SPIRITUAL HEALTH

Presented by Kimberly Whitfield

Kimberly Inspiring Beauty in Strength

As a fitness guide, Kimberly Whitfield aims to create an exceptional experience of inspirational wellness services that improve the health of both individuals and communities. Her mission is to inspire, motivate and encourage individuals to feel empowered by strengthening their bodies through healthy living. In this session, Whitfield will talk about the rhythm of your internal drum and how it relates to your spiritual health and physical fitness, as well as ways that unexpected life changes can alter the pattern of your heartbeat. For her, it was the loss of her youngest daughter Kennedy, who was stillborn. Her health and wellness journey has served as a coping mechanism and taught her that heartache and pain create new opportunities to grow and change.

Since 2012, Whitfield has competed in four bodybuilding competitions. In 2014, she was named Fitness Model Overall Champion in the Athletes Coalition (Pro-Qualifier) Pride Bodybuilding Show.



6 SOCIAL MEDIA: ONLINE SHARING APPS BEYOND FACEBOOK

Presented by Tiffany Dowling

Publisher and Founder of M3 Group

You've mastered Facebook (or at least feel familiar enough with it) to send photos, keep up with friends and family, and learn who you were in a past life or how you scored on the latest grammar quiz. But are the apps you're using helping you reach your full potential? Do they make your life easier, more organized and a little more fun? In this session, Lansing-area media expert, Tiffany Dowling, will explore the app world beyond Facebook that you might want to download or delete to keep you moving forward. Explore what your phone can do for you! **#besureyourphoneisfullycharged.**

Dowling is the publisher of Capital Area Women's Lifestyle and the Greater Lansing Business Monthly. Her full-service branding agency provides clients with marketing, public relations and advertising services.



7 **WHEN IT SOUNDS TOO GOOD
TO BE TRUE: DODGING SCAMS**

Presented by Karen Kafantaris
Associate State Director, AARP Michigan

Every two seconds someone's identity is stolen. Last year, more than 13 million Americans were victims of identity theft. Identity theft, investment fraud and other scams cost Americans \$18 billion last year alone. This AARP Fraud Watch Network presentation will help you identify scams and outsmart con artists before they steal hard earned money from you or your loved ones. And if your identity is stolen, they have tools to help you with a recovery plan.

Karen Kafantaris has been with AARP Michigan since 2001 as Associate State Director. She works with a large group of volunteers to bring educational programs across a spectrum of areas including fraud, financial security, health and livable communities. She's also the co-creator of the AARP HomeFit Program, which helps individuals assess their current home situation and what may be needed to remain there safely to retain their independence for as long as possible.



8 **INSIDE LOOK: SHAPING A SEASON
AT WHARTON CENTER**

Presented by Michael Brand
Executive Director, Wharton Center, MSU

Wharton Center is Michigan's largest performing arts venue with four unique stages (the Cobb Great Hall, Pasant Theatre, MSU Concert Auditorium and Fairchild Theatre) and plenty of things to do and see all season. Wharton Center is proud to bring the best Broadway shows, the finest classical musicians, unrivaled dance companies and an A-list of high-profile performers to mid-Michigan. In this session, Wharton Center Executive Director Michael Brand will share what goes into planning a season — how decisions are made, how far in advance, and what it took to book "Hamilton" for its 2018-19 line-up.

In his role at Wharton, Brand oversees the planning of a diverse season of entertainment on its unique stages. He came to Wharton Center in 2003 and has helped lead it to national prominence as a premier performing arts center. Brand has nearly 30 years of performing arts experience as a performer, teacher and presenter.



9 SCENT OF A WOMAN: HOW AROMATHERAPY CAN INFLUENCE THE SPIRIT

Presented by Allie Phillips, Esq.

