“The desire to create is one of the deepest yearnings of the human soul.”

Dieter F. Uchtdorf
FROM ME TO YOU

Branding & Logos
Corey Thornton Jr, Nathaniel Schardin & Seraphina Zweifel

Cover Design
Lauren Robertson & Nathaniel Schardin

eBook Layout & Design
Nathaniel Schardin

Production Team
Monica Ganos, Kalina Hug, Megan Manor, Emma Reidlinger; Lauren Robertson & Nathaniel Schardin
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University of Wisconsin - Milwaukee
Department of Art and Design
Design and Visual Communication Program

Typography 2 | April 2020

Mickel Arce          Stephanie Narvaez
Natalie Bantleon     Pablo Novelli Urdaneta
MacKenzie Bartkowiak Ryan O’Connor
Sarah Calderon       Alexcias Porras
Cindy Carmona        Allison Reed
Georgia Cline         Emma Riedlinger
Aleska Craig         Carly Rishel
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Eunhye Kim           Corey Thornton Jr.
Megan Manor          Jayce Van De Veer
Erika McCoy          Garrett Worman
Olivia Molter        Hope Zimmermann
Trevor Murrow        Seraphina Zweifel

Kim Beckmann, Associate Professor
"Every now and then one paints a picture that seems to have opened a door and serves as a stepping stone to other things."

Pablo Picasso

The University of Wisconsin-Milwaukee’s Design and Visual Communication program in the Peck School of the Arts is an ongoing laboratory, focusing on research, design thinking, innovation, and entrepreneurship. Our curriculum includes coursework in typography, design strategy and problem diagnosis, design methodologies, portfolio development, web and multimedia design, composition, and real-world internships in local design firms.

From design thinking to design doing our students engage in a process that is simultaneously iterative, divergent and integrative. They embrace an optimistic viewpoint about the future by assuming there are unlimited ways to improve situations. Rather than attempting to reduce a situation to one best or optimized solution, students carefully explore context to achieve deeper understanding and seek multiple potentials of what people actually need by always considering how might we and what might be.

Our passion to Design for Good! is driven by our belief that design, its practices, methodologies, and mindsets can change the world. From Me to You aspires to provide elders ways to spark creativity, find inspiration, stretch imagination and discover joy in the everyday.

Kim Beckmann

About Our Program and Graduates
uwm.edu/design-spotlight/
Mickel Arce
Natalie Bantleon
MacKenzie Bartkowiak
Sarah Calderon
Cindy Carmona
Georgia Cline
Aleksa Craig
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POSTCARDS
Creativity is the ability to see the world in new ways. It affords us the opportunity to transform ideas, imagination and dreams into meaningful experiences. Disciplines such as art, design, entrepreneurship, and architecture all embrace creativity as part of their practice. An idea however need not be artistic or world-changing to be creative. Life requires daily acts of inventiveness and novel workarounds making all of us creative in some way, shape, or form. Simply put, it is part of being human and can have positive influences on our mind, body and public health. A number of studies have found that writing, visual expression (drawing, painting, molding, etc.), body movement (dance and exercise) can improve mental health, have brain-boosting effects, and physical health benefits.

From Me to You Postcards are designed to inspire imagination and create social connections for elders. They can be experienced as an individual creative activity to be shared through public display or mailed. In a group setting they can be used to spark conversation and creative exchange. Our aspiration is to collaborate with you on creating meaningful experiences for elders, friends, family and care givers.

Production Guidelines

Our postcards were designed to be flexible and accomodating. We encourage you to mail them, but they can certainly be used for the activites only! Follow these guidelines to get the most out of your experience:

**Mailing Postcard**
- Print on 8.5 x 11” | 90 lb cardstock
- Print page Front to back (2-sided)
- Use Front of card cutlines for trimming

**Postcard Activities**
- Print on 8.5 x 11” | 20 lb copy paper
- Print page single sided
- Use Front of card cutlines for trimming
If a rainbow were a song, what song would it be, and what would it look like?

Happy Birthday

Mickel Arce

From Me To You | Postcards
Rainbow Melody - Back

Share your song with a friend!

Happy Birthcards - Back

Write your birthday wish!
Felices Tarjetas de Nacimiento

Feliz Cumpleaños

Connect the Cat

Share a funny pet story!

From Me To You | Postcards
¡Escribe tu deseo de cumpleaños!

Connect the Cat - Back

What pet is your story about?

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A Reason to Smile

Una Razon Para Sonreir
A Reason to Smile - Back

Share something that makes you smile!

Una Razon Para Sonreír - Back

¡Comparte alguna cosa que te hace sonreír!
Unexpected Conversations

Advice From the Wise

From Me To You | Postcards
Unexpected Conversations - Back

Imagine these animals can talk to one another, what would they say?

________________________

________________________

________________________

Send this postcard to a friend who you think would like these animals.

Advice From the Wise - Back

What advice can you share with a younger person about growing up?

________________________

________________________

________________________

________________________

________________________

Send this advice to someone younger.
Nervous Lemurs

In A Dream World

From Me To You | Postcards
Nervous Lemurs - Back

What advice would you give to a lemur afraid of heights?

________________________

________________________

________________________

________________________

Share your advice, send this postcard to a friend.

In A Dream World - Back

If you could fly with birds or swim with fish, what would you choose?

Why?

________________________

________________________

________________________

________________________

Send this postcard to someone who would choose the opposite of your choice.
Home Sweet Home

greetings from Milwaukee

New Orleans

From Me To You | Postcards
Home Sweet Home - Back

Tell a story about where you are from.

New Orleans - Back

If you could travel anywhere right now, where would you go?
Sunflower

Sunflower

Sunset Dreams

Sunset Dreams

From Me To You | Postcards
Sunflower - Back

If you were a flower, what flower would you be?

Sunset Dreams - Back

What are you grateful for today?
Sunshine - Back

You brighten my day!

Have a nice day!

Forest Walk - Back
Doodle Something
That Makes You
Happy

Brighter Days

From Me To You | Postcards
You are Loved

Brighter Days Ahead

From Me To You | Postcards
Create your own supersuit. What kind of powers would you have?

“Life is like a box of crayons.”
- John Mayer
Why did you use those colors?

Address:

Continuation of super doodles

Address:
What do you see?
Qué es lo que ves?

Music Brings Happiness
What song makes you happy?
What Do You See? - Back

Space to draw your observations.

Address:

Music Brings Happiness - Back

“Sing, as if no one can hear you”

-Unknown

Address:
Embrace Your Green Thumb

Your Very Own Garden

Underwater Imagination

From Me To You | Postcards
Embrace Your Green Thumb - Back

“To plant a garden is to believe in tomorrow.”
-Audrey Hepburn

Underwater Imagination - Back

If you lived underwater, what would it be like?
Sunbeams

FEEL THE LIGHT

Take A Trip

From Me To You | Postcards
Sunbeams - Back

Something to brighten your day

Take A Trip - Back

If you went time traveling, where would you go?
Bright Light

Island Dream
How are you creative EVERYDAY?

To: ____________________________

_________________________________

_________________________________

_________________________________

Island Dream - Back

Where would you go on your dream vacation?

To: ____________________________

_________________________________

_________________________________

_________________________________
Bright Light - Back

What is one thing that makes you happy?

