



THE NEW ALBANY  
*Community Foundation*

*presents*

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THE

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**NEW ALBANY LECTURE**

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SERIES

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MARGARET TRUDEAU

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Bestselling Author and  
Mental Health Advocate

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*May 4, 2021*

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An evening with  
**MARGARET TRUDEAU**

WELCOME

**EVERETT GALLAGHER**

*Board Chair, The New Albany Community Foundation*

PROGRAM

**MARGARET TRUDEAU**

*Bestselling Author and Mental Health Advocate*

AUDIENCE QUESTIONS AND ANSWERS

**CRAIG MOHRE**

*President, The New Albany Community Foundation*

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## Dear Friends,

Tonight is the sixth and final lecture of the 2020-2021 New Albany Lecture Series Season. Only a year ago we were questioning if the season would happen at all!

I want to thank the sponsors, board of trustees, staff and the Hinson team for making this season possible. With some creativity and good use of technology, we not only presented an outstanding lineup of speakers, we reached more students and citizens than any other year. The virtual format allowed us to surpass 20,000 students who have participated in the lectures, and more than 40,000 citizens since the series began.



Through the lecture series, we have accomplished our mission to promote lifelong learning. Moreover, we have addressed important, timely issues such as social justice, mental health and civil discourse. The New Albany and central Ohio communities have embraced the series, engaged in community dialogue and I'm so proud to say that many impactful community initiatives have been implemented as a result of the lectures.

I also want to thank the school leaders who collaborate with the Foundation so that students from more than 30 area schools participate in these enriching conversations. They include core city, suburban, rural, public and private schools. Of course, none of this would be possible without the generous support of our sponsors. Their investment in this impactful series is greatly appreciated!

Thank you to everyone who participated in this year's lecture series. Already, we're working on the 2021-2022 season and look forward to another outstanding lineup of speakers. Look for an announcement soon.

Sincerely,

Craig Mohre, President  
*The New Albany Community Foundation*



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## MARGARET TRUDEAU

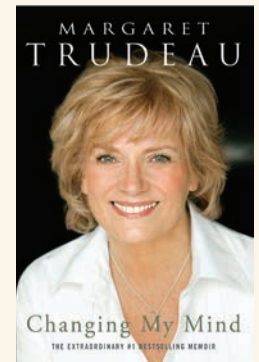
*Bestselling Author and Mental Health Advocate*

MARGARET TRUDEAU is a Canadian icon, celebrated both for her role in the public eye and as a respected mental-health issues advocate. From becoming a prime minister's wife at a young age, to the loss of both her son and her former husband, to living with bipolar disorder, Trudeau tirelessly shares her personal stories to remind others of the importance of nurturing the body, mind, and spirit.



A bestselling author, Trudeau is the author of four books, including her *Changing My Mind*, which charts her life's ups and downs, and her latest title, *The Time of Your Life*, which offers women an inspirational and practical approach to creating a

healthy, happy, secure, and satisfying future.



Trudeau recently took her story to the stage, co-writing and starring in her own one-woman-show, *A Woman of a Certain Age*. Part exploration of mental illness and part tell-all, Trudeau shares her compelling story as one of the world's most fascinating figures, chronicling her courageous public and private journeys. The show premiered on the renowned Second City stage in Chicago, and has since traveled to Montreal and Toronto as part of the Just for Laughs festival. It also made its New York off-Broadway debut with Audible Inc., the audio content division of Amazon, at the Minetta Lane Theatre. The live recording of this performance will be available via [audible.ca](https://audible.ca) in 2020.

Trudeau sits on the Executive Advisory Board of the UBC Mental Health Institute as a community advocate. She is also the former honorary president of WaterAid, a charitable Canadian non-governmental agency that helps communities in developing countries build sustainable water-supply and sanitation services. Trudeau is the proud mother to Prime Minister Justin Trudeau.





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AUGUST 28-29, 2021 • THE LAWN AT CAS – COLUMBUS, OH

Let's get back together with friends for a summer weekend at Central Ohio's amazing music festival and join the movement to focus on mental health, prevent suicide and build resilience in each other. Sing and dance to the sounds of the incredible line-up of artists on The Lawn at CAS while shining a light on this important cause.

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## SHINING A LIGHT ON MENTAL HEALTH

I join you with great anticipation for The New Albany Lecture Series program featuring Margaret Trudeau, which shines a light on mental health issues and fuels ongoing efforts across our community in lifting the veil on mental health stigmas. As the impacts of the pandemic linger, it is vital that we remain vigilant in our focus on mental health.

