Greetings from Silver Club!

As summer arrives we are reminded of the things we have done in the past by the things that we are doing in the present. Our summer garden is green and full of promise. Silver Club members are keeping our plants flourishing with hopes of an abundant fall harvest.

Silver Club has been blessed with new grants and gifts:

- Ann Arbor Area Community Foundation provided funds for our early stage programs
- The University of Michigan Friends Gift Shop donated funds for a new Smart TV and stand
- The Ann Arbor Thrift Shop gifted us money to buy a new laptop and docking stand

Thank you to the Area Agency on Aging 1B for their ongoing support of our Day Enrichment program.

Our members have been active in supporting our community. We contributed to the 22nd Annual Cancer Survivors’ Celebration on June 5th, 2016, organized by the University of Michigan Comprehensive Cancer Center. Silver Club members were very generous in helping to create the table centerpieces for the event. In June, the Elderberry women created the centerpieces for the University of Michigan volunteer appreciation luncheon at Weber’s.

I had the pleasure of facilitating the June 16th session of Coffee House, our educational and wellness seminar, and was pleased to be reminded of the supportive, thoughtful and wise discussions that are always a part of that group. When learning how to manage stress in our lives, I noticed how supportive and interactive this group can be. Keep up the wonderful discussions, Coffee House!

Sincerely,

Douglas Dault, LMSW
Director, Silver Club Memory Programs

Silver Club Volunteer,
Polly Connor

Sara Holmes
Chair, Silver Club Advisory Board

You can hear laughter, teasing, and good-natured groans on a typical Thursday afternoon at the Silver Club Day Enrichment Program where 10 to 12 members are enjoying a game of cards with Polly. As the Silver Club’s longest serving and perhaps oldest volunteer at age 85, Polly Connor, holds a special place in the hearts of members and staff alike. In addition, to leading card games, Polly can be counted on to play a great rendition of “Happy Birthday” when needed and baking special desserts (her delicious pound cake) on occasion. Polly has an infectious sense of fun that engages each card player, keeps the games lively, and results in a loyal following of card players. Come join us some Thursday afternoon and you too may become one of Polly’s card playing regulars!
The Jokes, the Smiles, the Laughter
Dayna Roe
Silver Club Staff Member

The jokes, the smiles, the laughter.
These are typical sightings of a day at Silver Club.
These are the things that matter.
Every moment I spend at Silver Club I am reminded how little details make life big.
The little details of life, like the jokes we tell, the smiles we give one another, and the laughter we share
together have exposed me to what matters most in life, the bigger picture.
Immersing into the little enjoyable details allows me to be fully present in the moment. After all,
 isn’t that what life is all about-being present with others and enjoying them for who they are?
I find the more I focus on the little details of life such as the jokes, the smiles, the laughter,
the daily grievances of life such as hitting all red lights on the way to work, pants that used to fit but
are now a tad too tight, or the sleepless nights from a restless mind, just seem to melt away in comparison.
Life is too short for daily grievances to matter.
Silver Club has taught me this.
Therefore, I’ll choose to focus on the little details, the typical sightings of a day at Silver Club.
The jokes, the smiles, the laughter.

Upcoming Silver Club Art Exhibitions

• Aug. 2- Sept. 15 - Malletts Creek Library Branch, Ann Arbor- Silver Club Art Exhibition

• Oct. 6, 6:00-7:30 PM - Meet Me at UMMA (University of Michigan Museum of Art) Program by UMMA Docents
  at the Silver Club location.

• Nov. 13- Gallery 55 at TSRC- Silver Club Art opening and artist reception. (The show runs through Jan. 27, 2017)

Colorful Scraps Inspire New Artwork

Jeanne Kero
Silver Club Staff Member

Here at Silver Club, we often have a number of art projects that are left behind or unfinished. In the
spirit of recycling, we create something brand-new by taking the old scraps and turning them into
works of art.
Every artist often has a hard time looking at a blank canvas and deciding where to start, but by
using our colorful scraps, our members become inspired by the many quirky colors and shapes.
The outcomes are unique and seem to free the mind as to not take ourselves too seriously. Here is some
of the new artwork created by our members!
The Positive Effects of Therapeutic Art on People With Dementia

Soonhyung Kwon, BSW, MA
Master Student, University of Michigan School of Social Work

The explosive growth in the number of older adults in the United States has also resulted in an increased number of people with dementia. According to the National Alzheimer’s Association, the number of adults age 65 and older with Alzheimer’s disease was 4.7 million in 2010 and is predicted to be 8.4 million in 2030 and 13.8 million in 2050.

Numerous therapies have been developed to address the cognitive decline experienced by people with dementia. There is growing evidence in professional journals to show that art therapy can have a positive effect. It has been shown that sensory creative activities experienced through art therapy can improve the psychological well-being of people with dementia. Bober and co-researchers (2002) have emphasized that group therapy based on art activities has resulted in the improved ability of older adults with dementia to identify their emotions and improve their socialization skills with other group members. Moreover, these sensory activities provided a positive effect by slowing the cognitive decline of older adults with dementia (Kattenstroth, Kolankowska, Kalisch, & Dinse, 2010).

One of the most important goals at the Silver Club is to slow the cognitive impairment of members as much as possible through participation in stimulating activities. Therefore, we encourage group participation in therapeutic art activities every day and often observe the positive effect it has on our members.

Meet Our Staff and Volunteers

**Staff:** Lisa Chasse, Doug Dault (Director), Patricia Hall, Jeanne Kero, Kristine Monhollon, Elaine Reed, Laura Rice-Oeschger, Dana Roe, Mary Sexton, Kathi Tobey, Marianna Voica, Cara Yonovitz

**Volunteers:** Jasmine Chang, PollyConnor, Aurelie Muller Dirry, Maria Dollar, Dorothy Doss, Maia Fattahi, Alice Fishman, Lori Fithian, Emily Hogan, Sara Holmes, Maddie Houlse, Sherri Kantor, Eni Mihilli, Myrna Miller, Ryan Pinti, Rose Redman, Jacqui Roe, Mary Sexton, Jennifer Steiner, Cathy Strachan, Randy Thackston, Mary Wisgerhof, Heidi Yeager

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

The goal at Silver Club is to always accept families in need, 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 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.

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

Contact Information
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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
• Veterans Affairs