To: __________________________

______________________________

______________________________

______________________________

Island Dream - Back

Use this postcard to make a beautiful mural in your space, or send to someone special.

To: __________________________

______________________________

______________________________

______________________________
How are you creative EVERYDAY?

To: __________________________

___________________________

___________________________

Island Dream | Black & White - Back

Where would you go on your dream vacation?

To: __________________________

___________________________

___________________________

From Me To You | Postcards
Happy Home

Star Mosaic | Black & White

From Me To You | Postcards
Happy Home | Black & White - Back

What is one thing that makes you happy?

To: ____________________________
    ____________________________
    ____________________________

Star Mosaic | Black & white - Back

Use this postcard to make a beautiful mural in your space, or send to someone special.

To: ____________________________
    ____________________________
    ____________________________
    ____________________________
    ____________________________

Happy Colors

These colors bring me joy!

What colors make you happy?
Use your colors to decorate the canvas on the back of this postcard.

Give A Gift

What’s a gift you’d like to share with a friend?

draw gift here

From Me To You | Postcards
Happy Colors - Back

Fold your canvas so it can stand up, like this!

To: ____________________________
________________________________
________________________________
________________________________
________________________________
________________________________

Give A Gift - Back

write a loving note here

To: ____________________________
________________________________
________________________________
________________________________
________________________________
________________________________
Who Brings You Joy?

Dream Home Project

From Me To You | Postcards
these people bring me joy:

TO:

Dream Home Project - Back
Far Away Place

Under the Sea

From Me To You | Postcards
Under the Sea - Back

Share a story about the sea.

Far Away Place - Back

Share a story about a far away place.
Over the Moon

Community Garden

From Me To You | Postcards
Over the Moon - Back

Share a story about outer space.

Community Garden - Back

Share your garden with a friend.
The clouds had made a crimson crown
Above the mountains high.
The stormy sun was going down
In a stormy sky.

Why did you let your eyes so rest on me,
And hold your breath between?
In all the ages this can never be
As if it had not been.
Lyrical Sky - Back

If the sky was a concert what would you hear?

A Poem - Back

Write a poem of your own.

Poem: A Moment By Mary Elizabeth Coleridge
Autumn Brings A Blazing Slumber
Your window is a portal to another world. Where did it take you?

If you could collect something, what would it be?
Chinese Style Elderly

Stay With Me

From Me To You | Postcards
Go Back Home Often

Accompany More

From Me To You | Postcards
Go Back Home Often - Back

Accompany More - Back

Do you want your children around to take care of you?
Roadtrip to Anywhere - Back

When in San Francisco, California, driving over the Golden Gate Bridge is a must!
Create a road trip you would take:

DESTINATION
MUSIC
SNACKS
PASSENGERS

Photo Credit:
Hardik Pandya

Keeping Busy in NYC - Back

The Statue of Liberty is just one thing to see in New York, New York!
Plan a vacation in New York City:

travel with FRIENDS or FAMILY
visit STORES or PARKS
take the SUBWAY or TAXI
eat PIZZA or BAGELS

Photo Credit:
Aaron Burson
MILWAUKEE
WISCONSIN

Visit Milwaukee

How’s the Weather?

SEATTLE
WASHINGTON

From Me To You | Postcards
Visit Milwaukee - Back

There are many words to describe Milwaukee, Wisconsin! Here are just a few:

How’s the Weather? - Back

In Seattle, Washington, it is rainy about 50 percent of the time! Describe weather you love:

- Sunny
- Rainy
- Cloudy
- Snowy

---

Photo Credit:
Matthew Schultz

---

Photo Credit:
Felipe Galvan
A Cafe Breakfast

Getting breakfast at a café, what should I have to eat?

Letters to You

If you wrote your past self, what would you tell yourself?
List what I should get for breakfast:

- 
- 
- 

Letters to You - Back

Write a letter to your former self:

_________________________
 _______________________
 _______________________
 _______________________
 _______________________
 _______________________
 _______________________
 _______________________
Imagine your happy place,
how would you describe it?

Feelings of Home

When you think of home,
what feelings come to mind?
Feelings when you think of home:

- Happy
- Peaceful
- Content
- Loved
- Comfortable
- Cozy

Why you feel this way:

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________
If you could go to any real or imaginary place, where would you go?

Share some stamp ideas for these places.

If I could go anywhere, I would go to Japan.
-Morgan Johnsen

Create a new animal. Give it a name. Where does it live?

Does it have...

Wings like a bird?

A tail like a monkey?

Paws like a cat?
Travel Stamps - Back

Share why you would choose this place.

____________________________________
____________________________________
____________________________________
____________________________________

Animal Maker - Back

Share a story about this animal.

____________________________________
____________________________________
____________________________________
____________________________________

From Me To You | Postcards
What could this garden look like?

What image do these pieces make?
What do you think the perfect flower would look like?

____________________
____________________
____________________
____________________

Puzzle Time - Back
What can you see through the window?

What can you see through the window?

What can you see through the window?

What can you see through the window?

What can you see through the window?

What can you see through the window?

What can you see through the window?

What can you see through the window?
Make A Wish - Back

소원을 적어요 - Back
Funny Socks

Make your funny socks!

From Me To You | Postcards
Korean Card Game

Can you match the pair?

화투

짝을 맞춰봐요

From Me To You | Postcards
if you could talk to anyone in the world, who would you call?

fortune teller

what do you see in the world’s future?

megan manor
Chatty Kathy - Back

who & why?

________________________
________________________
________________________
________________________

Fortune Teller - Back

write here:

________________________
________________________
________________________
________________________

From Me To You | Postcards
CARE TO SHARE SOME WORDS OF WISDOM?

WHERE IS THE STRANGEST PLACE YOU'VE EVER BEEN TO?
Care to Share? - Back

write here:

The Strangest Place - Back

what kind of emotions did it evoke?
what did it smell like?
was anyone else there?

______________________

______________________

______________________

______________________
Picture Perfect Moment

Let Me See You Smile!
Create your picture perfect moment!

To:

Let Me See You Smile! - Back

Make someone laugh and share a funny story!

To:
Delicious Recipe

Love More!

LOVE MORE

From Me To You | Postcards
Delicious Recipe - Back

Share your favorite recipe!

To:

Love More! - Back

Share how love makes you feel

To:
INVENT A FRUIT!

What color will it be?

What is the texture like?

What does it taste like?

Where does it grow?

What kind of plant does it grow on? A bush? A vine?

What blossoms look like?

What animals eat this fruit?

What kind of recipes can you make with this fruit?

DRAW THE FRUIT HERE

The Good Times Jar

In the jar, show things that bring you joy. You could show:
- food you like to eat
- a fun past time
- a place you love

If there was a story about all 3 of these things, what would it be called?

Write it in the jar!
Good Times Jar - Back

Invent A Fruit - Back
Look at these funky plants!

Add your own made-up plants to the empty vases. They can be any color and be growing anything. Now you have a whole row of fun, colorful plants!

Happiness Potion

Make a happiness potion! Put these things in the jar...

Your favorite season • Something from a book you like • The best thing in your room • A candy you'd like to be eating right now...
Brain Coral

What have you learned in life?

Fire Coral

What are you passionate about?
What have you learned in life?

To:

_____________________

_____________________

_____________________

_____________________

What are you passionate about?