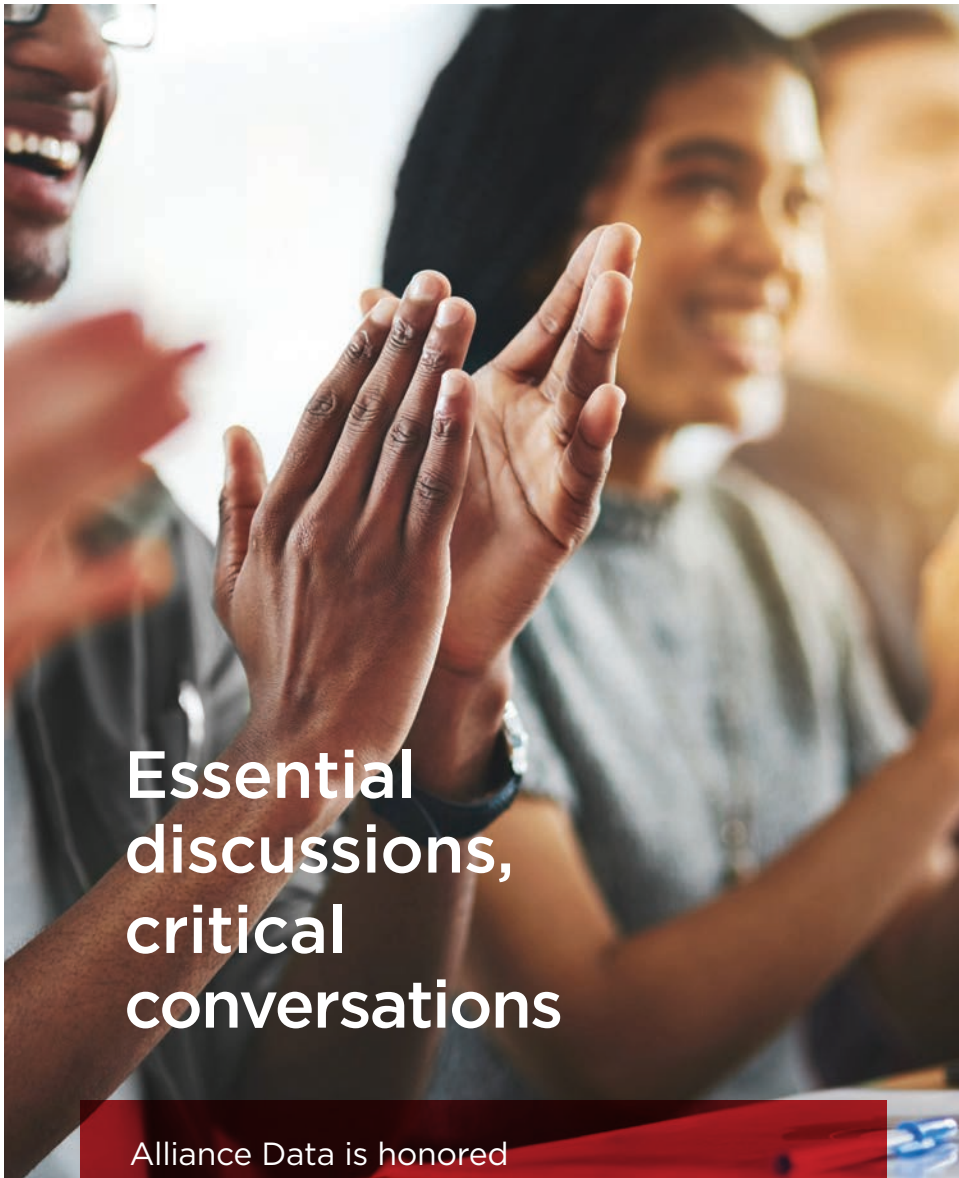
We are fortunate to have many resources and programs across our great community on which we can rely. Among those, CAS has been proud to engage with our community partners in raising awareness and funds for mental health by hosting the WonderBus Music & Arts Festival on The Lawn at CAS and supporting The Ohio State University Wexner Medical Center's Department of Psychiatry and Behavioral Health and their work on suicide prevention. They say "music soothes the soul," and this forum encourages hope, healing, resilience and love for all as we tackle mental health issues together.

And, we can do more. Let's continue our conversation and commitment to mental health. Together, we are saving lives, ensuring Central Ohio remains a vibrant and thriving community for all!