Owner, Manifested Harmony, LLC

In these hectic and stressful times, it's easy to become depleted physically, emotionally and spiritually. And when a woman's energy lags, it can affect her family, co-workers and others. In this session, aromatherapy expert Allie Phillips will explore how different scents from therapeutic-grade essential oils can actually help you feel better and restore your balance. You'll also learn about the different grades of oils, how to use them, and which specific oils can help boost your vitality, cognition, stamina and so much more (including inducing a sense of serenity when it's needed most!).

Phillips is an energy therapist, award-winning book author, attorney, and internationally recognized animal protection legal advocate. With more than 20 years' experience in criminal prosecution as well as animal protection advocacy, she created Manifested Harmony in 2011.



10 FRESH FOODS FROM GARDEN TO TABLE

LLC Panel Presentation featuring:

LouAnn Stark-Dykema, Tower Garden

Denise Paquette, Allen Neighborhood Center

Jennifer Zumbrink, Naturopath



Each summer, local farmers' markets teem with customers eager to purchase freshly picked fruits, vegetables and herbs. For most of us, it seems like a short season. But what if there was a way to enjoy more of the tastes we love year-round? In this session, LouAnn Stark-Dykema will talk about Tower Gardens—a system that enables you to grow up to 20 vegetables, herbs and fruit in a small space, inside or out. She'll be joined by Denise Paquette, of Lansing's Allen Neighborhood Center, home of the award-winning Allen Farmer's Market and Hunter Park GardenHouse, as well as wellness expert and naturopath Jennifer Zumbrink. Together, the trio will help guide you to simple ways to improve your personal health and sense of well-being by incorporating more flavorful and fresh foods into your daily diet.

Session II: 11:50 a.m. - 12:40 p.m.



Art in the Public Square

Presented by David Siwik, Lansing Community College and Sarah Gonzales Triplett, Chair of East Lansing's Arts Commission



Securing Your Legacy: Wills, Trusts & Probate

Presented by Attorneys Mia D. McNeil, Esq. and Caryl D. Williams-Wooten



Downsizing & Decluttering: Tips for Getting Seriously Started

Presented Michelle Traill-Crosser
Caring Transitions



De-"Fine" Yourself® by Being Present: Setting Limits Without Guilt

Presented by Regina Carey, M. Ed.
Owner, Carey On, LLC



Creating Community While Capturing Two GRAMMY® Awards

Presented by Mary Alice Stollak
Founding Director of the MSU Children's Choir



How to Prepare Three Palate-Pleasing Appetizers

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Inside Look: Shaping a Season at Wharton Center

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Wines Bound to Satisfy Any Crowd

Presented by Marianne Bacon
Operations Manager, Kellogg Center's State Room



Smart Shopping & Cooking for Food Allergies

Presented by Nikki Thompson Frazier
Owner, Sweet Encounter Bakery Café



A ART IN THE PUBLIC SQUARE

Presented by David Siwik, *Lansing Community College*
Sarah Gonzales Triplett, *Chair of East Lansing's Arts Commission*

Frequent travelers are accustomed to seeing art in public spaces abroad and in major cities across the United States, from memorials in Washington, D.C. to the fountains of Rome and more.

More recently, communities around the nation, including the Greater Lansing area, have begun to recognize how art adds value and excitement to their outdoor areas for residents and visitors alike. At Lansing Community College (LCC), for example, visitors can take a tour of sculptures on display within its downtown campus. In this presentation, David Siwik, of LCC, and Sarah Gonzales Triplett, Chair of East Lansing's Arts Commission, will discuss the importance of art in a community's outdoor spaces, as well as how decisions are made and funds are procured in the creative process. At LCC, Siwik helps coordinate campus projects that include public art. Triplett also serves as Director of Public Policy at Creative Many Michigan.