To:

_____________________

_____________________

_____________________

_____________________

From Me To You | Postcards
Staghorn Coral

What motivates you each day?

Tube Coral

Who do you look up to?
Staghorn Coral - Back

What motivates you each day?

To:

____________________

____________________

____________________

____________________

Tube Coral - Back

Who do you look up to?

To:

____________________

____________________

____________________

____________________
When did you feel love?
Write your story and send it back for others to hear

Choose your symbol of love

Uproar, Conflict or Bother

Tell a story when you got in trouble
Write your story and send it back for others to hear
What's is your word of love?

What did you learn from it?
Give advice on feeling pain
Write your story and send it back for others to hear

Tell your most exciting story
Write your story and send it back for others to hear
Resolving Struggles - Back

What was your story of pain?

Anticipation - Back

What does excitement look like?
Draw a dish to celebrate someone’s graduation

Design a sneaker for a child that does not feel well.
Soul Food - Back

What is something you do to celebrate?

Happy Feet - Back

What was a shoe you liked as a child?
What’s a good word of advice you’d give someone feeling down?

Share them with someone!

How can you help someone feeling down?

Share with someone!

From Me To You | Postcards

Feeling Blue

Pablo Novelli

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Life Advice - Back

What's a good word of advice?

Feeling Blue - Back

What do you do when you're feeling down?
This is how I see myself.

How do you see yourself?

This is how I like to dress.

How do you like to dress?
Who I Am - Back

I see myself as fun, colorful, and outgoing. I like to draw skateboard and play soccer.

Tell me about yourself


How I Dress - Back

I like to wear colorful clothes and dress up.

How do you like to dress?


Ryan O’Connor
2605 N Prospect Ave APT 1, Milwaukee, WI 53211
50 Years Old

This is where I want to live when I’m 50

Where did you live when you were 50?

40 Years Old

This is where I want to be in 40 years

Who were you 40 years ago?
50 Years Old - Back

I want a home with a porch where I can raise a family.

Tell me about where you’ve lived

____________________________________
____________________________________
____________________________________
____________________________________

40 Years Old - Back

I want to own a house, work creatively, and start a family

Tell me about your past.

____________________________________
____________________________________
____________________________________
____________________________________

Ryan O’Connor
2605 N Prospect Ave APT 1, Milwaukee, WI 53211
Floral Sketch

Storytime

From Me To You | Postcards
Floral Sketch - Back

“You can often change your circumstances by changing your attitude”
-Eleanor Roosevelt

Make someone smile today

Storytime - Back

Tell a loved one what your happy song is.

Ask for their happy song!
Dance the Blues Away

Stained Glass

From Me To You | Postcards
CHA CHA CHA! Play a song that makes you happy. Dance, sing, hum, or whistle to the beat.
GREETINGS
FROM:

Let's Fly Away

LET'S FLY AWAY

From Me To You | Postcards
Balloon Ride - Back

If you had a hot air balloon, where would you visit?

TO:
______________________________
______________________________
______________________________
______________________________

Let’s Fly Away - Back

Where would you like to go?

TO:
______________________________
______________________________
______________________________
______________________________

From Me To You | Postcards
Small Joys

THE LITTLE THINGS

DREAMS

POSTCARDS

From Me To You | Postcards
Small Joys - Back

What are three little things that make you happy everyday?

TO:
________________________________________
________________________________________
________________________________________

Dreams - Back

Where do your dreams take you?

TO:
________________________________________
________________________________________
________________________________________

From Me To You | Postcards
write a story about someone using...

PICNIC BASKET
CORK SCREW
SOUNDPROOF
SUPER POWERS

Identity Input
Creative Thinking - Back

write your story here:

Creative Thinking

send to:

Identity Input - Back

Part of growing up is creating your own identity, what advice do you have for someone going through an identity crisis?
A Stroll in the Sky

You have the ability to walk on clouds...

Postcard Title

From Me To You | Postcards
A Stroll in the Sky - Back

Write about this day to a friend who’s afraid of heights.

SHARE YOUR EXPERIENCE

send to:

Postcard Title - Back

**align multiple cards like tiles to create a beautiful mosaic**

- This design was inspired by popular Portugese tiling called “Azulejos.”
- Think of somewhere you might have seen similar designs.
Cloud Castle

Underwater Village

From Me To You | Postcards
Cloud Castle - Back

CREATE A NEW PLACE YOU WANT TO VISIT...

What do you see there?
What do you hear?
What do you smell?
What would you bring with you?
Who is with you?
What would you do?

Underwater Village - Back

CREATE A NEW PLACE YOU WANT TO VISIT...

What do you see there?
What do you hear?
What do you smell?
What would you bring with you?
Who is with you?
What would you do?
Space Adventures

Mountain Travels

From Me To You | Postcards
Space Adventures - Back

CREATE A STORY ABOUT AN ADVENTURE

Who is going on this adventure?  
Where are they going? Why?  
What do they see along the way?  
What challenges do they face?

Mountain Travels - Back

CREATE A STORY ABOUT A VACATION

Who is with you?  
What do you plan to see?  
What do you plan to do?  
Where did you stop along the way?
CREATE A NEW PLACE YOU WANT TO VISIT...

What do you see there?
What do you hear?
What do you smell?
What would you bring with you?
Who is with you?
What would you do?

CREATE A NEW PLACE YOU WANT TO VISIT...

What do you see there?
What do you hear?
What do you smell?
What would you bring with you?
Who is with you?
What would you do?
Space Adventures | Black & White

Mountain Travels | Black & White

From Me To You | Postcards
CREATE A STORY ABOUT AN ADVENTURE

Who is going on this adventure?
Where are they going? Why?
What do they see along the way?
What challenges do they face?

CREATE A STORY ABOUT A VACATION

Who is with you?
What do you plan to see?
What do you plan to do?
Where did you stop along the way?
Collecting Beauty

Collect Something Beautiful

Make Some Noise

Make some noise

From Me To You | Postcards
Collecting Beauty - Back

Write 3 beautiful words:

________________________
________________________
________________________

Collect 3 beautiful things.

________________________
________________________
________________________

Ask someone for a beautiful story.

________________________

Make Some Noise - Back

What makes a good song?

________________________
________________________
________________________

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Dish: Share A Story

Happiness Recipe

What’s a recipe for happiness?

From Me To You | Postcards
Dish: Share A Story - Back

Who’s invited to dinner?

What’s a story you’d share?

Happiness Recipe - Back

What makes you happy?

Photo by Jon Moore on Unsplash

Photo by Brooke Lark on Unsplash
Picture the perfect day

Beautiful Sounds

Imagine a beautiful sound
What Does It Look Like?

To:

Beautiful Sounds - Back

What does it sound like?
Grow A Plant

Spring Days

Imagine a beautiful spring day
Grow A Plant - Back

What plant would you recommend to grow?

To:

________

________

________

Spring Days - Back

What is it like?
How does it make you feel?
Wings of the Sea

Where would you fly?
Bird Search - Back

**Bird Search**

Use this card to keep track of the days you see each bird. To hear each bird visit:

**birdsounds.net**

Bird photos by Zoe Finney

@thezoefin     zoefinney.com

Wings of the Sea - Back

**“Wings of the Sea”**

Photo: Nathaniel Schardin

This photo of a Ring-Billed Gull fending off competitors for food was taken along the shore of Lake Michigan in Milwaukee, Wi.
Colorful Dunes

Moon Phase Calendar

Fill in the Moon Every 3 Days

From Me To You | Postcards
What colors make you happy and why?