Manuel S. Guzman  
President, CAS







# Essential discussions, critical conversations

Alliance Data is honored to support conversations that promote social justice, inclusivity, civil discourse, and personal well-being.



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## Strengthening community mental health and well-being through resiliency

As we have grappled with the COVID-19 pandemic, our resiliency continues to be tested as never before. It has tapped our innate ability and strength to respond to and bounce back from stress, anxiety, depression and feelings of isolation. It has illuminated acts of compassion, kindness and gratitude. It has also highlighted the need to strengthen our individual and collective resiliency – mentally, physically and emotionally.

Researchers at Ohio State recently partnered with Everyday Health to understand the current state of resiliency. The study revealed that while most people surveyed believed that they have high levels of mental and physical resilience, only about 57% really do. And only 33 percent of Americans are likely to ask for help or counseling when faced with negative situations that are mentally and emotionally challenging. That means a lot of us are not as prepared to face stress, sickness and other difficulties as we think.

**Communities are only as resilient as their people are strong – mind strong. Mental wellness IS community wellness.**

It is vital that we sharpen our focus on reducing stigmas and solidify partnerships to support those struggling with their mental health and well-being. As Ohio's flagship research university and central Ohio's only academic medical center, we are committed to advancing evidence-based cognitive-behavioral skills building and support services to improve overall mental health and well-being in the community. Leaders can help in better understanding our communities' needs and the value of investing in programming to support well-being.

Together, we have the ability to leverage our collective expertise and resources to increase awareness, spur action and broaden access to education and services. Together, we can create "circles of care" that empower our residents how and when they need, so they can realize their full potential. Together, we can build healthier, more vibrant communities.

Bernadette Mazurek Melnyk, PhD, RN  
Chief Wellness Officer at The Ohio State University



Scan to learn more about building resiliency



## Combating chronic stress from counselors to community

70% of Americans report levels of stress that negatively affect their physical and mental health. Addressing these impacts must be part of our communities' recovery plans.

Mindfulness in Motion, a mindfulness-based intervention, was developed and validated at The Ohio State University College of Medicine by Dr. Maryanna Klatt. This 8-week program enhances counselors' potential to help individuals susceptible to stress implement pragmatic resiliency tools into their daily lives — improving the health and well-being of our communities.



Scan to read more of Maryanna's work

**Maryanna Klatt, PhD**  
Champion for counselors and communities  
Professor, College of Medicine





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\* GWS OneScore, September 2019

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...we don't know what they are going through. In fact, one in five children is living with a significant mental illness. That's why *On Our Sleeves* works to provide every community in America access to free resources to educate families and advocates. Join the movement for children's mental health at [OnOurSleeves.org](http://OnOurSleeves.org).

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THE NEW ALBANY  
*Community Foundation*

## SOCIAL JUSTICE ADVISORY GROUP

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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  
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- CARE: Yoga, breath & movement
- NAMI family support
- Parenting kids with special needs
- Community wellness speakers
- Book discussions
- Mental health training
- Let's chat series
- Teen community

We're your partner in mental wellness.

*sign up*

for an upcoming event at [thewellbeingconnection.org/](http://thewellbeingconnection.org/)

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@newalbanywellbeing





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NEW ALBANY-  
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# VIRTUAL WELL-BEING EXPO



[www.napls.us/wellbeingexpo](http://www.napls.us/wellbeingexpo)



## THE WELL-BEING INITIATIVE



*Jon Hood*  
*Director of Student Services, Safety and Security*  
*New Albany-Plain Local Schools*

The Statement of Purpose for New Albany-Plain Local Schools is to create a culture of accountability that achieves the best academic and developmental outcomes for each student. This commitment to meeting both academic as well as student developmental needs led the district to develop a Well-being Initiative. The mission of the Well-being Initiative is to empower a caring community with resources that help maximize the mental and physical well-being of each student. The vision of the Well-being Initiative is that each student possesses a strong sense of well-being (both mentally and physically.)



Now, more than ever, the well-being of our students, staff and families is of the utmost importance. The roller coaster ride of school during a pandemic and nationwide social unrest has guided us in focusing our attention on helping students navigate these and other inevitable challenges providing them with a solid well-being foundation they can build upon into adulthood. We have also focused our efforts on school culture and climate with a specific focus on diversity, equity and inclusion.