B SECURING YOUR LEGACY: WILLS, TRUSTS & PROBATE

Presented by Mia D. McNeil, *Director of Government and Community Relations for UM-Flint*
Caryl D. Williams-Wooten, *Owner/Attorney, Law Office of Caryl D. Williams, PLLC*

Whether you shudder at the thought of having your will done or view it as something that needs to be checked off your "to-do" list, making a plan for the distribution of your assets and other end-of-life issues can bring peace of mind. In this session, attorneys Mia D. McNeil and Caryl D. Williams-Wooten will discuss the differences between wills and trusts, including the pros and cons, what probate can mean for your estate, and the importance of power-of-attorney and medical directives. Additionally, they'll talk about which critical documents should be gathered together in one place, along with your will and/or trust, and how best to store them for your executor to retrieve.

Prior to her current position at the University of Michigan-Flint, McNeil served as a lobbyist for nine years with Kelley Cawthorne in Lansing, MI. Williams-Wooten practices law in southeastern Michigan. Her specialty areas include probate and estate, employment and family law.



C **DOWNSIZING & DECLUTTERING:
TIPS FOR GETTING SERIOUSLY STARTED**

Presented by Michelle Traill-Crosser
Caring Transitions

For so many of us, it seems like a short distance from establishing our households to looking around our homes and wondering how we ever acquired so much stuff. The mere thought of downsizing seems like an enormous undertaking. In this session, Michelle Traill-Crosser of Caring Transitions of Lansing will share proven tips and tricks to help you tackle the job of decluttering and organizing your home to either sell it or stay. Traill-Crosser not only works with seniors, but folks of all ages who need help getting started — and sticking with — the project of letting objects go and re-organizing.

Traill-Crosser firmly believes doing so makes room for those things that really add value to our lives. She also knows the process can be draining both physically and emotionally. Her tips and techniques are aimed at helping you get the job done so you can move forward.



D **DE-"FINE" YOURSELF® BY BEING PRESENT:
SETTING LIMITS WITHOUT GUILT**

Presented by Regina Carey, M. Ed.
Carey On, LLC

Do you have a difficult time saying “no” to others? Or find yourself suppressing your wants or needs with others so you don’t appear too demanding? Chances are you’re not alone. In this session, you’ll discover some ways in which empowerment consultant Regina Carey, the founder of Carey On, helps individuals to recognize their vision for a more authentic life. Her goal is to educate and empower those who are stuck, struggling, and ready for positive change. Carey does so by customizing her approach to meet the needs of each unique situation. Her methods focus on moving forward, using positive feedback, and embracing all that comes with that journey.

Since 2015, Carey has facilitated De-“Fine” Yourself® Women’s Groups that are designed to empower women’s language, posture, self-esteem, and presence in the world. The outcomes are inspiring and powerful, and graduates leave with strategies to keep their dreams and intentions alive.



E CREATING COMMUNITY WHILE CAPTURING TWO GRAMMY® AWARDS

Presented by Mary Alice Stollak

Founding Director of the MSU Children's Choir

Between 1993-2009, Founding Director Mary Alice Stollak and the MSU Children's Choir enjoyed national and international prominence, including performances at the World Symposium on Choral Music, Carnegie Hall, the Kennedy Center, and the Detroit Symphony. Choir membership required hard work but culminated in moments when children KNEW they accomplished something with the highest standards of musical artistry. In this session, Stollak will explore how "getting there" provides musicians and listeners alike with experiences that remind all of us of what's best in our nature and heights that can be reached in working together.

Stollak is a 2005 double GRAMMY® winner for "Best Choral Performance" and "Best Classical Album." Among other honors, she is a recipient of the Maynard Klein Award for Lifetime Achievement and Dedication to the Choral Art by the American Choral Directors Association (ACDA)-Michigan. As a guest conductor, Stollak has also made appearances throughout the U.S., Argentina, Canada, Germany, Italy and Sweden.