“Colorful Dunes”
Photo: Nathaniel Schardin

A summer storm passes as the setting sun casts a rainbow of color over the Sangre de Cristo Mountains in Colorado’s Great Sand Dunes National Park.

Moon Phase Calendar - Back

Moon Phase Calendar

Every day the Earth’s shadow covers the Moon a little bit more. Every 3 days we see a new phase of the moon.

<table>
<thead>
<tr>
<th>New Moon</th>
<th>Waxing Crescent</th>
<th>First Quarter</th>
<th>Waxing Gibbous</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Full Moon</td>
<td>Waning Gibbous</td>
<td>Third Quarter</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Waning Crescent</td>
<td></td>
</tr>
</tbody>
</table>
Endure the Storm - Back

“Endure the Storm”

Photo: Nathaniel Schardin

This photo of a large summer storm shrouding the setting sun in distant rainfall was taken in Colorado’s Great Sand Dunes National Park.

Amethyst - Back

Did You Know?

Amethyst

The mineral, amethyst, is actually a purple variety of the mineral quartz.

Photo: Nathaniel Schardin
Make a wish.

Dream View
Wish - Back

address:

________________________
________________________
________________________
________________________

Dream View - Back

share your dream view

address:

________________________
________________________
________________________
________________________
Describe the things you love about autumn.

Growing Garden

Sierra Schuler
Autumn Leaves - Back

address:

____________________
____________________
____________________
____________________

Growing Garden - Back

Color the flowers, and then connect the cards to create a garden!

address:

____________________
____________________
____________________
____________________
WHAT SEASON DO YOU ENJOY THE MOST?

Splendid Sounds

What sound do YOU love?
THE SEASON I ENJOY
THE MOST IS...


MAILING ADDRESS:


Share a story about that sound


Mailing Address:


From Me To You | Postcards
If you could have any meal, what would you choose?
make a Mark
the wings are your canvas

If I could have any meal I would choose...

Mailing Address:

Bon Appetit - Back

Mailing Address:

POSTCARDS
maddie Schweitzer

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WHAT MAKES YOU SMILE?

Under the Sea
What are you grateful for?

Share your thoughts using images or words

To:

___________________________

___________________________

___________________________

___________________________

___________________________

___________________________

___________________________

___________________________

___________________________
Love Story

Blob Buddies

From Me To You | Postcards
Love Story - Back

Share a story about a time you fell in love...

To:

Blob Buddies - Back

CREATE A CHARACTER
Use the blobs on the front, draw some faces, and name them!

To:

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A Trip Around the World

Mark “x” where you want to go

Best Time of the Day

Color in the time of day that makes you feel most happy. Why?

Morning  Noon  Evening  Night

From Me To You | Postcards
A Trip Around the World - Back

Describe how you feel when you arrived

What would you smell and see?

Now go back to the map and circle where you have already been

Illustrations inspired by Pixabay.com

Best Time of the Day - Back

It is important to smile. Happiness is part of all of us. Have a wonderful day and enjoy your best time of the day.
Tell Your Story

I am ____________. I like

_____________. I’m happy
because ________________
_____________.

I want to ________________
_____________.

Loving Kindness

You Are Special
A Beautiful Story - Back

You are special. You can be whoever you want to be. This is all about you.

Illustration by Pixabay.com

Loving Kindness - Back

True happiness comes from giving to others. Tell someone that they are special. Say something nice and give this card to someone.

Photo by Pixabay.com
Home Is Where the Heart Is

Greetings from my home

Greetings from My Home

From Me To You | Postcards
Home Is Where the Heart Is - Back

What is the most precious part of your hometown?

What makes something or someone precious?

Send to:

Flow - Back

What values do you admire about someone you know?

Send to a friend and keep the conversation going!

Send to:
Why is Generosity important?

Send to:

Precious Possessions - Back

What possessions are Sentimental to you?

Send to:
IMAGINE WHAT THIS PLACE IS LIKE

ADDRESS:

____________________

____________________

____________________

____________________

Home Sweet Home - Back

IMAGINE WHAT THIS PLACE IS LIKE

ADDRESS:

____________________

____________________

____________________

____________________
The Wild West

High Tide

From Me To You | Postcards
Comet

Home

FROM ME TO YOU | POSTCARDS

Garrett Worman
What does an alien would look like?

What does home sound like?
Spring - Back

What reminds you it is spring?

Journey - Back

What is a journey you have taken?
What are 10 things that make you smile?

When Do You Feel Happiness?

When do you feel happiness?
10 Things That Make You Smile - Back

What are 10 things that make you smile?

To:

When Do You Feel Happiness? - Back

When do you feel happiness?

To:
Where Would You Go?

TRAVEL

What is the Most Wonderful Sound in the World?

What is the most beautiful sound in the world?
If you could travel to any place in the world, where would you go and why?

To:

What is the most beautiful sound in the world?

To:

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Reimagining Picasso

Coloring Warhol
Andy Warhol

- he was a Pop Artist during the 1960s
- he created the print, “Campbell’s Soup Cans”
- he covered his studio in aluminum foil and called it “The Factory"

Send to a penpal!

Pablo Picasso

- he is well-known as a Cubism painter
- he painted the famous work, “Guernica”
- his full name is 23 words long!

Send to a penpal!
Impression of Monet

Scribble with Pollock

From Me To You | Postcards
Claude Monet

- he was an Impressionist painter in France
- he created the painting that named the Impressionist movement
- before being a painter, he was a caricaturist

Send to a penpal!

Jackson Pollock

- he was an Abstract Expressionism painter
- he would splatter paint on large canvases and add items such as cigarette butts
- his real name is Paul!

Send to a penpal!
“When you think creatively, you’re opening your heart and mind and you’re relating to people as humans.”

Jenn Maer
Kalina Hug

“My intent was to create something invigorating that would spark joy in those that received them. I want to help the world realize how powerful art can be for everyone. My designs serve as change agents that benefit people’s lives and make them feel more positive.”

Sierra Schuler

“I really wanted to use this project to bring some joy into the nursing homes in this hard time. I also wanted to help bring together families in a way that didn’t involve technology. I was motivated by my grandma and remembering how happy getting little handmade cards from me and my sisters made her. Working on this project warmed my heart and made me feel a part of something bigger.”
From Me to You Mural Cards are designed to inspire imagination and create social connections for elders. Murals are believed to be the oldest human art form dating back to 30,000 BC as evidence by cave paintings found in Chauvet France. Over the course of history, they have played a prominent role in storytelling as experienced in religion, art movements motivated by political and social change, street art, and hip-hop fashion. Today murals can be experienced in a variety of mediums on walls, ceilings, floors inside and outside of buildings for public display. Constructed by an individual or in collaboration with others a mural can communicate a message(s) one wishes the public to know. They invite attention, elicit conversation and leave their mark in the area where they are displayed.