Through the Well-being Initiative we identify enhancement areas and fill these identified areas with best practice programs and resources that will support our vision and mission and the desired outcomes to improve wellness for students in all grade levels. We have built processes and accountability measures to determine the effectiveness of programming and annually review progress, adapting and adjusting to best serve our students and families. Some areas identified include:

- Suicide prevention
- Drug and alcohol prevention
- Tobacco/Vaping
- Misuse of prescription drugs
- Bullying
- Internet safety and citizenship
- Emotional, behavioral and social competencies

We would like to take this opportunity to thank The New Albany Community Foundation as well as the entire community for your support of New Albany-Plain Local Schools and the Well-being Initiative. The NAPLS Well-being Initiative is grounded in current wellness best practice programming. These programs and practices rely heavily on local organizations for support and partnership. Please visit our website at [www.napls.us/newalbanywellbeing](http://www.napls.us/newalbanywellbeing) to learn more about the Well-being Initiative, our Community Forums and Community Well-being Virtual Expo to learn more about our outstanding area resources.

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Thank you to New Albany High School Senior Jack Caudill for introducing our speaker at the student lecture today.

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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](mailto: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.

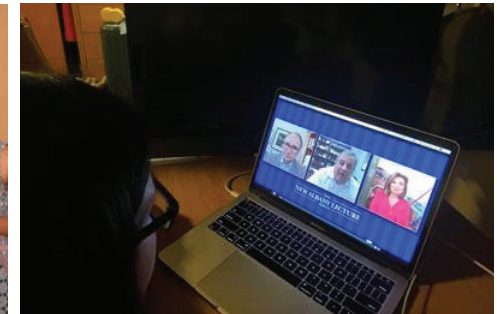
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# THE STUDENT LECTURE SERIES

More than 20,000 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



*"I'm grateful to have the opportunity to listen to individuals who are successful in their field and have valuable advice to share. After each lecture, I'm inspired to apply what I learn in order to better my community."*

–Meghana Karthic  
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 and student organizations participated in the Foundation's lecture featuring Margaret Trudeau.

Delaware Hayes High School • Gahanna Lincoln High School  
Granville High School • Heath High School • Licking Heights High School  
New Albany High School • Pickerington Central High School  
Pickerington North High School • St. Francis DeSales High School  
Thomas Worthington High School • Westerville North High School  
Worthington Kilbourne High School

**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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| Kristina & Pete Jenny              | Laura & Todd Wedekind                          |
| In Memory of Dr. Ralph Johnson     | Jennie & Mark Wilson                           |
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[CLICK HERE](#) to become a Lifelong Learning Circle member.

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

THE SIEMER FAMILY is proud to support the efforts of The New Albany Community Foundation to bring learning opportunities to the young people of our community.

“To learn, you have to listen. To improve, you have to try.”

- Thomas Jefferson

Proud to be a sponsor of The New Albany Lecture Series.



#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.





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 HONOREES



### McCOY COMMUNITY SERVICE AWARD HONOREES

- |  |                                    |
|--|------------------------------------|
| <b>2020</b> Angela Douglas               | <b>2011</b> Tiney McComb           |
| <b>2019</b> Melanie & Michael DeAscentis | <b>2010</b> The Ryan Family        |
| <b>2018</b> Leslie H. Wexner             | <b>2009</b> Dr. Phil Heit          |
| <b>2017</b> Barbara & Al Siemer          | <b>2008</b> Donald Cameron         |
| <b>2016</b> Cindy & Keith Berend         | <b>2007</b> Bill Resch             |
| <b>2015</b> Jennie & Mark Wilson         | <b>2006</b> Dr. Ralph Johnson      |
| <b>2014</b> Jackie & Ken Krebs           | <b>2005</b> Janet Atwater          |
| <b>2013</b> John W. Kessler              | <b>2004</b> Jeanne & John G. McCoy |
| <b>2012</b> Robert H. Schottenstein      |                                    |





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COVID-19 Assistance

Social Justice Programs

The New Albany Lecture Series

The Student Lecture Series

Jeanne B. McCoy Community Center for the Arts

New Albany Branch Library

Safety Town

New Albany Scholars Author Residency Program

Healthy New Albany

Charleen and Charles Hinson Amphitheater

New Albany Center for Civil Discourse and Debate

Mental Health through the Well-Being Initiative and the

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# NEW ALBANY COMMUNITY FOUNDATION INSPIRING SPEAKERS

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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 (2013-19 Moderator) Walter Isaacson (2020)



Remarkable Evening 2018



THE NEW ALBANY LECTURE SERIES SPEAKERS



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John Glenn 2015 Mariel Hemingway 2015 Michael Sandel 2016 Jon Meacham 2016 David McCullough 2016



