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Community Foundation

presents

THE

NEW ALBANY LECTURE

SERIES

DAN BUETTNER

Explorer and Writer for National Geographic

February 22, 2021

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An evening with

DAN BUETTNER

Explorer and Writer for National Geographic

PROGRAM

7:00 p.m.

OPENING

Helga Houston

Board Secretary, The New Albany Community Foundation

Dan Buettner

Explorer and Writer for National Geographic

AUDIENCE QUESTIONS AND ANSWERS

CLOSING

Craig Mohre

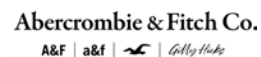
President, The New Albany Community Foundation

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Dear Friends,

Tonight is the fourth lecture as part of the 2020-2021 New Albany Lecture Series Season.

Thus far we've addressed social justice and civil discourse. Tonight we pivot toward health, as we welcome Dan Buettner, who's work provides rare and fascinating insights into the places on earth where people live the longest and why. As we considered a program focused on health, he seemed like the perfect fit, given Healthy New Albany's mission to promote a culture of health and to make New Albany one of the healthiest communities.



For those of you perhaps unfamiliar with Buettner, he is an explorer, National Geographic Fellow, award-winning journalist and producer, and a *New York Times* bestselling author. He discovered the five places in the world, referred to as Blue Zones, where people live the longest, healthiest lives. His articles about these places in *The New York Times Magazine* and *National Geographic* are two of the most popular for both publications.

Buettner spent the afternoon speaking with thousands of central Ohio students. The Foundation's student lecture series is an important part of our programming. We've been connecting thought leaders with area students since David McCullough visited in 2002. Thank you to all of the sponsors and donors who make these impactful opportunities possible!

I hope you enjoy the discussion. And I hope you'll join us for lectures in March with Michael Phelps and in May with Margaret Trudeau, as we continue discussions on mental health.

Sincerely,

Craig Mohre, President
The New Albany Community Foundation

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DAN BUETTNER

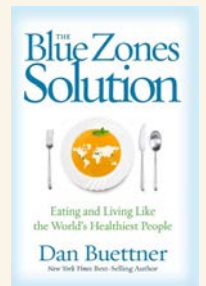
Explorer and Writer for National Geographic

DAN BUETTNER is an explorer, National Geographic Fellow, award-winning journalist and producer, and *New York Times* bestselling author. He discovered the five places in the world – dubbed blue zones hotspots – where people live the longest, healthiest lives. His articles about these places in *The New York Times Magazine* and *National Geographic* are two of the most popular for both publications.



Buettner now works in partnership with municipal governments, large employers, and health insurance companies to implement Blue Zones Projects in communities, workplaces, and universities. Blue Zones Projects are well-being initiatives that apply lessons from the Blue Zones to entire communities by focusing on changes to the local environment, public policy, and social networks. The program has dramatically improved the health of more than 5 million Americans to date.

His books, *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*, *Thrive: Finding Happiness the Blue Zones Way*, *The Blue Zones Solution: Eating and Living Like the World's Healthiest People*, and *The Blue Zones of Happiness* were all national bestsellers. Buettner has appeared on *The Today Show*, *Oprah*, *NBC Nightly News*, and *Good Morning America*, and has keynoted speeches at *TEDMED*, Bill Clinton's Health Matters Initiative, and Google Zeitgeist. His speech in January 2018 at the



World Economic Forum in Davos was chosen as “one of the best of Davos.”



His new book *The Blue Zones Kitchen: 100 recipes for living to 100* is a *New York Times* bestseller and fuses scientific reporting, National Geographic photography and 100 recipes that may help you live to 100. Buettner also holds three Guinness World Records in distance cycling.

Focus on Philanthropy

Battelle invests in communities where our customers and employees call home. Our support encourages the inspiration and preparation of the next generation of STEM leaders whose contributions will advance the health and safety of society.