From Me to You Mural Cards can be experienced as an individual or a collaborative group activity to be displayed in a communal gathering space or the privacy of one’s personal space. Our aspiration is to collaborate with you on creating meaningful activities and public displays of art for elders, friends, family and care givers.
Once Upon A Sweetheart | Instructions

Let’s embrace healthy togetherness. Research shows us that social isolation and loneliness are linked to cardiovascular problems such as hardening of arteries and raised blood pressure. The positive physical effects on the heart and circulation when you are falling in love go beyond a simple attraction to someone. They actually help people have healthier lives.

Activity Instructions: As an individual or group assemble a sweetheart mural by playing a storytelling a game. Print enough cards to create the desired size mural and distribute cards evenly among participants. Each participant adds a sweetheart card to the wall or table in any orientation just as long as one edge of the card connects to another to make a sweetheart with fluttering wings. Note: If a rectangular shape mural is desired position all cards so they face the same orientation (as shown in photo).

To begin, take 3-5 minutes to imagine falling in love. Now let’s construct our sweetheart mural and love story. A participant positions a card on the wall or table. Next they set the scene for meeting one’s sweetheart by completing the phrase “Once upon a time....” The next person positions their card to create a sweetheart with fluttering wings and continues the love story. The game proceeds until all cards have been played and the love story told. The completed mural can be rectilinear or freeform in shape reminiscent of paths along a journey.
Star Mosaic | Instructions

Connect these postcards on a wall, door, or even a window for a stained glass effect. Line up the edges to create a beautiful mosaic tile display in your personal space or in a group area to brighten up the walls. This card can also be sent as a postcard, so if you decide to send one as well, your loved one can have a piece of you with them.

A mailable version of this mural card can be found in the POSTCARDS section of this eBook (pages 39 & 40).
Star Mosaic | Black & White | Instructions

Connect these postcards on a wall, door, or even a window for a stained glass effect. Line up the edges to create a beautiful mosaic tile display in your personal space or in a group area to brighten up the walls. This card can also be sent as a postcard, so if you decide to send one as well, your loved one can have a piece of you with them.

A mailable version of this mural card can be found in the POSTCARDS section of this eBook (pages 39 & 40).
Star Mosaic | Black & White

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Make Lemonade | Instructions

This can be a group activity or an individual art project. As a group, use the white space to write out a positive message you would give to a friend or loved one. This can be a simple quote, words of affirmation, or advice to pass on. Then, put all of the cards up on a wall in a common space and admire all of the sweet messages. As an individual art project, color in the white space, or leave it blank. Use the mural as a way to brighten up the space around you.
The Dream Home Project | Instructions

These mural-based postcards give participants the chance to collaborate with their friends, as well as show off their dream home. With this domino-inspired project, collaborators can match different styles of structure into their ideal house. Or, flip the card over to the blank side, and sketch a new structure from your imagination! Also, the illustrations are minimal enough to allow for further decorating and coloring!

A mailable version of this mural card can be found in the POSTCARDS section of this eBook (pages 43 & 44).
Community Garden | Instructions

Assemble this mural by having participants color in the flowers, petals and backgrounds of their flowers. These can be assembled side-to-side and top-to-bottom to create a colorful garden.

A mailable version of this mural card can be found in the POSTCARDS section of this eBook (pages 47 & 48).
Community Garden

Mural Cards

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From Me To You | Mural Cards
Autumn Brings A Blazing Slumber | Instructions

Activity Instructions: As an individual or group create a haiku poem and mural that describes autumn. Print enough cards for each participant to have 6.

What is a “haiku”? There are many forms but we will focus on the simplest — a three-line Japanese verse that follows a syllable-based rhythm, usually 5-7-5. Word count isn’t important; it’s all about capturing a mood. Here are examples:

- My love fell like leaves
- He the cold wind in my face
- I the crying sky.

- In the roaring wind
- trees dance to an unheard song
- and sway to the tune

- Autumn colours flame
- Sunset leaves drift slowly down
- Winter’s quilts in place

- My love fell like leaves
- He the cold wind in my face
- I the crying sky.

Haikus were traditionally written about nature. Imagine being outside surrounded by falling autumn leaves. Each person writes a short phrase answering one of the 3 questions: What does it look like? What does it feel like? What does it sound like? The first answer needs be 5 syllables. Each person shares. Choose a different question to answer but this time make it 7 syllables. Everyone shares. Answer the remaining question with a 5-syllable response. Everyone shares. As a group select from everyone’s answers to construct a 5-7-5 syllable haiku about autumn. Using only the written responses that construct the haiku and the leaf pattern cards compose a mural capturing the essence of the poem.
Autumn Brings A Blazing Slumber

Monica Ganos
Ride the Wave | Red | Instructions

These cards can be assembled left to right, up and down, or any which way you choose. There are two versions of the pattern: red and blue. Stick to one color, or mix them together, to make your own custom mural!
Ride the Wave | Blue | Instructions

These cards can be assembled left to right, up and down, or any which way you choose. There are two versions of the pattern: red and blue. Stick to one color, or mix them together, to make your own custom mural!
The Fruit Salad of Life | Instructions

The way this mural can be put together is by matching the circles to each other. The pattern is created so that the card can be flipped, and it will still line up. Doing this creates a unique styling that makes the circles half-red and half-purple. The same can be done with the lemon and limes in the pattern. They are symmetrical both horizontally and vertically which means the split can be done on them as well.
The Fruit Salad of Life

MURAL CARDS
Kalina Hug

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Kindness Flowers | Instructions

Color in the flowers or write a kind message. Grab a friend and put your cards together to make a fun pattern of colorful flowers.
Kindness Flowers

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Stained Glass | Instructions

1. Grab a friend.

2. Color in the triangles with colors that will make you smile on a rainy day.

3. Tape it to a window.

4. Create multiple and make a pattern.

A mailable version of this mural card can be found in the POSTCARDS section of this eBook (pages 107 & 108).
Floral Sketch | Instructions

1. Grab a friend.

2. Color in the flowers with colors that will make you smile on a rainy day.

3. Tape it to a window/wall.

4. Create multiple and make a pattern.

A mailable version of this mural card can be found in the POSTCARDS section of this eBook (pages 105 & 106).
Floral Sketch

MURAL CARDS
Alexcias Porras

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Azulejos | Instructions

Align multiple cards like tiles to create a beautiful mosaic. This design was inspired by popular Portuguese tiles called “azulejos.” Where have you seen similar designs?
Sharing Circles | Instructions

Use this card to make a mural. Cut out the cards and make different shapes such as the heart shape in the image above. You can also create a mural in a recreational space. The middle circle is empty so that participants can write or draw something (ex. What are they grateful for? What do they like? A poem, etc.)
Sharing Circles

MURAL CARDS

Lauren Robertson

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Growing Garden | Instructions

Color the flowers in the garden! Then place the postcards side-by-side on a wall and watch your garden grow!
Blob Buddies | Instructions

Choose a color and a shape. Next, create a character by drawing a face, clothing, and hair. Repeat this process until each blob is a character. Then, tell a story! Assemble the cards as a mural on your wall.
Our Canvas | Instructions

The idea behind my mural cards is to have my design create a canvas frame. This canvas will provide a space for everyone to write whatever they feel like. They can use it to draw, hang pictures, write a message to someone, list things they like, say kind things, tell their stories, talk about one of their experiences, or just write their name. This canvas would be like an artwork that everyone is a part of.
Our Canvas

MURAL CARDS

Long Thao

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From Me To You | Mural Cards
Splatter Paint | Instructions

When putting together this set of mural cards, participants can turn them every which way to create an abstract design. The cool thing about this pattern is that when the cards are put together in a mural, it will look different every time depending on the way the cards are oriented.
Splatter Paint

MURAL CARDS
Hope Zimmermann

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Triangular Puzzle | Instructions

This mural engages the mind by encouraging participants to line up the triangles, creating a large pattern. It is a puzzle where all the pieces fit together. Match the colors or do not. Either way, a mesmerizing pattern will be formed. Do not think. Just have fun!
Stephanie Narvaez

“My intentions were to create thoughtful prompts and opportunities for others to share their experiences. I am a firm believer in hearing and learning from other people’s thoughts and wanted to extend that to others. I think there is a lot of advice to be given to the world and it just depends on who receives it.”