F HOW TO PREPARE THREE PALATE-PLEASING APPETIZERS

Presented by John Findley

Executive Chef, University Club of MSU

September's arrival also signals the start of a new round of upcoming gatherings —everything from tailgates to a new book club season and, of course, the holiday parties and dinners that loom right around the corner. With each new gathering we attend or host, it's easy to turn to tried-and-true recipes while at the same time wishing there was something new to try, a recipe that will be a real crowd-pleaser. If you are looking for something new, tasty and simple to prepare, Executive Chef John Findley, who's been with the University Club of Michigan State University since 1988, has the answer. In this session, he'll show you how to prepare three simple, but tempting treats. He'll not only share these scrumptious recipes that call for simple ingredients, but also show you how to arrange the results in a way guaranteed to impress your guests or fellow party-goers.



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I **SMART SHOPPING & COOKING FOR FOOD ALLERGIES**

Presented by Nikki Thompson Frazier

Owner, Sweet Encounter Bakery Café

Why are more and more people allergic to foods like wheat, peanut butter and dairy? While skeptics abound, the increase in food allergies is real. According to Food Allergy Research & Education (FARE), estimates are that up to 15 million Americans have food allergies, and those allergies are on the rise, causing reactions that result in more than 200,000 emergency department visits each year. Both mild and severe reactions to certain foods are the real deal for those who suffer from them, and what to eat each day requires vigilance on their part. Frazier, who owns Sweet Encounter Bakery Café, has two daughters who suffer from food allergies. She'll help you learn to identify and manage your food allergies or those of your family members. She'll also explore ways you can shop smart and become an advocate for yourself and your family.

Shopping Emporium

The Emporium is a time-honored tradition at Kaleidoscope and an unrivaled shopping experience. Explore an eclectic shopping gallery where you'll find a wide array of enchanting, delightful, unusual and beautiful items to tempt you. Whether you are looking to accessorize yourself or your home, the Emporium will have it all! Choose a great gift for a friend or treat yourself to a fabulous find. The Emporium will predominantly feature women's goods.

Conveniently located near Big Ten ABC, in the Red Cedar A and B, the Emporium will be open from 7:45 a.m. to 2 p.m., with ample time to browse during the day. Our thanks to the Board of Water & Light for generously backing the wonderful Shopping Emporium.

Sparrow Health and Beauty Emporium

W3 is proud to present the Sparrow Health and Beauty Emporium, located in the Centennial Rooms across from Big Ten ABC. You will find a wide array of services from chair massage to paraffin hand-dips and a myriad of information including Sparrow services.

Making a Difference for Women in Our Community

The Sparrow Foundation and Women Working Wonders will host a change collection for the Sparrow Medical Group VOA practice. The practice is located at Volunteers of America Michigan and annually serves an estimated 3,400 underserved Patients, many of whom are physically disabled and suffer from mental illness. Of those served annually, many are women and children. Most are not able to access government health benefits to which they are entitled. In support of the Sparrow Medical Group VOA Practice, we will be accepting donations of change at various locations throughout the day.

2017 Committee Members

The Sparrow Foundation and Women Working Wonders are grateful for the Kaleidoscope committee members who meet regularly throughout the year and graciously give of their time and talents. Their creativity and hard work make Kaleidoscope a continually unique day for women from throughout our region and beyond.

Deborah Atkinson, Chair
Patty Lloyd Barnas
Crystal Barter
Chrissie Brogan
Stella Cash, Chair
Melissa Cochran
Nettavia Curry
Kyrie Elliott
Sharon Ellis

Janet Freund
Rosie Glynn
Anne Harcus
Lisa Hildorf
Martha Jakubiak, Chair
Cindy Kephart
Cathy Kerwin
Veronica Klem
Jane Mitchell

Allie Phillips
Vivianne Robinson
Dorothy Schaeff
Mary Jo Scofes
Lisa Stewart
Sue Stock
Jo-Anne Tuttle

The Sparrow Foundation Women Working Wonders are grateful for the generous support of our presenting sponsor. We encourage you to show your support by thanking them with your patronage.



