

with a Distinguished Alumni Award during the vocal ensemble's 65th anniversary celebration in April. Fellman performed with regional opera companies and orchestras before relocating to New York City. His music career has included stints as music director and conductor of Broadway and off-Broadway shows, and as a vocal coach for films. Fellman is an associate professor in the IU Bloomington Department of Theatre, Drama, and Contemporary Dance and teaches vocal instruction for musical theatre. He divides his time between NYC and Bloomington.

In June, during its annual Alumni Leaders Conference, the IU Alumni Association honored **Michael J. Garber**, BFA'97, with its President's Award for his service and volunteer leadership to the IUAA. Garber, of Carmel, Ind., has been a diligent volunteer for the IU Alumni Association for several years, representing the Herron School of Art and Design on the association's Executive Council. He has served on the Herron Alumni Association board as a member, secretary/treasurer and president, and he has donated his time and talent as a designer to help advance the mission of the Herron Alumni Association.

Derek A. Bang, BS/MBA'99, has been appointed chief strategy and innovation officer at Crowe Horwath, a public accounting, consulting, and technology firm. He is responsible for assisting the CEO with developing, communicating, and executing strategic initiatives. Bang, who has been with the firm since 2005, also serves as the firm's health care performance services leader. He lives in Westfield, Ind.

Tracy L. Jensen, BA'99, writes that she recently launched Frizz Marketing, a brand development and creative communications firm in Chicago. The company provides strategy, structure, and implementation for small businesses. Jensen lives in Lombard, Ill.

2000s

In May, **Mark W. Bina**, BA'00, a partner in the national law firm Quarles & Brady, was elected to the board of directors of Chicago Volunteer Legal Services. CVLS is the oldest civil *pro bono* organization in Chicago, comprising more than 3,000 attorneys who donate free legal services to thousands of low-income residents. Bina practices in Quarles & Brady's litigation and dispute resolution and health law practice groups. He lives in Highland Park, Ill.

Jennifer D. Walthall, MD'00, MPH'13, recently received the 2015 Early Careerist Award from the IU Richard M. Fairbanks School of Public Health Alumni Association. Walthall is division chief



Top Tips for Traveling with Aging Parents

In 20-plus years, **Valerie Grubb**, MBA'01, has traveled more than 300,000 vacation miles with her 85-year-old mother. Principal of Val Grubb & Associates Ltd., which she founded after holding a succession of leadership roles within major corporations, Grubb is no amateur at traveling. But, a few years ago, when her mother started requiring a wheelchair to cover long walking distances, Grubb was surprised by the lack of resources and books regarding vacation planning with the elderly.

To help others, Grubb fills this void with tips, resources, and anecdotes on her blog *travelwithagingparents.com*. In October, her book *Planes, Canes, and Automobiles: Connecting with Your Aging Parents through Travel* (Greenleaf Book Group) comes out. In it, she tackles the intricacies of traveling with an aging parent and how to make any trip a rewarding experience for all ages.

Here are some insights that Grubb learned from traveling with her mother that will make any vacation more enjoyable:

1. RESEARCH AND PLAN BEFORE YOU LEAVE HOME

"All the research you do in advance of your vacation will pay off once you get there," advises Grubb. Find out about the location and terrain. Can your parent handle a lot of stairs or cobblestone streets? What is near the hotel? Also, plan for frequent bathroom stops. "Don't make Mom have to beg to use the bathroom," warns Grubb. Build in a bathroom stop every 2-3 hours on your schedule. If you plan for the slow down, then you create less stress for everyone.

2. SLOW DOWN

"Slowing down isn't bad," says Grubb. "I was surprised how much I enjoyed it." Now that her mom is older, Grubb has slowed down the pace of their

of emergency medicine and pediatrics in the IU School of Medicine and deputy health commissioner at the Indiana State Department of Health. She lives in Indianapolis.

In March, **Gavin Mariano**, BA'01, MSW'14, received a social worker license from the Indiana Professional Licensing Agency. In May 2015, he celebrated 14 years at the Crisis Center Inc. in Gary, Ind., where he began working after he graduated from IU. Mariano lives in Merrillville, Ind.

In March, the New Jersey Chapter of the Leukemia & Lymphoma Society announced

vacations. She suggests doing a big activity and then following it with a meal or a rest stop at the hotel before moving on to the next big thing. "You can actually appreciate places more if you are seeing and enjoying them instead of rushing to tick boxes off a sightseeing list."

3. TREAT YOUR PARENT LIKE A FRIEND

Grubb understands it can be hard to find a balance between helping and becoming the parent figure. "No adult thinks it is nice or fun to be treated like a child." Grubb suggests remembering, "If you were on vacation with a friend, you would allow her to offer input." Have your parent help with the planning process. And, don't forget, this is your parent's vacation too! ■

that **Jared P. Zuflacht**, BS'02, of New York City, has been nominated as a candidate for LLS's 2015 Man of the Year. Candidates across the country compete to raise awareness and funds for blood cancer research. Zuflacht is a director at Deutsche Bank in New York City.

Siobhan M. Carroll, MA'04, PhD'09, is the author of *An Empire Of Air And Water: Uncolonizable Space in the British Imagination, 1750-1850*, published by the University of Pennsylvania Press. She began the book while studying at IU, making extensive use of the Lilly Library's collection of board games and shipwreck almanacs. In *An Empire Of Air*