Maddie Schweitzer

“For this project I wanted to give people an opportunity to not only use their imagination but to also reminisce on their childhood. Throughout this project I was motivated my own grandmother. I knew that this meaningful project would be something she would have loved if she was still here today.”
KINDNESS
CARDS
From Me to You

Kindness Cards are simple thoughtful acts of kindness to be shared with others. They elicit happiness and joy and are inspired by the compassion, empathy, bravery, happiness, and stunning kindness of Adream Blair. Adream passed away Sunday, August 4th 2019 after experiencing complications from a spinal surgery. She was our colleague, teacher, and friend. In honor of her and to celebrate her loving kind spirit that touched all our lives we created Kindness Cards to share with you to share with others.

"Adream was truly one in a million. We were blessed to have her work with our daughter Shea in creating a 3D printed prosthetic hand. From the moment we met her she took us in like family and not just my daughter but all 4 of us. She is someone who will always have a very special place in our hearts."

The Stollenworks

"We want Shea to feel special." Adream holding laser engraved teacher for Shea’s 3D printed hand.

Adream Blair working with Shea on the fabrication and design of Shea’s 3D printed hand.

“A teacher affects eternity; she can never tell where her influence stops.”

Henry Brooks Adams
Be Kind.

Be Kind.

Be Kind.

Be Kind.

SMILE MORE

Grow where you are planted

Be the Light
Kindness Cards

MacKenzie Bartkowiak

From Me To You | Kindness Cards
Sunny Days Ahead

Love You

Relax.

Do what makes you Happy

Things will be ok.
Smiling is your best makeup!

You are Loved

The sun is shining and so are YOU

After a storm there is always a rainbow

We’ll get through this

Bee Positive
Be Sweet!

In dark times we gotta stay **Pawsitive**

Let's keep calm & enjoy the day

Everything **WHALE** be alright

Remember to smile

You're beary awesome

You are loved

Smiling is your best makeup!

In dark times, we gotta stay Pawsitive!
YOU ARE BRAVE
You light up a room!

YOU ARE BEAUTIFUL

Your smile is Contagious

BELIEVE IN YOURSELF

KEEP SHINING
DON’T JUST FLY, SOAR
TODAY IS MY NEW favorite DAY

you are BRAVER than you BELIEVE
IT’S WHAT IS INSIDE THAT COUNTS

FILL THE WORLD WITH SUNSHINE
TODAY IS A GOOD DAY TO TRY
OHANA means FAMILY

you are my GREATEST ADVENTURE

to LAUGH at yourself is to LOVE yourself

you're never too OLD to be YOUNG

imagination has no age

if you can dream it, you can do it!

From Me To You | Kindness Cards

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Let Love BLOOM

Squeeze Some KINDNESS Into Your Day

PEACE Is The Best Gift

LOVE Is In The Air

You Are So SWEET

You Are BEAUTIFUL And TALENTED And AMAZING
Let Love **BLOOM**

Squeeze Some **KINDNESS** Into Your Day

**PEACE** Is The Best Gift

**LOVE** Is In The Air

You Are **BEAUTIFUL** And **TALENTED** And **AMAZING**

You Are So **SWEET**
YOU WILL GET THROUGH THIS.

BELIEVE IN YOURSELF.

DON'T GIVE UP.

SEEK JOY TODAY.

DREAM BIGGER.

NEVER SETTLE.
You brighten my world.

You make me HOPPY!

You are so Sweet

You are unique

You are Amazing!

You make me Smile
Be the sunshine
Be the sunshine
Be the sunshine
Be the sunshine
Be the sunshine
Be the sunshine
Be the sunshine
Be the sunshine
Be the sunshine

All good things are free

Ride the wave

Don’t worry, be happy
THINK LESS
LIVE MORE

Shoot for the stars

LOVE YOURSELF

You are loved

MAKE YOURSELF A PRIORITY

stars can't shine without darkness
You’re the prettiest flower in the garden!

You make me

You’re a ray of sunshine

You’re the most precious gem

I’d take you anywhere

You’re vibrant!
eres una estrella fugaz
me das esperanza
me haces reír
eres la mas bella
estás radiante
YOU ARE MY SUNSHINE

YOU MAKE MY HEART HAPPY

YOUR SMILE LIGHTS UP THE ROOM

YOU'RE THE BEES KNEES

JUST BE-YOU-TIFUL
HAVE A MAGICAL DAY!

YOU MATTER

YOU ARE INSPIRING!

SHINE BRIGHT

YOU ARE NOT ALONE

YOU ARE AMAZING!
Shine Like the Night Sky!

Thank you for being lovely

Wishing you warm sunshine

You're my favorite sound

You're too sweet!

You make me smile!
Keep Growing

I’m lucky to know you

You’re a hole in one

Wishing you peace

You’re worth more than gold.

Sending you a hug
LOOKING SHARP!

You are Amazing

THERE ARE SO MANY BEAUTIFUL REASONS TO BE HAPPY!

SEE IN LIFE

THE GOOD

YOU ARE LOVED

BE SWEET
1. Don't worry. Be happy.
2. Do what you love.
3. Seize the day.
4. Stay stoked.
5. You got this.
Relax.

good things are coming

happiness comes in waves

just breath.

worry less live more

hang LOOSE
Smile

You are loved

You light up the room

You are beautiful

You are special

You are perfect
You are the sunshine
Your smile is so bright
You
Are
STRONG
You are wonderful
You are brave
You just glow

From Me To You | Kindness Cards
DO MORE OF WHAT MAKES YOU HAPPY

YOU ARE BEAUTIFUL

BE KIND BE KIND BE KIND

IT’S GOING TO BE OKAY

DANCE TO YOUR OWN BEET

YOU ARE MAGIC

From Me To You | Kindness Cards
YOU’VE GOT THIS

SHARE A SMILE

YOU ARE LOVED

I BELIEVE IN YOU

YOU LOOK GREAT TODAY

HAVE A GREAT DAY
“Kindness is a language which the deaf can hear and the blind can see.”

Mark Twain
Olivia Molter

“It was important to me that these designed activities had sustained value for the person doing them. I didn’t want this to be a one-off activity that would be tossed the minute it was completed. The cards I am proudest of ask residents to create a curated collection of things that make them happy or bring them joy. The hope is that putting together otherwise unrelated things to bring a person joy will serve as a reminder for all of the good things in life, a reminder of the diversity of sources of happiness we all have as individuals, no matter what our situation. Ideally residents can hang onto these cards as a reminder of this.”