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A word from one of our Season Sponsors

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Wesley Hall

Battelle Vice President for Philanthropy and Education

Battelle is proud to be a sponsor of The New Albany Lecture Series. Its mission to promote lifelong learning aligns well with our founding mission to use science for the betterment of humanity.

As scientists and researchers, we approach the world with curiosity and seek to be purposeful learners. We turn this quest for knowledge into world-changing discoveries and inventions in health, the environment and national security.

Battelle is one of the world's largest independent scientific R&D organizations, with more than 90 years of solving the most pressing challenges. Giving back to the community is part of our DNA and our support of STEM education helps grow the next generation of critical thinkers and doers.

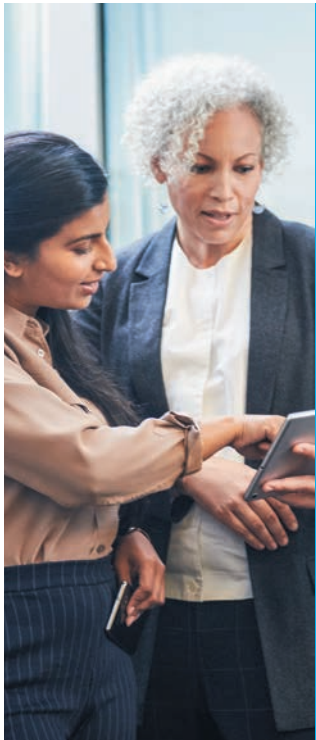
We have done this in many ways including the founding of the Metro School, expanding the work of the PAST Foundation and our growing partnership with COSI to make science more accessible for all.

And, that's why we support The New Albany Community Foundation's commitment to engaging thousands of students through the lecture series to help promote lifelong learning and the value of civil discourse and debate.

The focus on Health in the February lecture could not have come at a timelier moment as Battelle met perhaps its greatest challenge in helping the nation through a devastating pandemic.

Throughout 2020, we launched a multi-faceted pandemic response program focused on delivering essential technologies, including deploying its proprietary PPE decontamination system—the Critical Care Decontamination System™ (CCDS)—across the country, developing a rapid-result diagnostic test, assessing vaccine safety and efficacy, and tracking the virus' behavior.

After such a challenging year that also included commitments to justice and equality, we are proud to support programs including this series that help move our extraordinary community forward through open dialogue and a renewed dedication to science and education.



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* GWS OneScore, September 2019

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TRAUMA NURSE

A word from our Speaker Sponsor MOUNT CARMEL

Lorraine Lutton, President and Chief Executive Officer

Welcome to the 2020-2021 New Albany Community Foundation Lecture Series. Mount Carmel is pleased to once again partner with The New Albany Community Foundation to sponsor this amazing group of thinkers and speakers and to learn right along with you.



We're particularly excited about tonight's presenter, Dan Buettner, whose award-winning work on Blue Zones hotspots has changed the way the world thinks about health and longevity. Dan is energizing and empowering communities and their citizens to improve their health and the way they live, by bringing game-changing ideas to communities like ours through Blue Zones Projects.

It's a mission that we understand so well, since helping people achieve their best possible health is at the heart of what we do at Mount Carmel. Every day, we're given the unique opportunity to be a transformative healing presence in our community, providing quality care that promotes physical, mental and social well-being—so people can live their best lives. We listen and partner with our patients and community to help them achieve their health goals and make it easy for them to do so by providing a connected care experience, sometimes in innovative ways.

That's been particularly true in the last year, as we've faced the greatest global health challenge of our lifetimes. I witnessed firsthand how our staff had to quickly adapt and find new, innovative ways to care for our patients and community, all while creating and following protocols that keep us safely apart. I'm so proud of and grateful for our staff and community, who worked together to find effective, and inclusive solutions to ensure our patients receive safe, high-quality care—many of which will continue into the future, even when this pandemic is well behind us.

Thank you for your continued partnership and for playing an integral role in our community's health and well-being. Please stay well by continuing to wear masks, practicing social distancing, washing your hands and keeping one another safe. Enjoy the presentation.

