



### **March 14: “An Evening with Senator Cindy Friedman,” State Senator Cindy F. Friedman**

Senator Cindy F. Friedman will tell her personal story and recount the experiences that led her to develop a passion for improving the lives of those with severe mental illness, substance use disorder, and other behavioral health conditions. She will also speak on the state legislature’s role in shaping and implementing policy to address issues related to the mental health and opioid crisis. Finally, she will discuss the ways in which mental health advocates and

those with lived experience can effectively make their voices heard, communicate their concerns and ideas, and have a real impact on state government.

Cindy Friedman was elected to the Massachusetts Senate in 2017. Her legislative agenda focuses on several important issues, including better treatment for those suffering from mental illness or substance use disorder. She serves as Senate Chair of the Joint Committee on Mental Health, Substance Use and Recovery and Vice Chair of the Special Senate Committee on Addiction Prevention, Treatment and Recovery Options.

Senator Friedman has served as Chief of Staff to the late Senator Ken Donnelly, and spent several years working as a manager in the high-tech industry and as a teacher at the kindergarten and elementary school levels.

---



### **April 11: “Moments in Time,” Wendy Woodfield**

Wendy will read and lead a discussion of some stories in her book, Moments in Time, a collection of short-short stories encapsulating the expanse of Wendy Woodfield’s life.

Wendy Woodfield lives in Cambridge and is a past DBSA-Boston board member. She is in the process of publishing a second book of memoirs.

---



### **May 09: “Volunteer Musicians for the Arts performance”**

The cherished Danish poet, Hans Christian Andersen, once wrote “where words fail, music speaks.”. The professional musicians of the Volunteer Musicians for the Arts (VMA) believe live, classical music performances, especially in hospital settings, promote wellness of the

mind and body. We hope the healing sounds of live classical music welcome you into a shared, positive experience of mindfulness and relief from everyday challenges.

With a sound described as “beautifully warm” (Herald Times) and “sweet and agile” (New York Times), period clarinetist and instrument builder Thomas Carroll performs extensively throughout North America and Europe on historical instruments. Thomas is currently on the faculty of Brookline Music School and maintains a private studio.

Jonathan Yasuda (piano) enjoys teaching and sharing the art of piano performance. He currently serves as piano faculty at the College of the Holy Cross, Assumption College, Worcester State University, and Newton Music Academy. He performs a broad range of musical genres. Jonathan graduated with honors from the College of the Holy Cross and studied at Berklee College of Music and New England Law Boston. In 2012, Jonathan founded the Volunteer Musicians for the Arts, Inc to bring professional concert artists to hospitals, giving everyone free access to exceptional chamber music performances.