

Biography - Breeda Miller

Breeda Miller is a talented speaker, writer, comedic actor and a successful business woman. She is also a wife, a mother, a daughter, a sister and a friend. She states that her most fulfilling role was caring for her frail mother until the end of her life. As a member of the Sandwich Generation Breeda managed to run a business, a household, raise three teenagers (two with special needs) while providing round the clock care for her mother.

Breeda credits her ability to do this without the use of drugs or alcohol to her ability to find humor in the horrible and to consider the dignity of those in her care. Breeda poses the question - **Are you in the Caregiver Sandwich?** You might be if you can't decide which is worse - handing over your car keys to your brand new 16 year old driver on a Friday night or thinking about ways to take away the car keys from your 90 year old driver? Finding humor in days filled with dementia, incontinence, insomnia and pain management is not for the feint of heart. Add to the mix the parent/child dynamic and the experience becomes a roller coaster like no other.

A graduate of the University of Detroit Mercy with a degree in Communication Studies and Business, Breeda began her career in broadcasting in the Detroit Market. She worked for a decade in radio and television, behind the scenes in promotion, marketing and sales. After her children arrived (all adopted from S. Korea) Breeda managed businesses in her home office, including her work as a professional event planner for a high end caterer. That work led to her work at the University of Michigan where she is an Assistant Director managing large scale events for the Health System. In between events she managed to tour nationally in a one woman comedy show - which helped her to develop strong presentation skills and the ability to improvise and keep an audience engaged.

Breeda has appeared at Moth Story Slams and The Moth Radio hour has broadcast Breeda's story nationally on NPR.

Breeda is passionate about helping caregivers cope, palliative and hospice care, international adoption, Special Olympics, rescue dogs and cats, all things Irish and long soaks in her new clawfoot tub. She's been married for 30 years (to the same great guy) and lives in a small town outside of Ann Arbor, Michigan.

Bringing her years of experience as a Caregiver, an Event Planner, and an Actor to her work, Breeda she reaches audiences as they strive to find Humor and Grace with compelling stories that touch the heart and lift the spirit. To learn more about Breeda and how she can help your organization, check out her website at BreedaMiller.com

Breeda Miller and her mother, Mary Kelly