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A word from one of our Community Partners HEALTHY NEW ALBANY

Angela Douglas, Executive Director

In 2010 The New Albany Community Foundation convened a group of committed and caring residents interested in the well-being of our community. Little did we know this grassroots campaign would result in the creation of the dynamic and innovative health initiative we now know as Healthy New Albany. A special thank you to The New Albany Community Foundation for your continued support and partnership.



Healthy New Albany is a 501(c)(3) non-profit organization dedicated to creating and promoting a culture of health for all members of our community. Our vision is to enrich the well-being of our community through health promotion, education, engagement and partnership.

Community well-being is the heart of our work. The value of Healthy New Albany's work lies within its service lines which include: The New Albany Food Pantry, Farmers Market, Community Garden,

Community Health Programming, Accredited School of Yoga, Senior Connections and Community Races including our hallmark event, the New Albany Walking Classic, entering its 17th year.

Connecting our community in health. Through multi-sector collaboration, our goal is to be a national model for health and wellness. We provide resources and programming that supports evidence-based research, and health initiatives that enrich the health of our community.

Equity and Access. Our diversity makes us stronger! We are proud to serve all members of our community regardless of age, race, ethnicity, disability or social economic standing. We celebrate diversity and pride ourselves on equanimity and cultural humility.

Health is indispensable, not only to individuals but to the community as a whole. The New Albany Community Foundation represents and embodies the true spirit of community. We appreciate your partnership, leadership and inspiration.

Healthy New Albany is located at 150 W. Main Street in New Albany, Ohio within the Philip Heit Center. Please visit healthynewalbany.org to learn more about our exciting programs and initiatives.



THE NEW ALBANY
Community Foundation

SOCIAL JUSTICE ADVISORY GROUP

The New Albany Community Foundation established a Social Justice Advisory Group consisting of residents of the community. The purpose of the group is to advise the Foundation on programming that helps forge a stronger community where all members feel valued and welcome.

MEMBERS OF THE GROUP INCLUDE:

Rabbi Elka Abrahamson
Xzavier Brandon
Marlene Brisk
Rod Chu
Jim Cushing
Vida Farwana
David Glisson
Shawn Holt
Jonathon Jasper
Melissa Kass
Nichole Marshall
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THE FOUNDATION'S COVID-19 ASSISTANCE EFFORTS

The Foundation was able to act quickly during the COVID-19 pandemic issuing grants to organizations supporting the community. Donors to the Foundation's COVID-19 Assistance Fund supported food for families through the New Albany Food Pantry, PPE masks for local health providers through Form5 Prosthetics, safety materials for healthcare workers through two local school groups, The Antidote and The Digital Eagles, and provided support to New Albany students in various ways through the pandemic. Special thanks to Huntington for matching donor contributions up to \$25,000 during the pandemic and to Facebook for donating a box truck to deliver food and other needed items to families.





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How you can support
THE
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SERIES

A priority for the Foundation moving forward is to endow The New Albany Lecture Series. This will enable the Foundation to continue to present high-quality speakers while keeping lectures accessible to the entire community, including students, senior citizens and veterans. Additionally, endowing The New Albany Lecture Series would allow the Foundation to continue to invest in other transformative projects and initiatives in the community. Already, several families have established endowment funds to support the series.

If you are interested in establishing a fund or simply making a contribution to The New Albany Lecture Series Endowment Fund, please contact Craig Mohre at 614-939-8150, craigmohre@newalbanyfoundation.org or [CLICK HERE](#) to support The New Albany Community Foundation's programming.

Facebook, Google and other leading tech companies all saw the same thing in New Albany. The future.

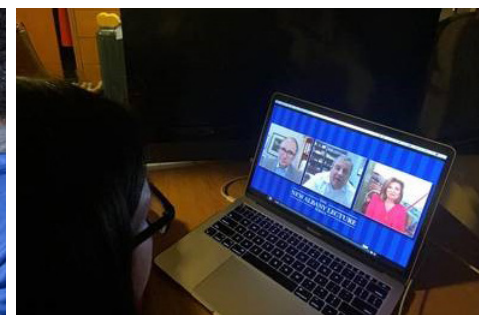
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They saw what every company wants when looking for a new home. A place that delivers the resources they need to grow. To thrive. And look ahead with confidence. The New Albany International Business Park. Where will your business be tomorrow?