Pablo Humberto Novelli Urdaneta

“My design intent for this project was to give hope and purpose. During these difficult times I think it’s important to remember that we do have a purpose in this world, that things WILL get better.”

Erika McCoy

“The intent for my designs was to be fun and engaging. I wanted my audience to recall times they’ve felt their best in different areas. This is important because it’s always a treat to take some time and think about your favorite experiences. I was motivated to put a smile on someone’s face. Working on the project I learned a ton!”

Mickel Arce

“This project was an opportunity for me to take my design skills to a new level. I wanted this project to be an opportunity for its participants to also be part of the final outcome. Motivated by the feeling of unity and connection, I felt a strong feeling of empathy that these cards would be a good way to brighten someone’s day.”
By helping others, we tend to learn a lot about ourselves and during the process of creating this eBook we, as a class of designers, have become more empathetic and skilled at creating meaningful and applicable designs during a time when adaptation is more necessary than ever. Making art – in any form – is best when done collaboratively and this project of ours has been no exception. Now that this unprecedented semester is coming to a close and our eBook is complete, I couldn’t be prouder of calling my fellow classmates my colleagues. Although times are tough and we’re apart from each other, we came together as a virtual community to help bring some happiness and optimism to a generation not of our own. Every designer approaches their projects having come from a different background and it is because of this that a little part of us is incorporated in everything that we make. Therefore, in some small way, we aren’t that far apart from those that interact with the contents of this eBook and we sincerely hope that we’ve made the current physical gap between all of us that much narrower. On behalf of my talented colleagues, I wish that you all stay strong and have fun!

Nathaniel Schardin

From Me To You Pen Pals
Designers interested in intergenerational conversation
Mickel Arce
Hi. I’m a graphic design major at the University of Wisconsin - Milwaukee. I’m a second-generation graphic designer and spend most my days at our family printing shop where we specialize in screen printing and embroidery. My other hobbies include shooting hoops with the guys and going out to eat.

Natalie Bantleon
Natalie Bantleon is a senior at UW-Milwaukee in the Digital Studio Practice program, focusing her studies in graphic design and photography. Her work examines the relationships shared between communities, the environment, digital art and design. Inspired by the world around her, much of her work reflects on nature and encourages others to pursue a deeper connection with the earth. In her free time, she can be found outdoors enjoying all of the beautiful seasons Wisconsin has to offer.

Kenzie Bartkowiak
Hello, there! I am a Design and Visual Communication student at the University of Wisconsin - Milwaukee. I have three German Shepherds who bring me the most joy and I am also passionate about anything outdoors, making art, and spending time with my friends and family.

Sarah Calderon
Hello. I’ve lived in the Milwaukee area all of my life and both of my parents also attended UW-Milwaukee. I am the oldest child and have two younger sisters - one being a very large cat named Lizy. I like to spend my free time drawing and painting, working on my own projects, and hanging out with friends. I enjoy going on adventures outside and look forward to going on a camping road trip to Colorado late this summer!
Georgia Cline
I am currently studying Design and Visual Communication at the University of Wisconsin - Milwaukee. I really enjoy drawing, painting, traveling, and music. Nature and being outdoors are other big interests of mine and I also love collecting house plants! If it were up to me, I would have a ton of pets including many different kinds of animals!

Aleksa Craig
I am currently a student at the University of Wisconsin - Milwaukee, studying Design and Visual Communication. I love art and using my abilities to make others happy. Other than digital design, I have a passion for jewelry and metalsmithing. When I am not creating or doing homework, I love playing with my dogs, spending time with Family and Friends, and baking (mainly chocolate chip cookies).

Richard DeJong
Hello! I am a Junior at UW - Milwaukee where I am studying Design and Visual Communication. I have 5 siblings. When I’m not designing, I like to exercise and be outside (when it’s warm). I hope to live in a warm area of the U.S. and hike a lot when I am older!
Hello! Just as everyone else who has participated in making this book, I am a student at the University of Wisconsin - Milwaukee. I have two cats and I love to spend my free time being creative. I am constantly using my imagination and I hope that I can help you exercise yours!

Monica Ganos

Monica Ganos

Hello! I am a Junior at the University of Wisconsin - Milwaukee studying design and I work for the campus planetarium, so I love to create just as much as I love to learn. I moved around a few times when I was a kid, so I grew up as a huge bookworm, and I still have that same love for stories, whether they’re in books or movies or from talking to new people.

Mia Dreher

Mia Dreher

Hi! I am a Junior at the University of Wisconsin - Milwaukee studying design and I work for the campus planetarium, so I love to create just as much as I love to learn. I moved around a few times when I was a kid, so I grew up as a huge bookworm, and I still have that same love for stories, whether they’re in books or movies or from talking to new people.

Ming Gao

Ming Gao

Hello, I am from China. Eating spicy food and creating thoughtful engaging designs are passions of mine. I am focused on becoming a great designer and look forward to launching my career in design.

Bridget Haessly

Bridget Haessly

Hello! I’m a graphic design student at the University of Wisconsin - Milwaukee. Because I was born and raised here in Milwaukee, it is one of my goals to help improve the city through design. As an artist, I try to spend my free time doing creative activities such as drawing, woodworking, crocheting, baking, and more. One thing that most people notice about me is that I tend to have a big smile on my face.
Kalina Hug
I am currently studying Design and Visual Communication at the University of Wisconsin - Milwaukee. I like creating designs where I can combine typography with photographs. When I am not designing, I enjoy spending time putting together outfits and taking pictures in them. I also love being with my family and pets when I’m home from school.

Medalia Santos
Hello! I am currently attending the University of Wisconsin - Milwaukee to obtain a bachelor’s degree in Design and Visual Communication. Graphic design has been a passion of mine for many years and I am excited to make a living doing it. I also love taking photos, traveling, and spending time with my family. I hope that my postcards fill your day with happiness!

Morgan Johnsen
159991 Granite Rd. Wausau, WI 54403
Email: johnsenm@uwm.edu | Website: johnsenm.myportfolio.com
Hi! I’m a Junior Design and Visual Communication major at UW-Milwaukee. I love being creative by drawing, painting, making animations, or even sewing costumes of my favorite characters. My non-creative hobbies include exploring nature, riding my longboard, and playing video games.

Eunhye Kim
I’m from South Korea and studying Digital Studio Practice and Design and Visual Communication at the University of Wisconsin - Milwaukee. I will be graduating in May 2020. I enjoy creating digital work, cooking for friends and hanging out at home.
Erika McCoy
Hey! I am a Design and Visual Communication student at UW - Milwaukee. I am very interested in multi-medium works as well. Building up and encouraging others are some of my passions. One of my goals in life is positively impacting the generations that came before and after as well as my own. I love to read books, hang out with friends and learn from others!

Olivia Molter
Hi! I am a student at UW - Milwaukee studying graphic design. I live in a little apartment on Milwaukee’s East side with my cat, Clove. On nice days I can hear seagulls from the lake, which is only a few minutes’ walk from me. I am also an artist who likes to draw and paint, I sell prints of my work online and at craft sales throughout the year. When I’m not busy with school, I might be found at the coffee shop I work at where I am either making drinks or doing small graphic design projects for them.

Trevor Murrow
Trevor is a Design and Visual Communication student at University of Wisconsin - Milwaukee and has been doing graphic design for 9 years. He enjoys designing with minimalist styles and bright colors while focusing on accessibility. Making people laugh, spending time with friends and family and animating are all activities he enjoys. In particular, Trevor loves playing video games, especially games that allow you to be creative.

