



Music Reconnects Us to ‘Our Most Alive Selves’

By Elizabeth Share

In April 2012, a video of **Henry Dryer**, age 92, was posted on the Internet. Since then, Henry has become an Internet sensation with more than six million views of the six and a half minute clip of Henry and an iPod.

Henry suffers from dementia and lives in a convalescent home. In the video (a rough cut of a trailer for an upcoming documentary called *Alive Inside*), Henry is first seen slumped over in a wheelchair, largely mute, disconnected from the world around him. He does not recognize his daughter when she visits. Neurologist **Dr. Oliver Sacks** observes that Henry is “inert, unresponsive and almost unalive.”

At the suggestion of a social worker, Henry is given the opportunity to listen to music on an iPod. Immediately, Henry “awakens” and his transformation is nothing short of astounding.

He lifts his head. His face assumes expression and his eyes open widely. He sways in his chair and attempts to sing along to the music he recognizes. Notably, Henry remains animated even after the headphones are removed.

Normally mute and unable to answer the simplest yes or no questions, Henry is able to share detailed musical memories from his past and spontaneously sings “I’ll Be Home for Christmas.”

“I’m crazy about music,” he says, later adding, “Music gives me the feeling of love.”



Photo by Peter Merts

Children are entranced at a Bread & Roses performance at Marin Learning Center, Marin City.

Sacks says, “In some sense, Henry is restored to himself. He remembers who he is. He has re-acquired his identity for a while through the power of music.”

“Reconnecting individuals to their most alive selves is what we do at our 600 shows each year,” says **Carolyn Gauthier**, Bread & Roses program director. “We see this awakening of the self not only with elders like Henry who suffer from dementia, but also with teens locked in depression, young children with autism and many others whose circumstances and/or illnesses isolate them in ways that greatly diminish their ability to experience their vitality.”

And while recorded music can clearly make a difference, Gauthier notes that the combination of live music and in-person contact with performers has an even greater impact. “Live performance engages both the mind and heart and, in so doing, deeply moves both performers and audience members in ways that can be life changing.”

Bonnie Raitt, a long-time supporter of Bread & Roses, says, “Thanks to Bread & Roses, I have experienced the healing that takes place when performer and audience meet heart-to-heart.”

Doug, a resident at **Center Point** in San Rafael, says, “I was shocked to see how talented these people are who simply came to volunteer their time to a guy like me ... It’s positive. It’s healing. It’s from the heart, and that makes a huge difference.”



Photo by Peter Merts

Singer-guitarist Jeanne Skybrook at the California Veterans Home at Yountville.

A Very Fitting Tribute From Our ‘Extended Family’

By Elizabeth Share

One of the most meaningful experiences we have at Bread & Roses is receiving the gifts you make to honor, thank, celebrate and remember your friends, family, self and members of the Bread & Roses “extended family.” These gifts make a real and immediate difference in the lives of those in need and have value far beyond their monetary measure.

When you make a tribute gift, we send a thank-you letter to you and to someone you wish to honor, describing the healing work you support and what the gift will help us achieve.

Recently, Julie Bernard threw herself a 60th birthday party and made the generous decision to celebrate her well-being by encouraging her friends to make gifts to Bread



Julie Bernard at her party.

& Roses. We gratefully received 26 gifts totaling more than \$2,000 in her honor – enough to enable us to sing a song of appreciation to an

audience of veterans, inspire a playroom bursting with toddlers to jump to their feet and reawaken an audience of elders with

happy memories of songs they sang when they were young.

Now, on our website, you can celebrate those you love with a gift to light up the life of a child or isolated elder with a song of joy and love; nourish the hearts of a mother and child, renewing their strength to carry on; send a song of compassion to a family living in a homeless shelter or by a sick child’s bedside; and more.

We hope you will think of those we serve the next time you are looking for a birthday, anniversary, holiday or tribute gift and will visit us at www.breadandroses.org/get-involved/donate.

Built on a Foundation of Generosity

Foundations literally and figuratively help us build the solid “foundation” that supports our work year-round. Our thanks to the following foundations whose generosity has enabled us to not only achieve, but exceed, our program goals for the year – 601 live performances for 29,000 individuals:

Bernard Osher Foundation, Bill Graham Memorial Foundation, Crescent Porter Hale Foundation, Fred Gellert Family Foundation, Katz Family Foundation, Marin Community Foundation, The Silva Watson Moonwalk Fund, Thomas J. Long Foundation, William and Flora Hewlett Foundation, and Young Family Trust.



Photo by Andrew de Lory

Bread & Roses Board Chair Jim Kennedy at our volunteer appreciation event.

The Business of Generosity

We offer a standing ovation to the following businesses that recognize the importance of the arts for all members of our community and whose generosity helps us enhance and enrich the lives of so many:

Bank of the West, B.R. Cohn Charity Events, Bullitt Bar, Marin General Hospital, Max’s Café of Corte Madera, rockflow-erpaper, Razz Entertainment West, Inc., Slim’s, String Letter Publishing, Wells Fargo Home Mortgage, and Whole Foods Market.

Angels of Balance

To the angels who helped us in June with gifts to achieve a balanced budget for the year ending June 30, 2012, our deepest thanks. Your help enables us to go forth in the new year singing a song of strength and hope.