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THE STUDENT LECTURE SERIES

More than 17,000 students from New Albany and other central Ohio schools have interacted with Foundation speakers as part of The New Albany Lecture Series.



"It was really interesting, I really like how (Glenn Close) spoke about mental illness. We got to see how she talked about it and how she contributes to it and what she does."

–Asiatu Kamara
Cristo Rey Columbus H.S. Student

"I found this event extremely insightful from the perspective of a student and citizen. I was able to gain a better understanding of our government's operations, and to become more informed on current political issues the country faces."

–Max Little
New Albany H.S. Student



"It was amazing, I just felt really empowered afterwards."

–Nora Bounemany
New Albany H.S. Student

"I think that events like The New Albany Lecture Series are more than beneficial, they are necessary. Opening our eyes to other things in the world and broadening our perspectives leads to a civically engaged and well-rounded community."

–Kathryn Selfe
Licking Valley H.S. Student



THE LIFELONG LEARNING CIRCLE

The New Albany Community Foundation established The Lifelong Learning Circle in response to its donors' desire to support The New Albany Lecture Series, a program of lectures now in its eighth season. Members of The Lifelong Learning Circle help the Foundation underwrite the cost of the series so that central Ohio students can benefit from these programs. Earlier today, students from the following schools participated in the Foundation's lecture featuring Dan Beuttner.

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Thank you to the members of the 2020-2021 Lifelong Learning Circle who are helping provide student access to inspiring speakers:

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#1 Top
Workplace
2020



Meet the Lower recruiting team helping fuel the fintech startup's growth

New Albany Startup Doubles Size in Six Months, Awarded Top Workplace

When you walk through the doors at Lower, it's instantly exciting. There's music, movement and a ton of energy. A ping-pong table in the lobby. And an employee lounge that looks like a trendy whisky bar straight out of the Short North.

Only 18 months after Lower.com was founded, it's safe to say this New Albany-based startup has not only succeeded, but is thriving. From winning a National Glassdoor Best Place To Work to growing the team exponentially—including hiring over 200 people amid the pandemic. Lower is helping people build wealth through homeownership.

How Lower is creating an award-winning culture in New Albany

Cool workspace aside, creating a "Best Place to Work" isn't about the fun they undoubtedly have at Lower, it's the type of people this atmosphere attracts. A vibrant, hard-working, energetic team that's growing exponentially. "While most companies search for experience in the financial industry, we invest in those just starting out—giving them the first step into a lifelong career" Lower CEO Dan Snyder says. "Matched with our culture, it all comes together to create a great place to work."



Dan Snyder—
Award-Winning
Entrepreneur, New
Albany Resident &
Business Owner

Optimizing homeownership and what's next for Lower

While Lower launched with a focus on home financing, they're taking it to a new level. Soon, they'll be launching a new ecosystem that puts everything a person needs to buy or own a home in one place—starting with saving.

"Lower always been about optimizing the homeownership experience" says Snyder. "Owning a home is a huge opportunity for people to build wealth, so we center everything we do around that idea. 'How can we help make it easier people buy—and make the most out of their home?'"

Things move fast around Lower—to keep up with what the team is up to, check out Lower.com.

Lower is located at 7775 Walton Parkway, on the north side of 161. Lower is an Equal Housing Lender. NMLS ID #1124061.



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ANGELA DOUGLAS

*2020 Recipient of the
Jeanne and John G. McCoy
Community Service Award*

Angela and Brett Douglas with their sons at a surprise announcement of Angela's selection as the 2020 recipient of the Jeanne and John G. McCoy Community Service Award. Summer 2020.

