



Silver Club Memory Programs
2401 Plymouth Road, Suite C
Ann Arbor, MI 48105

An Opportunity to Support Silver Club

The goal at Silver Club is never to turn away families in need due to financial circumstances. We use a sliding-fee scale so that each family pays what it can afford. The balance comes from grants and assistance from a wide array of supporters.

We are so grateful to Silver Club families and friends for their generous support of our programs in whatever way they feel comfortable.

How You Can Help:

- Be an ambassador – promote the Silver Club by referring families who are caring for a person with memory loss to our programs.
- Volunteer – if you have time, there are many ways to help, including spending time with members during program hours, participating on Silver Club committees, or helping with special, time-focused projects.
- Make a gift – the Silver Club is a non-profit organization which relies significantly on public funding and contributions. “Gifts in kind” such as artwork, books and equipment make an immediate impact. The easiest way to make a monetary gift is through our online link:
<https://leadersandbest.umich.edu/find/#/give/basket/fund/367384>.

Contact Information

Silver Club Memory Programs

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9:00 AM - 5:00 PM, Mon-Fri

Sponsors & Community Partners

Silver Club is a non-profit organization primarily funded by donations and member fees. We are also supported by:

- U-M Geriatrics Center
- Ann Arbor Area Community Foundation
- Area Agency on Aging 1-B
- Brookdale National Group Respite Program
- Friends of the U-M Hospital
- Medicaid Waiver Program

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SILVER CLUB PROGRAMS

Part of the
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silver

M E S S E N G E R

Together, we make every moment matter | Spring 2015

Greetings from Silver Club!

Spring is always an exciting time. It is particularly exciting here at Silver Club. We have a number of initiatives that are in the works.

Our annual fundraiser will happen in May. Please consider a gift to help Silver Club members. You can provide art supplies for our members (\$50), transportation for a field trip (\$75), or sponsor an individual for a day (\$100), a week (\$450), or a month (\$1,800). We will greatly appreciate whatever you can afford to give so that our members can have meaningful and fulfilling experiences.

Silver Club has recently received the Beamz music system, an interactive laser system which allows participants to create music regardless of functional losses. Beamz was made possible by a generous grant from The University of Michigan FIG (Fostering Innovation Grant) which provides UMHS faculty and staff with an opportunity to see their ideas funded, by awarding seed money for the implementation of pilot projects.

We are also grateful to First Martin and to The Friends Gift Shop for providing the funding to create an indoor grow system and an outdoor raised garden. We are in the process of ordering the indoor garden. First Martin will be coordinating our outdoor raised garden project. John Teeter with First Martin has been instrumental in planning the project. He hopes to have the outdoor raised garden ready for Mother's Day.

We have set a date for the Big Hearts Fundraiser. Mark your calendar for Thursday, May 28, 2015 and plan to enjoy an evening of friends, film, and music. We will screen the 2014 Sundance Film Festival Audience Award documentary - - *Alive Inside*. Proceeds will benefit five University of Michigan non-profits, community-supported programs, including our Silver Club.

Sincerely,
Douglas Dault, LMSW
Director, Silver Club Memory Programs

Silver Club at the Movies

On February 15th, the Academy Award winning movie "Still Alice", which tells the dramatic story of a Columbia University linguistics professor diagnosed with early onset Alzheimer's disease, was shown at The Michigan Theater. A Detroit Free Press movie review served as catalyst for Barbara Cumming's desire to share her own journey with Alzheimer's. Barbara is a member of Elderberry Club, one of the Silver Club Programs designed exclusively for women living with memory loss. This lively group of women gather weekly to support one another in friendship; bonding through creative expression. The Elderberry Club ladies, inspired by Barbara, felt the movie was a way to educate the public about dementia and help mitigate fear that many still have about the disease. As an introduction to the movie, Barbara eloquently shared her parallel true life journey with Alzheimer's and its life-changing impact. She disclosed her diagnosis and her personal struggle and courageously spoke to a large audience spotlighting the need to raise public awareness. "Joining the Elderberry Club was a life changer," says Barbara. "I've developed new friendships and shared common experiences. Elderberry Club keeps my mind active again and gives my life new purpose – it makes me look forward to getting up each day."