For all of you who donate to Bread & Roses, we cannot thank you enough for your support, nor can we exaggerate the importance of your commitment to our non-profit organization and those we serve. Thank you for giving often, giving generously and giving from your heart.

The Impact of Your Generosity



Reawakening minds



Reanimating spirits



Reconnecting hearts



Rekindling hope and joy

This is the impact of your generosity. Donating has never been easier.

Visit www.breadandroses.org/get-involved/donate.

Photo by Sharon Goldstone

Photo by Peter Merts



A happy client of Whistlestop (San Rafael) at a Bread & Roses show.

“CD libraries and iPods can certainly be helpful,” says **Cassandra Flipper**, Bread & Roses executive director. “But 38 years of experience has convinced us that *live* music and human contact are a much more potent prescription for healing the heart and reawakening the mind and spirit.”

Ron Kilgore, associate director of **Las Trampas**, a nonprofit serving adults with developmental disabilities confirms this, saying, “We work with people who are severely mentally and physically challenged. People who traditionally have extremely limited access to live performance.

“Like so many in our culture, they watch TV or movies, and listen to recorded music. But the impact of live performance engages them and engenders physical and emotional responses that are unlike any-

thing offered by a media-only experience. Nothing compares with or touches people like live performance.”

Without Bread & Roses, the individuals we serve would have little or no access to the healing power of live performance. **Delancey Street** Program Director **Stephanie Muller** says, “This year, 90 percent of the residents at Delancey Street had never, ever seen live music. Because of you and your incredible organization, they learned about the joy and healing of music, were made to feel special by the members of (the band) **Moonalice**, and even had a chance to help and be ‘roadies.’”

Mary McNamara, director at the **Tenderloin Childcare Center** in San Francisco, confirms that live music is all too often inaccessible to at-risk and low income children



Photo by Andrew de Lory

Children's performer Asheba is a big hit at St. Vincent's Day Home in Oakland.

as well. “Our children have been exposed to a lot of trauma and violence, and we do not have money to provide the healing of an arts program without Bread & Roses. We can't imagine our program without our visits from Bread & Roses.”

The beauty of the Henry Dryer video is that it illustrates how music can provide essential nourishment for the mind. The enduring importance of Bread & Roses is that, with the support of our volunteers and donors, we nourish the minds, hearts and spirits of tens of thousands of individuals as uniquely inspiring as Henry each year.

Reawakening minds. Reconnecting hearts. Reanimating spirits. Rekindling hope and joy. This is the impact of your generosity.

To see Henry Dryer and the *Alive Inside* preview, visit www.breadandroses.org/blog.

Annual Report Now Online

Learn more about the impact of your generosity in our online annual report at www.breadandroses.org/about/annual-report. Together we made a lasting difference!

Benefits of Our Work 7/1/2011–6/30/2012

- 601 uplifting live performances throughout the San Francisco Bay Area
- 29,122 children, teens, adults and elders inspired, entertained and reawakened
- 125 hospitals, shelters, schools and other facilities relying on us
- 38 years: effective, efficient and essential

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Ninth Annual Sudha Sale Will Benefit Bread & Roses

The Ninth Annual **Sudha Benefit Sale** will be held at the Corte Madera Town Center November 9 to 11 and 17 to 18. Featuring exotic items from the collection of acclaimed designer **Sudha Pennathur**, the sale will benefit two local nonprofits: **Bread & Roses** and **The Angel Island Conservancy**.

The 2012 Sudha Sale, with wholesale prices for shoppers, will kick off with a Friends & Family reception on Friday, Nov. 9, from 5:30 p.m. to 8:30 p.m., featuring celebrity host **Doug McConnell**. Best known for his long-running series “Bay Area Backroads,” he is now producer of “OpenRoad with Doug McConnell.”

In India, Sudha Pennathur sponsors and mentors a select group of master craftspeople to create distinctive jewelry, scarves, decorative objects and other gift items. Her hand-crafted work is featured in such stores as Bergdorf Goodman, Neiman Marcus and Saks Fifth Avenue.

“Every year the Sudha Sale supports craftspeople in India to continue their beautiful, labor-intensive artistic traditions. At the same time, it benefits Bread & Roses’ program of bringing live music to those who are isolated,” said **Cassandra Flipper**, executive director of Bread & Roses.

Sudha Sale hours are: Friday, Nov. 9, from 5 p.m. to 8 p.m.;



Designer Sudha Pennathur with some of her creations (left to right): Hand-woven and -printed silk scarf in opulent colors; hand-embroidered silver snowflake ornaments; pink crinkle cotton tunic & skirt; hand-made Tibetan necklace.

Saturdays, Nov. 10 and 17, from 10 a.m. to 6 p.m.; and Sundays, Nov. 11 and 18, from 11 a.m. to 6 p.m. The sale takes place at 325 Corte Madera Town Center, next to Crate & Barrel.

For sale updates, visit www.breadandroses.org. For information on Sudha Pennathur’s work and designs, visit www.pennathur.com.

Photo Collage: Courtesy Sudha Pennathur. Photo of Sudha by Usha Kris