Humble and determined are words often used to describe Angela Douglas, the 2020 recipient of the Jeanne and John G. McCoy Community Service Award. Each year, the Foundation recognizes members of our community who have demonstrated significant civic leadership that strengthens the community. In a year that perhaps more than any other presented unforeseen challenges, Angela exemplifies leadership that makes a difference.

Reflecting on the selection of Angela as the 2020 McCoy Award honoree, Foundation Board Chair Lynne Smith said, "By her example, Angela inspires people to come together in service to the community. She has a heart of service that brightly shines in everything she does."

Angela was appointed Executive Director of Healthy New Albany earlier this summer, succeeding Dr. Phil Heit who founded and led the organization since 2005. Prior to that, Angela served as Healthy New Albany's Director of Operations.

Assuming leadership of Healthy New Albany during the pandemic allowed Angela to apply her entrepreneurial skills and she quickly adapted programs to the changing environment. Healthy New Albany presented 12 New Albany Farmers Markets in a new, safer way because of COVID-19. It also introduced drive-up markets and added new programs including Senior Connections and Integrative Health Classes.

Angela's work in the community dates back to 2013 when she became involved with the Village Coalition Against Hunger, eventually becoming the director of the small nonprofit that helped support the needs of community members experiencing food insecurity.



2019 Members of the Healthy New Albany Team

Her remarkable passion and commitment to make sure no one experienced hunger drove her toward an expanded role. Amazingly, she even operated the pantry from her home for a year while searching for a permanent, suitable location. In its early days, volunteers picked up food from Angela's garage to then deliver to the families.

"I feel like my purpose on the planet is to do good, and to do good work and to serve others in whatever capacity I can," Angela shared with Healthy New Albany Magazine in a 2017 interview. "I don't know if I intended to run a food pantry, but you know, you do what's in front of you. When a need presents itself, you take that."



Volunteers contributed 3,200 hours in support of the Pantry during the months of January through September 2020.

Through collaboration and support from the New Albany School district, community volunteers and Foundation donors, the pantry relocated to the annex building at 79 N. High Street on the school campus. And eventually, the food pantry became part of Healthy New Albany. It was renamed the New Albany Food Pantry and Angela served as its Executive Director for six years. Today, the Pantry provides clients living in the New Albany-Plain Local School District with food and personal care items and operates a number of programs including Summer Meals, Community Kitchen classes, cooking demonstrations and more.

Despite unprecedented demand, the New Albany Food Pantry has been able to support families and individuals experiencing food insecurity. During the months of January through September of 2020, more than 126,300 meals were provided to our neighbors in need. Additionally, volunteers devoted 3,200 hours in support of the Pantry.



New Albany Community Foundation donors responded to the Foundation's COVID-19 Call to Action that resulted in a \$55,000 grant contributed to the New Albany Food Pantry to support neighbors in need.

"The Foundation and the entire community are grateful to Angela not just for what she does, but the way in which she does it," said Craig Mohre, President of the Foundation. "She's compassionate, cares deeply about the clients and her enthusiasm inspires others. She's always quick to recognize the pantry's team of volunteers. She embodies what the award is all about and therefore, is most deserving."



THE NEW ALBANY
Community Foundation

JEANNE & JOHN G. McCOY COMMUNITY SERVICE AWARD

In 2004, The New Albany Community Foundation established the Jeanne & John G. McCoy Community Service Award in honor of two beloved civic leaders whose exceptional generosity had a significant and lasting impact on central Ohio. Reflecting the McCoy's belief in actively supporting organizations that strengthen the community and increase opportunity for all, recipients of the prestigious Jeanne & John G. McCoy Community Service Award are selected annually and recognized at the Foundation's Remarkable Evening benefit.



McCOY COMMUNITY SERVICE AWARD HONOREES

- | | |
|--|------------------------------------|
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McCOY HONOREES





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In 2020, two fundamental priorities emerged. Our health. And our humanity.