Stephanie Narvaez
I am a junior studying Design and Visual Communication at UW - Milwaukee. Design has always been something that stuck out to me, so I wanted to pursue a career in it. I hope to create innovate and effective design. In my free time, I enjoy traveling, being in sweats, working on art and hammocking.
**Pablo Novelli Urdaneta**

What’s 2+2? Now that I have your attention, my name is Pablo and I am a DVC student at UW - Milwaukee. I am a social butterfly and I have a passion for movies, clothes, traveling and world history. I am a risk taker and I think after I act - I love new adventures! Whenever I am drained from socializing all day, I choose to relax at home by playing videogames.

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**Ryan O’Connor**

2605 N Prospect Ave. APT 1, Milwaukee, WI 53211  
Website: ryanarthur.studio

I’m a graphic designer studying at University of Wisconsin - Milwaukee. Outside of school I spend the majority of my time reading novels, skateboarding, and playing soccer. I’m a fan of warm weather and, when I can, I enjoy going on hikes and picnics outside. I’m planning on road tripping throughout the west this summer and hopefully will be able to spend time with friends and family.

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**Lexi Porras**

Hi! I am currently a junior in the Design & Visual Communications program at UW - Milwaukee. Some activities I love to do with friends are meet up at coffee shops, have brunch and have movie nights. I am passionate about all design, from ceramics to packaging design. I find myself pretty open and versatile when it comes to all things art. I am always willing to try something new.

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**Allison Reed**

Hi! I am currently a junior in the Design & Visual Communications program at UW - Milwaukee. Creative activities have always comforted me in times like these and I am happy that we get to be a part of this with you! I’m passionate about painting and drawing and I’ve recently really gotten into illustration. I find inspiration from nature and the beautiful little things in our everyday life. Usually, I go for walks around the city parks and look forward to the warmer weather!
Carly Rishel
Website: carlyrishel.com

Hello! I'm a junior graphic design student at University of Wisconsin - Milwaukee. The arts are a big part of my life, from drawing and painting to playing my violin or bass guitar to sewing. I am also a big bookworm and an ideal day is laying in my hammock for hours reading a book with my dogs close by.

Lauren Robertson
2708 Thinnes St. Cross Plains, WI 53528
Email: rober489@uwm.edu

I am a student at UW - Milwaukee. I'm in my third year of college and I study graphic design. Some of my hobbies include knitting, crochet, guitar, piano, and playing board games. I have a golden retriever named Ruff Winter.

Nathaniel Schardin

Nathaniel is a multidisciplinary artist that has gone to school for video production and photography and is now currently pursuing another degree in graphic design at the University of Wisconsin - Milwaukee. In 2015, he and his partner, Maria Pretzl, started the video production company, Traveling Lemur Productions, LLC, that produces promotional videos for theater companies throughout southeastern Wisconsin.

Maddie Schweitzer

Hi! I am a Design and Visual Communication student at UW - Milwaukee. I’m very passionate about art, music and traveling. I spend most of my time creating resin paintings of ocean sceneries and enjoying the company of friends and family.
Marissa TenHaken
Hi. I’m currently studying Design and Visual Communication at UW - Milwaukee. In my free time, I enjoy hanging out with friends, playing guitar, singing, watching tv, playing softball, and making art! I really enjoy painting and digital illustrations. In the future, I hope to adopt another cat and travel to Europe!

Long Thao
Long is a Design and Visual Communication major at UW - Milwaukee. His goal is to become a good designer where he can design to positively impact the world around him. He was born in Thailand and came to the United States in 2005. He enjoys music, photography, sports and art.

Corey Thornton Jr.
Hello. I am currently a student in the Design and Visual Communication (a fancy way of saying graphic design) program at UW - Milwaukee! I enjoy exploring the city with friends, watching anime, drawing and, of course, sleeping. I’m thoroughly interested in the process/development of things because the journey is significantly more important than the final result. I like to think of the bigger picture!

Jayce Van De Veer
Hi! I am studying Design and Visual Communication at the University of Wisconsin - Milwaukee. I love hiking, traveling, and meeting people along the way. Much of my inspiration comes from nature. I have always had a passion for being creative in all aspects of life. When I am not designing, I can be found biking, doing photography and anything outdoors!

Garrett Worman
In my free time I enjoy travelling and cooking for friends as well as practicing my own personal photography. I also run a small family photo business doing weddings, senior photos and other portraits around Wisconsin.
Hope Zimmermann
I am studying graphic design and photography at the University of Wisconsin - Milwaukee. After college, I hope to work for a marketing and design firm designing and creating things for restaurants and hotels. I grew up in Wisconsin with my family, dog and two cats. Besides design, I love singing, hiking, animals and spending time with friends and family.

Seraphina Zweifel
631 Mohr Circle, Waterford, WI 53185
Email: szweifel@uwm.edu | Instagram: s.z.a.r.t
Website: artzeegirl.wixsite.com/szartndesign
Seraphina is a student at the University of Wisconsin - Milwaukee studying to be a graphic designer for large companies. She has achieved multiple art scholarships to fund her education and is also a graphic designer on campus. Ever since she was two, she has really loved art. She also loves riding her skateboard and on rainy days, she plays video games with Family and Friends.

Kim Beckmann
3325 South Delaware Ave. Milwaukee, WI 53207
Email: kbeckman@uwm.edu | Instagram: kimberly_beckmann
Website: uwm.edu/harbormaps
Kim is an Associate Professor and Co-Area Head of Design and Visual Communication at UW – Milwaukee’s Peck School of the Arts, where she has taught for 17 years. She is a practicing designer and artist whose research spans two main areas: storytelling and design entrepreneurship pedagogy. Kim describes her life passion as creating environments where people, animals and plants thrive.
From Us To You
Ming Gao
“I designed these postcards to convey Chinese culture. In China, filial piety, virtue of respect for one’s parents, elders, and ancestors, is a very traditional thing. I hope these postcards can be seen by Americans and let them know that filial piety is an important thing.”

Lauren Robertson
“I really wanted my postcards to reflect things that I know my grandparents collect and share. I also wanted a way for residents to engage with one another and be creative. There aren’t a lot of activities that challenge residents creatively the way these cards will. I think this will be a fun way for them to learn more about themselves and each other.”

Mia Dreher
“I wanted to create something that was beautiful for those who write and receive the postcards. I was inspired by the types of art I always see in my grandma’s house, and I really wanted to make something I was confident she would like, just as much as I would.”
FROM ME TO YOU

“... I am so grateful for these student artists’ deep commitment to understanding the unique challenges facing our elders in this unprecedented moment, and their creativity and compassion as they designed their cards. This book promises to bring meaning and joy to countless care settings across the country.”

Anne Basting  
Founder, President of TimeSlips  
Professor, UW-Milwaukee

“Storytelling, creativity and designing for good are a powerful combination and the premise for From Me to You activities and communication tools designed by UW-Milwaukee Design and Visual Communication students. They serve as an enthusiastic energy for all participants and a reminder that opening our heart, mind, and relating to others is critical in supporting healthy lives especially during the most challenging of circumstances.”

Kim Beckmann  
Associate Professor, UW-Milwaukee