Following the screening, a panel of experts from the Great Lakes chapter of the Alzheimer's Association, the Michigan Alzheimer's Disease Center (MADC), and The Silver Club Programs gathered on stage. It was obvious by the questions, concerns, and stories from the audience members, that many had been affected by this movie. By promoting this film, the Elderberry Club members succeeded in raising public awareness of memory loss and encouraging families to connect with community programs like Silver Club.

Silver Club Quilting Hands

By: Patricia Hall, Memory Care Specialist

In January, a group of Silver Club women began a quilting group called *Silver Club Quilting Hands*. As the women participate in the quilting activity, they are able to utilize their fine motor skills as they reminisce about the days of old. They share stories of how they saved old clothing that their children wore and used it to create something unique and beautiful.

I provide the different patterns of material cut into block pieces. The women then mix and match the pieces as they please to construct the quilt.



As a Memory Care Specialist, I believe by giving them the freedom to mix and match the pieces, it allows their creativity to blossom and strengthens their autonomy. We are now beginning to sew the quilt together.

Mystery Art at Silver Club

By: Jeanne Kero, Memory Care Specialist

We created 3 pieces of art over 3 weeks and on the same canvas! We used quality materials: oil pastels, acrylic paint and good paper to complete this project.

The first week we created a design using the oil pastels and completely covered the canvas. We were inspired by pictures of Saturn and the new moon (or is it a dying moon?) hiding in Saturn's rings.

The second week we concentrated on completely covering the design we made by mixing acrylic paints on top of our oil pastels. Making our own colors is relaxing, fun and

mysterious. We created a violet with a cool red and a warm blue, added a tiny bit of warm yellow to get brown and finally added a cool blue to create a very unique black. It's exciting to see the beautiful colors emerge. Everyone's creation was different.

The last week we used tools to scratch away some of the black paint and see what new creations we could find. We had a small problem. We had so much fun adding colors and created such a thick layer it was hard to scratch through it. We still finished with everyone having an interesting, unique

artwork and having a lot of laughs.



Music with Kathy West

Although memory loss and brain function are hallmarks of dementia, Silver Club members often demonstrate a striking ability to remember the lyrics and melodies of songs from their past. "A lot of people have grown up singing songs and the memories are still there. Singing can revive these memories", said Kathy West.

Every other Wednesday members of Silver Club are treated to a music sing along with Kathy West, a longtime volunteer at Silver Club and the Ann Arbor community, who accompanies them on the piano. The members sing along

to songs from their earlier years which bring back memories of their favorite activities. Kathy has taken the time to put together themed music books so members can sing along to songs even though they have forgotten the words. During music time, members receive these song



books with many songs to choose from, so each week members can select their favorite song to sing along to. The members laugh and reminisce as they sing songs from when they were younger. Staff members add historical insight about the songs and discuss world issues that occurred when the music was popular.

The staff and members of Silver Club would like to take this opportunity to thank Kathy for years of dedication to sharing laughter and music at Silver Club.

Meet Our Staff and Volunteers

Staff: Lisa Chasse, Doug Dault (Director), Patricia Hall, Andee Janssen, Jeanne Kero, Elaine Reed, Laura Rice-Oeschger, Rose Oliver, Kathi Tobey, Marianna Voica, Amber Williams, Cara Yonovitz

Volunteers: Richard Ager, Callie Allen, Aaron Burkhart, Jasmine Chang, Patricia Choi, John Clark, Polly Connor, David Cook, Dorothy Doss, Jake Emberling, Alice Fishman, Lori Fithian, Florence Gasdick, Robert Gibson, Sara Holmes, Maddie Houlse, Olivia Karaska, Myrna Miller, Jacqui Roe, Sarah Ross, Jenifer Schwank, Ryan Song, Natasha Sood, Cathy Strachan, Randy Thackston, Kathy West, Mary Wisgerhof, Heidi Yeager

Advisory Board: Julie DeLoria, Alice Fishman, Sara Holmes (Board Chair), Sherri Kantor, Jean Kelsey, Myrna Miller, Robert Newman, Deb Shtulman, Cathy Strachan, Julie Young