While we entered the year with a carefully constructed plan, a global pandemic and a movement to advance social justice put those plans on hold. So we shifted our focus and asked you to join us. And you responded with an outpouring of support. Because of your generosity, we made grants totaling nearly \$200,000 toward the safe reopening of our schools, to the New Albany Food Pantry and in support of local mental health initiatives. We also introduced our Conversations on Social Justice with a virtual event featuring Eddie S. Glaude Jr., who chairs the Department of African American Studies at Princeton University. We all came away from the conversation with a greater understanding of how to care for each other. Looking back, that's what this year was all about.



When you donate through the Foundation, gifts of any size, large and small, generate impact in so many ways. Grants have been made in support of worthy efforts that touch lives throughout our community. Including the Charleen & Charles Hinson Amphitheater, which will provide a gathering place for community events, enabling us to build and strengthen community bonds. The Foundation has been at the center of efforts like this that bring us together. And it's all made possible by your support. If you've given, we thank you. And if you are yet to make a gift, we invite you to join us.

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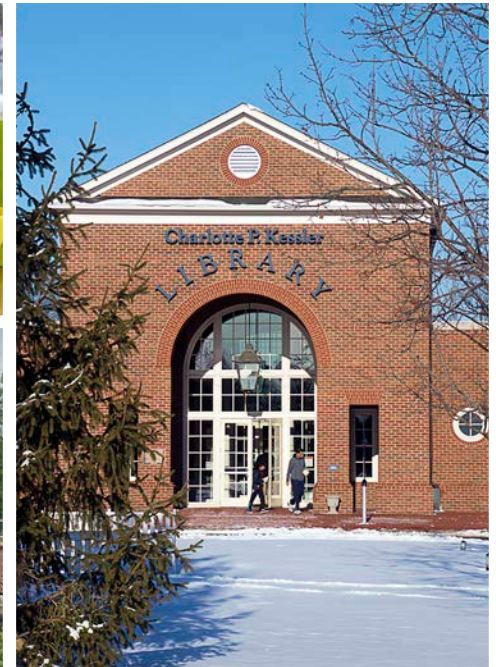
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**"To learn, you have to listen.
To improve, you have to try."**

- Thomas Jefferson

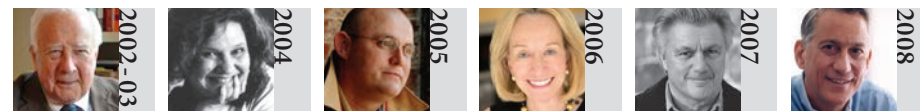
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REMARKABLE EVENING SPEAKERS



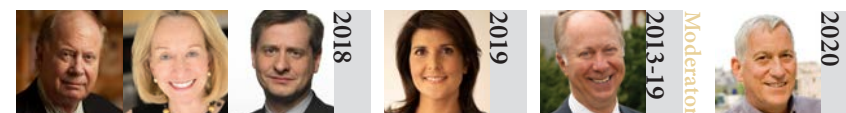
David McCullough 2002-03 Wendy Wasserstein 2004 Ronan Tynan 2005 Doris Kearns Goodwin 2006 John Irving 2007 Walter Isaacson 2008



Michael Beschloss 2009 James Bradley 2010 Condoleezza Rice 2011 Bill Clinton 2012 Tony Blair 2013 George W. Bush 2014



Robert Gates 2015 Leon Panetta 2015 David Brooks 2015 Thomas Friedman 2015 Ana Navarro 2016 Colin Powell 2017



Joseph J. Ellis 2018 Doris K. Goodwin 2018 Jon Meacham 2018 Nikki Haley 2019 David Gergen 2019-20 Moderator 2020 Walter Isaacson 2020