For additional information on sponsorships, please call **517.364.3619** or email foundation@sparrow.org

General Information

Join us for Kaleidoscope: Reflect. Recharge. Reimagine.

Bring a friend or family member! To attend the event on Friday, Sept. 8, please register by mail or online by Sept. 4, 2017. Remember, sessions fill quickly, so register early!

Breakout session assignments are made on a first come, first served basis. We will place you in your preferred sessions based on availability.

If your first choice is unavailable, you will be placed in your second choice. If your second choice is unavailable, you will be placed in your third choice. In the unlikely event that all of your selections are full, you will be contacted and assigned sessions based on availability.

Due to unforeseen circumstances, a listed speaker may not appear at the event. We reserve the right to replace speakers or change subjects as needed to best serve the overall experience of our attendees.

Seating for Kaleidoscope will be reserved. Seating location will be assigned in the order of which registrations are received, so register early to secure your place! Please note: full tables will be reserved for groups of eight only. To register for a full table of eight, please complete a group registration form online or complete the registration form in the back of this booklet. To guarantee seating with friends when registering individually, please fill out the indicated fields on the online registration form or the paper registration form. Parties of eight or less will be seated with other smaller parties. Questions about seating? Please call **517.364.3620**.

Hotel Accommodations: Please call the Kellogg Hotel and Conference Center for a discounted rate for Kaleidoscope guests. Call **517.432.4000** to make a reservation today.

Parking will be available in the Kellogg Hotel and Conference Center parking ramp. Although there will not be a cost to park, space is limited. Carpooling is encouraged.

Contact Us: To make reservations by phone, obtain additional information, or request accommodations for persons with disabilities, call **1.800.Sparrow**, or email foundation@sparrow.org

The Sparrow Foundation is unable to offer refunds. If you register but are unable to attend, please feel free to invite a friend to take your place at the event, or the cost of your registration can be changed to a 100% tax-deductible donation.

Registration

Registration Fee is \$100

The registration fee covers breakfast, lunch, admission to the opening session, two one-hour breakout sessions and the keynote address. **Checks should be made payable to the Sparrow Foundation. Please note, registration is \$125 after Aug. 1, 2017.**

Please note: If you are registering for a group, be aware that you will be responsible for:

- » Completing payment in full.
- » Prompting your guests to relay their contact information and breakout session choices to the Sparrow Foundation in a timely fashion.
- » If you complete an online registration form, this will include forwarding a special registration link (via email) to your guests.
- » If you complete a registration form by mail, this will include prompting your guests to either return a registration form to the Sparrow Foundation OR to call **517.364.3620** with their preferences.

Additional forms may be downloaded on our website: SparrowFoundation.org

Proceeds from Sparrow Foundation Women Working Wonders (W3) activities support health initiatives and needs of women throughout our region. Funding priorities are determined by Sparrow Foundation W3 in conjunction with Sparrow Health System. Proceeds may also be invested in the W3 Endowment for Women's Health, which is held by the Sparrow Foundation, to help support such needs for perpetuity.

Register Online

Register through SparrowFoundation.org/Kaleidoscope. Registration is based on a first come, first served basis.

- » A confirmation will be emailed.
- » Please be ready to indicate your reserved seating preferences online.
- » Choose your breakout session preferences.
- » We are receiving registrations by mail as well. Your attendance at Kaleidoscope will be secured immediately following online registration, but your breakout session assignments will not be finalized until the following business day.
- » After Sept. 4, please register at the event.

Register by Mail

Please complete and return the attached registration form.

Please note: registration is based on a first come, first served basis; registration and breakout session preferences will be processed according to postdate.

- » You may download additional copies of the registration form at SparrowFoundation.org/Kaleidoscope.
- » Return completed registration form indicating your first, second, and third breakout session preferences, along with registration fee via U.S. mail by Aug. 1, 2017 or earlier.
- » Please be ready to indicate your reserved seating preferences on your registration form.
- » A confirmation will be mailed to all participants prior to the event.

