

Karen Lautzenheiser, MRS, Granny

Chief Celebration Officer, Vital Cycles



Karen lives in Philadelphia with her husband, Eric and their cat Sparky. She enjoys dotting on her grandchildren and playing board games!

Why I am a part of the Vital Cycles Board		<i>I am passionately committed to making a difference, for myself and others. Opportunities to exercise my own efficacy are becoming scarcer as I age and live with disability. The abuse in my childhood prepared me well to cope with my more recent setbacks.</i>
What I like Most About Vital Cycles		<i>The supportive, collaborative board that brings an extraordinary range of gifts to this program. The insatiable drive to heal among the board has informed the research and solution focus that are the foundation of Vital Cycles. I thrill at seeing healing happen for friends who have suffered for so long.</i>
Volunteer and Nonprofit Experience	2008-2011 1998-2008 2000-2003 2005-2007 2010-2011	Vital Cycles Founding Board Member and Chief Celebration Officer, Member, Philadelphia Intergroup of Survivors of Incest Anonymous Founder, Main Street Arts Center Director, Advocacy organization for the legitimization of Acupuncture Peer Mentor/stroke Recovery Magee Rehab, Philadelphia, PA Healthcare Mentor, Thomas Jefferson University Medical School, Philadelphia, PA
Experience	2003-present 2001-2003 1998-2001 1994-1998 1990-1994 1985-1990 1980-1985	Recovering from the effects of a massive hemorrhagic stroke, volunteer, peer mentor at Magee Rehab and Medical student Educator at Thomas Jefferson University, writer Marketing Consultant Day and Zimmerman/others Professional Services Writer and Marketer Strohl Systems, King of Prussia, PA Division Chief and General Manager, Image Reprographics, Philadelphia, PA Vice President, Corporate Communications Day and Zimmerman, Inc, Philadelphia, PA Marketing Director, Government Systems Day and Zimmerman, Inc, Philadelphia, PA Production Manager, Operations management

	1974-1980	Day and Zimmerman, Inc, Philadelphia, PA
	1970-1972	Marketing Director (Owner) Catalyst Enterprises, Philadelphia, PA
Education	1964 1965	Moorestown Friends School, Moorestown, NJ McMurray College, Jacksonville, IL While I am academically uncredentialed I have devoted much of my life to becoming educated.
Professional Affiliations		While actively employed, I maintained the appropriate membership in RSA, among others