Greetings from Silver Club!

As Spring rolls in, I am reminded of how lucky we are to have so many supportive staff, volunteers and students that enrich the lives of our members and provide critical support to their families. This month, we say goodbye to our four interns- James Muto, Mengzhen Jiang, Amanda Schoettinger, and Jordan Quinn. They will be dearly missed and we wish them all the best for the future!

Here are a few of the exciting activities happening this spring:

Our annual appeal letter was sent out April 10, 2017. We are hopeful that the appeal will bring in needed funds to help Silver Club offset the cost of providing a sliding scale fee to members with limited funds, and to assure quality of programming to all of our members.

Anne Mondro, professor in the University of Michigan Stamp School of Art and Design, with Silver Club staff Elaine Reed and Kathi Tobey, led the Memory, Aging and Expressive Arts (MAEA) class which paired students with our members to create wonderful works of art, which were showcased at a reception on April 13th at the Matthaei Botanical Gardens. The event was a success and it was so great to see so many people come out to enjoy the beautiful pieces created by our students and members.

We look forward to the warmer months and fun, new activities to arise at Silver Club!

Sincerely,

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

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Tie-Knotted Blankets

By: Patricia Hall, Silver Club Activity Therapist Associate

The Life Skills Group (a part of the Silver Club Program) made some tie-knotted blankets to be donated to Mott Children’s Hospital. The ladies of the Life Skills Group decided they wanted to donate the blankets to children who needed some extra “Tender-Loving-Care” during their hospital stay. It was heartwarming to see and hear the ladies talk about how the blankets would give a little more security to a child who is away from the comfort of their own home. One member stated “The child would feel nothing but love when they receive the blanket”.

According to Diane Shember, Administrative Assistant for Mott Community Relations, “When children are admitted, we try to give them a blanket. If they don’t get one upon admission, one of our social workers or staff members will take a cart filled with blankets around the hospital and let the children choose what they would like”. Diane also mentioned that some of the children choose to hang their blankets up on the wall of their room, personalizing it for the duration of their stay.

Mott Children’s Hospital provides care for children who are fighting cancer, diabetes, kidney disease, heart failure and surgery recovery. The ladies of the Life Skills Group would like to encourage everyone to send love from their hearts to all the children at Mott Children’s Hospital.
Memory Aging & Expressive Arts (MAEA)
By: Kaitlynn Sinke, Silver Club Activity Therapist Associate

What is Dance/Movement Therapy?
“Based on the empirically supported premise that the body, mind, and spirit are interconnected, the American Dance Therapy Association defines dance/movement therapy as the psychotherapeutic use of movement to further the emotional, cognitive, physical, and social integration of the individual” (adta.org).

Kaitlynn Sinke is a Registered Dance/Movement Therapist, Limited Licensed Professional Counselor, and Certified Yoga Teacher. She is overjoyed to be a staff member at the Silver Club, providing empathic memory care to the many Club Members. Her sessions seek to increase physicality, while also improving mood, stimulating cognition, alleviating negative emotions, encouraging creative expression, and developing relationships between members.

At Silver Club, our Dance/Movement sessions offer unique tools for helping our members to express themselves and communicate more effectively with each other. This form of therapy provides members a chance to engage in a unique form of exercise and aerobics, that not only engages the body, but the mind as well. Our dance groups are often filled with rhythmic group activity, vocalization, music, and laughter! Members of the Silver Club continue to celebrate their inner dancers!

Save the Date:
Silver Club Member Art Exhibition
at the Ann Arbor District Library- Downtown Branch
June 2th - July 12th, 2017

Address: 343 S 5th Ave, Ann Arbor, MI – Downstairs Multi-Purpose Gallery

Enjoy many creative original art pieces in a variety of art mediums such as: drawing, painting and mixed media collage created from the Silver Club Programs Members.
Spring Into Exercise!
By: Sara Holmes, Chair of the Silver Club Advisory Board

With the arrival of spring weather in Michigan, people are often eager to get back outdoors and enjoy exercising in a variety of ways. As many studies have shown, exercise is an important component of a healthy lifestyle and can help prevent or delay many diseases such as heart disease, arthritis and diabetes.

A recent study by University of Kansas researchers has shown that “for some people with early-stage Alzheimer’s, exercise in the form of frequent, brisk walks may help to bolster physical abilities and slow memory loss” (Reynolds, 2017). This study was based on past studies that showed that healthy and physically-active older adults are “significantly less likely than those who are sedentary to develop mild cognitive impairment, a frequent precursor to Alzheimer’s disease” (Reynolds, 2017).

Results of the University of Kansas study showed that some people in the group who walked briskly for at least 150 minutes each week gained in endurance and generally improved their ability to think. For some (but not all people) “their disease progression slowed as people’s fitness rose” (Reynolds, 2017). Though results of this study were not conclusive, there was sufficient evidence to encourage people with early-stage Alzheimer’s to keep active.

1. Frequent, Brisk Walks May Aid Those with Early Alzheimer’s by Gretchen Reynolds, New York Times, March 1, 2017

Save the Date!
A New Color: The Art of Being Edythe Boone
Thursday, May 25th, 2017
Michigan Theater, Ann Arbor
6:30 p.m. - Chenille Sisters
7:00 p.m. - Film & Discussion
Ticket information at www.med.umich.edu/geriatrics/bhs

Meet Our Staff and Volunteers

Staff: Lisa Chasse, Doug Dault (Director), Patricia Hall, Jeanne Kero, Kalpana Kothari, Elaine Reed, Laura Rice-Oeschger, Kaitlyn Sinke, Kathi Tobey, Marianna Voica, Cara Yonovitz

Interns: Mengzhen Jiang, James Muto, Jordan Quinn, Jacqueline Roe, Amanda Schoettinger

Volunteers: Jasmine Chang, Charles Coleman, Polly Connor, Dorothy Doss, Alice Fishman, Lori Fithian, Emily Hogan, Sara Holmes, Marjie Hough, Constance Jones & Lily, Mitchell Keefer, Johanna Kowitz, Kate McCall, Jay Mahler & Golda, Myrna Miller, Kate Munson, Bianca Nelson, Sri Devi Nunna, Jacqui Roe, Jennifer Steiner, Cathy Strachan, Randy Thackston, Gloria Van Alstine & Annie, Mariah, Mary Wisgerhof, Heidi Yeager

Advisory Board: Beverly Bagozzi, Julie DeLoria, Alice Fishman, Sara Holmes (Board Chair), Leslie Kamil, Jean Kelsey, Clare Kolevar, Myrna Miller, Amy Petrucci, Jacqueline Roe, Cathy Strachan, Julie Young
An Opportunity to Support Silver Club

The goal at Silver Club is to always accept families in need of educational and social opportunities for their loved-ones with dementia, even if they are experiencing financial difficulties. 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 to our program families who are caring for a person with memory loss.
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 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.

For more information about giving, contact us at (734) 998-9352.