Mail registration form with check or credit card information to:

**Sparrow Foundation
P.O. Box 30480
Lansing, MI 48909**

Registration is easy!

Register at SparrowFoundation.org/Kaleidoscope or follow the step-by-step instructions and return this form to: Sparrow Foundation P.O. Box 30480, Lansing, MI 48909 or call **1.800.Sparrow** to register by phone.

Step One

- I am registering a group (a full table of eight). Full payment is enclosed. I have listed my guests' names in **Step Two**. My information is in **Step Three**. I have indicated to my guests that they must send their contact information and breakout session choices either by returning this form or calling **517.364.3631**.
- I am registering myself individually. If you would like to sit with specific participants whom you know are attending, please list them in **Step Two**.
- I am a part of a group that has already registered and paid. I am a guest of:

I have listed my information and breakout session choices in Step Three or called the Sparrow Foundation with my preferences.

Step Two

Seating will be assigned on a first come, first serve basis. We will do our best to accommodate all seating requests. I would like to sit with the following participant(s):

Step Three

First Name Last Name

Address

City, State, Zip

Email Phone

Session I: Indicate number

- First choice
- Second choice
- Third choice

Session II: Indicate letter

- First choice
- Second choice
- Third choice

- I have a disability that requires accommodation

I have dietary restrictions:

- Vegetarian Meal
- Gluten-Free Meal
- Vegan Meal

- Check enclosed** made payable to Sparrow Foundation
- Charge** my credit card
- Mastercard
- Visa
- American Express
- Discover

Credit Card Number Expiration Date (month/year)

Please note that the fair-market value of each guest ticket is \$100.

- I would like to add a tax-deductible gift of: _____
- I am unable to attend, please accept my tax-deductible gift of: _____

Charitable contributions to Sparrow Foundation W3 help to support the W3 endowment and the healthcare needs of mid Michigan's women. Gifts to the Sparrow Foundation are deductible to the extent permitted by law. Please consult your independent tax professional.

Kaleidoscope 2016



Entrepreneur of the Year Award

Congratulations to Nikki Thompson Frazier, proud owner of Sweet Encounter Bakery Café and rising star in the culinary arena.

A self-styled “mompreneur,” Frazier’s life-long passion for cooking and baking were challenged after her two daughters were diagnosed with seven different food allergies. That challenge evolved into opportunity when she decided to launch Sweet Encounter — a gourmet, gluten-free, vegan-friendly bakery — in 2015.

Since then, Frazier has won four business plan and pitch competitions and was awarded more than \$20,000 to help realize her dream. She plans to open her first storefront this fall in Mason, MI. Currently, her products are available at two local mid-Michigan grocery stores, Tom’s Food Center, in Okemos, and Monticello’s, in Haslett. Two of her cakes are also featured on the University Club of Michigan State University’s dessert menu.

Prior to starting her business, Frazier was the executive director of a local nonprofit in Alabama. She has a bachelor’s degree in journalism and a master’s degree in communications.

She and her family relocated to Michigan in 2015 after her husband, Dr. Terrence Frazier, was named Assistant Vice President for Student Affairs at Michigan State University. They live in Lansing and enjoy attending MSU events with their two daughters, Melia and Madison.

Frazier also serves on the Sparrow Foundation Women Working Wonders committee and is committed to giving back to the greater Lansing community. She is the second recipient of the Sparrow Foundation W3 “Entrepreneur of the Year” award. Last year, the award went to Alli Largent, founder of Alli Cat Knitten, a two year old cottage industry from her home that specializes in adorable knitted critters.

If you’d like to nominate an individual for the 2018 award, please email your suggestions to lisa.stewart@sparrow.org or call **517.364.3631**. Winners will have an opportunity to host a booth in our vendor emporium and receive the award during the luncheon at our annual Kaleidoscope event.



Kaleidoscope 2017

The Sparrow Foundation
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Women
Working
Wonders