Greetings from Silver Club!

I hope this summer newsletter finds our family and friends enjoying the warm, sometimes hot, summer days and cool summer evenings.

Our members are continuing to generate fresh ideas as well as exciting and diverse works for their upcoming art show and sale in September.

We want to thank The Friends of the University of Michigan Health System for the generous grant that will allow us to purchase a number of dance/movement and music-related supplies in the pursuit of providing creative and exciting programs for our Silver Club members.

A thank you also goes out to Rob Terbush and his staff at Holiday’s Restaurant for hosting the 7th annual Silver Club fundraiser on Wednesday, July 26. Rob generously donated a portion of the total receipts for that day to Silver Club.

We want to welcome the following new employees to the Silver Club family: Jessica Butts, Kalpana Kothari, Daniele Obrien, and Maya Rowland. All four employees bring unique gifts and enthusiasm to the Silver Club.

Thank you to all the people who are willing to help with our seasonal newsletter.

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

Silver Club’s Youngest Intern, Abdul Kizito (AK)

By: Kaitlynn Sinke, Silver Club Activity Therapist Associate

Silver Club is excited to welcome Abdul Kizito (AK) to our team this summer! AK is a member of Michigan Medicine’s Youth Mentoring Internship Program. Silver Club has had the pleasure of working with him for 8 weeks over the summer months, and couldn’t be happier to have a new face joining us on a daily basis! The members adore his positive attitude and young energy, several members even call AK their son. We wanted to share a little piece of AK with our readers through an interview- please enjoy! We wish Abdul the very best as he begins his junior year of high school this fall.

Tell us some fun facts about who you are and where you are from.

My name is Abdul Kizito. I am 15 years old. Some fun facts about me are that I come from Uganda, I can speak 5 languages fluently, and I am a very optimistic person who loves to smile.

I gave a TED Talk over a year ago about the cultural similarities between Uganda and America. I have broad interests ranging from astrophysics, neurology, psychology and law. I have one caring sister and I was raised by a single hard working mother.
Tell us more about your family.

My mom, Sauda Nabukenya is a single parent. She is pursuing a PhD in constitutional history with a Fulbright scholarship at U of M. She brought me and my sister along with her. My sister, Mariam Nassuna, is also a very fun, supportive and active person. She enjoys participating in the Ann Arbor Youth Chorale.

**What do you enjoy most about working at Silver Club?**

I like working at the Silver Club because of the large diverse pool of people I get to interact with on a daily basis. I like the stories I get to hear and the lessons I can learn from them. I get to see people at varying stages of dementia, and I get to help them at the same time. I also feel like I am a part of a scientific inquiry on dementia.

**What do you like to do for fun?**

I like reading and hanging out with friends. I am also involved in a number of activities that keep me happily busy.

**What are these activities?**

Well, I am the Captain of Huron Mock Trial, Vice President of Student Government, Vice President of Model United Nations, Huron Student Coordinator of Youth in Government, Vice President of Huron Interact, and also a member of Huron High School’s National Honor Society.

**Any big goals/plans for the future?**

As of now, I hope to secure funding for college here in the U.S. As for big goals- when I am done with my education, I would like to be a part of the efforts to promote growth and development for the people of Uganda, and Africa at large.

I am very humbled that the Silver Club found interest in writing an article about me in the newsletter. I am grateful for all that I have learned here, and wish to continue being a big help.

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**Necessity is the Mother of Invention**

By: Jeanne Kero, Silver Club Activity Therapist Associate

“Necessity is the Mother of invention”, says Plato. In the Silver Club art programs, many ideas come out of our “necessity.”

Working with adults with dementia requires a lot of spontaneous creativity. Vanessa, our Wednesday art volunteer, and Silver Club member, Larry, are cutting larger, recycled watercolor projects into creative shapes and gluing them onto an illustration board. For this project, the goal was to be looking for a 3D texture that members can pour and paint on with new colors. The best aspect of this art project is that all of the members can take part in it and contribute in some way. Everyone works together to make a new canvas for a simple pouring art.

At Silver Club, we are always in need of new volunteers like Vanessa (UM student) to come for a few hours or more to help with our creative projects. Working one-on-one with a member doesn’t require any art experience, just a love of people and a willingness to experiment. We need volunteers who can sit for an hour and join in a special moment of learning and fun. If you would like to volunteer, please contact Kathi Tobey at kathitob@med.umich.
Silver Club Garden
By: Patricia Hall, Silver Club Memory Care Specialist

This Summer, the Silver Club life skills group planted a beautiful herb and vegetable garden. The group was very excited and waited in great anticipation to enjoy the rewards of their labor. The group planted tomatoes, green peppers, zucchini and cucumbers. In the back of the garden, the members created an herb garden that consisted of two different types of oregano, jalapeno peppers, chives, tarragon and sage. The members watered the garden daily and sat in amazement as they watched their garden grow. The life skills group, along with other groups of the silver club programs, created many edible treats from the garden. Some of the treats created were zucchini bread, salsa and fried green tomatoes.

Save the Date:
“Beautiful Minds” Art Exhibition
at the NCRC- North Campus Research Center
September 5th - December 12th, 2017
Artist Reception: September 27th, 5:00-7:00 PM at NCRC
A celebration of original artwork created by the members of the Silver Club Programs. Come and enjoy the beautiful art and delicious assortment of treats!

Meet Our Staff and Volunteers

Staff: Lisa Chasse, Doug Dault (Director), Patricia Hall, Jeanne Kero, Kalpana Kothari, Elaine Reed, Laura Rice-Oeschger, Maya Rowland, Kaitlynn Sinke, Kathi Tobey, Marianna Voica, Cara Yonovitz
Interns: Jacqueline Roe
Volunteers: Jasmine Chang, Noah Chasse, Polly Connor, Vanessa Dinh, Dorothy Doss- RN, Alice Fishman, Sara Holmes, Abdul Kizito, Myrna Miller, Bianca Nelson, Tammy Salo, Lizzie Shillington, Jennifer Steiner- RN, Cathy Strachan, Randy Thackston, Mary Wisgerhof, Heidi Yeager
Musicians: Lori Fithian, Pat Grimes, Ann Hunsberger, Sara Keller
TheraPaws: Margie Hough & Sassy, Constance Jones & Lily, Jay Mahler & Golda, Gloria Van Alstine & Annie, Mariah
Advisory Board: Beverly Bagozzi, Julie DeLoria, Alice Fishman, Sara Holmes (Board Chair), Leslie Kamil, Clare Kolevar, Myrna Miller, 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.

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

Sponsors & Community Partners
Silver Club is 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