

DREAMERS & DOERS

Jack Tsai

A psychiatrist with Mental Illness Research, Education and Clinical Centers, Tsai spearheads research and psych treatment for homeless vets to promote post-traumatic growth—positive psychology, gratitude and resilience. Tsai's model of peer support is now being duplicated with vets around New England.



a waterfront Long Wharf location or The Happiness Lab coffee shop during lunch, but she could pop-up – anywhere. Ohhmmm.

Ian Applegate

Founder of nhv.org, a hyperlocalized social media aggregator in New Haven news and events, promoter and curator of the hashtag #NHV, Ian Applegate is just all about NHV. From



severe housing insecurity only a year ago, to online content manager for Town Green and celebrated videographer, Ian knows how to make things happen creatively.

Jessica Medina

As program manager of young adult services at Continuum of Care for autistic young people transitioning out of foster care, Jessica works with a singular goal in mind: encourage independence, joy of life, promote resilience to move forward, and change the stigma attached to mental illness. Jessica has begun to incorporate "family time," art therapy, and exciting field trips for her residents—and even staff—to try to reduce turnover.



Katie Timlin

Part-time yogi and full-time project manager for SeeClickFix, Katie works with 108 Monkeys to provide yoga instruction to grade-schoolers at Fair Haven public schools, and offers pop-up yoga classes on an ongoing basis—like at

Devonne Canady of Elephant in the Room Boxing Gym



is a worldclass champion boxer who would have loved to compete in the Beijing Olympics—had women been allowed. Although she

can recite statistics like only 5% of inner city girls participate in sports—EIR has produced a champion New England Golden Gloves boxer every year and this year achieved best novice team. Canady says coaching a girl up through the ranks to the Olympics would be a dream come true.

biodegradable 'sproutfetti' made of paper with wildflower seeds embedded in, which is even plantable. Huizenga also co-owns a creative workshop series for women called **Monarch Workshop** to foster entrepreneurship, networking, wellness and creativity.

Frank Brady, Dream Director with the Future Project at Wilbur Cross High School, is

a spoken-word poet and public speaker who performs in and around New Haven, as well as nationwide at events like Fresh Fest and the Congressional Black Caucus. As Dream Director, Brady helped students launch more than 30 projects last year, like a sneaker exchange, in which students bought, sold and exchanged sneakers, talent shows and charitable fundraisers—peaceful creative events between Cross and the community.



Jessica Huizenga

who entertains 21,000 Instagram followers, created **The Confetti Bar**, an online store of specialty confetti blends—like a



Stacey Kigney, the founder of Air Temple Arts

aerial dance and circus school, used Kickstarter to produce her first show *Missed Connections* at Lyric Hall. She later opened Air Temple Arts, offering 20-30 classes per week, and subsequently put on more shows, like the recent *Special Relativity*, a sold out show about time travel and love. She recently newly launched **Circularity** professional production company.