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Michael Hayden 2018 Stanley McChrystal 2018 Peter Pace 2018 Fareed Zakaria 2018 Chris Matthews 2018 Elizabeth Vargas 2018 Sanjay Gupta 2018



Stephen Hadley 2018 Michael Hayden 2018 Samantha Power 2018 Fareed Zakaria 2018 Glenn Close 2019 Noah Feldman 2019 Jeffrey Toobin 2019



Madeleine Albright 2019 Colin Powell 2019 Fareed Zakaria 2019 Newt Gingrich 2020 Valerie Jarrett 2020 Eddie S. Glaude Jr. 2020



Ibram X. Kendi 2020 Michelle Alexander 2020 David Axelrod 2021 Chris Christie 2021 Dan Buettner 2021 Michael Phelps 2021 Margaret Trudeau 2021

NEW ALBANY COMMUNITY FOUNDATION  
INSPIRING SPEAKERS

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STUDENT LECTURE SPEAKERS



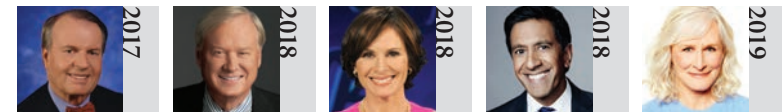
David McCullough 2002-03 Wendy Wasserstein 2004 Doris Kearns Goodwin 2006 John Irving 2007 Walter Isaacson 2008 Michael Beschloss 2009



James Bradley 2010 Clarence B. Jones 2011 Condoleezza Rice 2011 Michele Norris 2012 Paul Farmer 2012 Doris Kearns Goodwin 2014



Michael Pollan 2015 Mariel Hemingway 2015 Michael Sandel 2016 Peggy Noonan 2016 Patrick J. Kennedy 2017 David H. Petraeus 2017



Charles Osgood 2017 Chris Matthews 2018 Elizabeth Vargas 2018 Sanjay Gupta 2018 Glenn Close 2019



Noah Feldman 2019 Newt Gingrich 2020 Valerie Jarrett 2020 Eddie S. Glaude Jr. 2020 Ibram X. Kendi 2020 Michelle Alexander 2020



David Axelrod 2021 Chris Christie 2021 Dan Buettner 2021 Michael Phelps 2021 Margaret Trudeau 2021



THE NEW ALBANY  
*Community Foundation*

Celebrating 25 years of impact.

# 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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# THE NEW ALBANY LECTURE SERIES

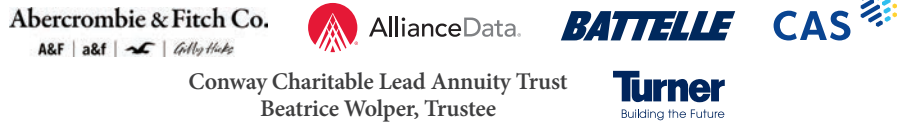
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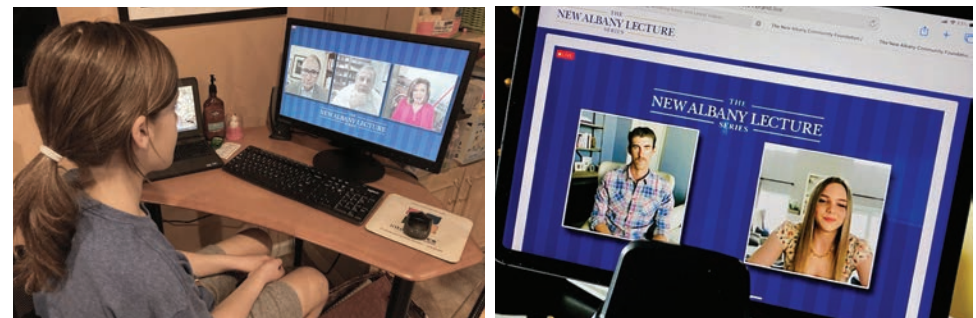


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# THE NEW ALBANY COMMUNITY FOUNDATION'S VIRTUAL PROGRAMS ALLOW ACCESS TO EVERYONE

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 were virtual and free to all. Programming of The New Albany Lecture Series extended far beyond surrounding communities and central Ohio schools. Through the generosity of our donors and the new virtual format, the Foundation more than doubled the number of viewers during this season. Below are a few snapshots of viewers and participants from this season's 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



I always thought it would be neat to make the Olympic team.

~Michael Phelps



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Here's to bold goals, simply stated.



*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.*



April, 2021



April, 2021



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