**Education is the most
powerful weapon which
you can use to change
the world.** ~Nelson Mandela

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Remarkable Evening 2018

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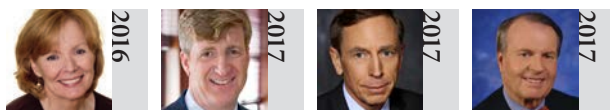
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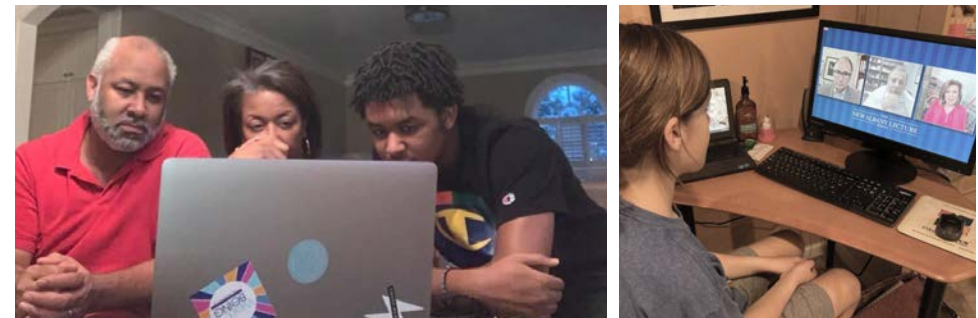


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THE NEW ALBANY COMMUNITY FOUNDATION'S VIRTUAL PROGRAMS ALLOW ACCESS TO EVERYONE

This year, due to the unique circumstances facing our community and country, the Foundation adjusted the format of our lecture series. Through the new format, the 2020-21 programs are virtual and free to all. It is our hope to extend programming of The New Albany Lecture Series far beyond surrounding communities and central Ohio schools. Through the generosity of our donors and the new virtual format, the Foundation has been able to more than double the number of viewers during the first three programs. Below are a few snapshots of viewers and participants from the Conversations on Social Justice and Civil Discourse and Debate programs.



"Simply the fact that this discussion took place without it being a battle of personal attacks was wonderful. It's closing where each participant discussed their motivations for public service was inspirational."

—Dave Levy

"Thank you for providing these lectures! Last night's was an incredible learning opportunity and launched a powerful discussion in our home."

—Lisa Carson

"I can't begin to say how powerful the conversation was...I thought it was game changing"

—Nichole Barnes Marshall

"I was so impressed with both Mr. Axelrod and Governor Christie and how they really modeled great civil discourse. I can imagine the students benefited so much from them earlier in the day. This event was so incredibly needed in this odd political time we are in."

—Liz Morrison

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Well-Being

MARCH
9



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Mental Health

MAY
4

ALL PROGRAMS BEGIN AT 7:00 PM

We invite you to join us for these virtual and free programs.

[CLICK HERE](#) to register for the register for the
March 9 program.

Registration for the
May 4 program will
open soon!

Thank you to all who participated in the first four programs as part of the 2020-2021 season!



Eddie S. Glaude Jr.
Distinguished University
Professor;
Chair, Department of
African American Studies,
Princeton University



Darlene Hill
NBC4 Anchor,
Ohio State Alumna and
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Conversations on Social Justice 1

SEPTEMBER
16

Conversations on Social Justice 2

OCTOBER
21



David Axelrod
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Chris Christie
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Colleen Marshall
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Dan Buettner
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Civil Discourse and Debate

JANUARY
27

Health

FEBRUARY
22

THE FOUNDATION GRATEFULLY RECOGNIZES THOSE
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CONVERSATION:

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Thank you to New Albany High School Senior Meghana Karthic for introducing
our speakers at the student lecture today.

PROGRAM PHOTOGRAPHY PROVIDED BY:

Scott Cunningham Photography, James DeCamp, Lisa Hinson,
Sara Knight Photography, Jeffrey Krugh, New Albany Schools,
Lorn Spolter and Rochelle Young.



*Music will be played. Art will be shared. And voices will be heard.
The Charleen and Charles Hinson Amphitheater is currently under construction
adjacent to the Jeanne B. McCoy Community Center for the Arts.*

As long as we work together
– with both urgency and
determination – there are no
limits to what we can achieve.

~Paul Allen



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January, 2021



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