Dear Friends,

Forty years ago the Turner Geriatric Clinic began with a focus on the whole person. Issues like emotional and physical wellbeing, housing and more were addressed alongside medical conditions such as arthritis, hearing loss and diabetes. The concept was unique for its time and remains so to this day. Twenty years later, in 1998, Ruth Campbell (pictured right) invited the public to visit Turner Senior Resource Center’s new location on Plymouth Road. This was a place where social services and programs had their own building. Socializing with peers, lifelong learning, health education, dementia care, counseling and much more were available in one place.

As we all our through photos, announcements, and memories in preparation for celebrating these anniversaries, TMCHP staff are struck by how much things have changed over the years, but also how much they have remained the same.

Our center is still a place where “regular” and newcomers alike are greeted warmly and feel a sense of belonging. It is in the same welcoming place where one finds a regular chess game or exercise class that insurance counseling, technology mentoring, or a regular lunch with friends and participate in Una Tertulia (front cover) that a support group for caregivers or information about resources in the community are discovered to make challenges associated with growing older more manageable.

Check out the anniversary schedule on page 7 and join us in celebrating by taking a class, learning in a health lecture, listening to music, eating cake and more. We look forward to seeing you during the second week in September and beyond.

Best Wishes,

Rachel Dewees, LLMSW
Assistant Director, Geriatrics Center Community Programs
Director, Turner Senior Wellness Program
(734) 998-2553
rdewees@med.umich.edu

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Una Tertulia, a social and educational group for Spanish-speaking older adults

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www.med.umich.edu/geriatrics

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Be a Partner with TURNER SENIOR WELLNESS PROGRAM
2401 Plymouth Rd. Ste C, Ann Arbor, MI 48105
Partnership Fee: $20*

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*To help with program costs and scholarships. Thank you for your support!

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Event Name: Clan’s 89th Birthday
Date: September 11
Time: 12:00 – 5:00
Place: The Osher Life Long Learning Institute at the University of Michigan
Contact: Shannon Etcheverry
Phone: (734) 998-9352
Fax: (734) 998-9340
E-mail: shannon.etcheverry@med.umich.edu

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Geriatrics Center
Raymond Tang, MD, Director
Administrative Offices: (734) 764-3653
Geriatrics Center Clinic: (734) 764-0623
Clinic: (734) 764-1817
Clinic Fax: (734) 436-5353
Geriatrics Center Social Work and Community Programs
Nina Abney, LLMSW, Associate Director
Social Work and Community Programs
Social Work Office: (734) 764-2556

The Osher Lifelong Learning Institute at U-M
Lisa Martin, WM, Director
Benjamin Richert, Assistant Director

The Osher Lifelong Learning Institute (OLLI) at the University of Michigan is a vibrant and welcoming community of 1,500 retirees (aged 50+) who engage in meaningful activities, experience mental and physical stimulation, and share joys and concerns with others. Contact OLLI at umich.edu for more information.

Silver Club Memory Programs
Svetlana Zhitneva, LLMSW, Director
Phone: (734) 998-9352
Fax: (734) 988-940
Email: szhitneva@med.umich.edu

Silver Club offers a range of programs for people with memory loss. See the full list of diagnois through the moderate stage of Alzheimer’s. Our programs help people with memory loss engage in meaningful, social, educational, physical stimulation, and share joys and concerns with others. Contact Silver Club Memory Programs for more info.
(734) 998-2552 or email Szhitneva@med.umich.edu.

Tumer Senior Wellness Program
Rachel Dewees, LLMSW, Director
Marni Silberk, LLMSW, Assistant Director
Phone: (734) 596-9980
Fax: (734) 998-9353
Email: rdewees@med.umich.edu

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POLI: A Partnership for Better Aging
Omen, U-M School of Social Work, College of Human Development and Social Change
Community Health
Omen, University of Michigan
Omen, Community Health
Omen, University of Michigan
Omen, Community Health

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Web design and production services provided by the University of Michigan Digital Communication Office.

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To help with program costs and scholarships. Thank you for your support!
Cooking Demonstrations
No fee. Call (734) 935-0330 to register.

Cooking demonstrations are a featured part of TSRC's 20th Anniversary Celebration on September 12. Please see last page of this brochure (page 79) for details about Arts & Eats.

Exercising and Fitness
No fee. Call (734) 935-0330 to register.

Exercise classes are provided by the Monarch Center for Physical Therapy located in Ypsilanti.

Movement, Healthy Sleep and Yoga
Location: TSRC Suite, C, Ann Arbor, September – December, 2019
Features: Yoga, Tai Chi and Exercise
Class Wednesday, Sept 11, 10-11:30am
All Tai Chi classes are beginner level.

Workshop of Discovery
Location: TSRC Suite, C, Ann Arbor, September – December, 2019
Features: Yoga, Tai Chi and Exercise
Class Monday and Wednesday, 12-12:30pm

Open Chess
Wednesdays, 1-4pm
All open chess is provided. No fee.
Open Mah-Jongg
Sunday, 2-3:30pm
No partner needed. No fee.

Volunteering
Volunteers are essential to our programs. Call (734) 935-0330 to get involved.

Special Events
Beginning Lip Reading
Classes, Tuesdays, Sept 24-Oct 1, 3-4:30pm
Intro to speech reading for those who wish to learn a new skill.

All About Karate: How to Make Life Beautiful with Mindful Meditation
Class Wednesday, Sept 25, 9:30-11:30am
Some experience needed. Call (734) 935-0330 to register.

Gentle Yoga
Tuesdays, Sept 17, 10-11:30am, $50
Thursday, Sept 19, 10-11:30am, $50

Posture-Balance-Strength
Monday, 2-3:30pm, $50
Tuesday, 10-11:30am, $50

Tai Chi Intermediate (previous experience needed)
Monday & Wednesday, 9:30-10:45am, $50

Enhance Fitness
Location: TSRC Suite, C, Ann Arbor, September – December, 2019
Features: Yoga, Tai Chi and Exercise
Class Monday, Wednesday, 9:30-10:45am, $50

during your program. Call (734) 935-0330 for more information or to register.

Lunch for Older Adults
Tuesdays and Fridays, 11:45am-1pm

Turner Senior Nutrition Program
Location: TSRC Suite, C, Ann Arbor, September – December, 2019
Features: Yoga, Tai Chi and Exercise
Class Monday and Wednesday, 12-12:30pm

Open Bridge
Mondays and Fridays, 12:30-4:30pm
No partner needed. No fee.

Yoga As We Grow Older
Location: TSRC Suite, C, Ann Arbor, September – December, 2019
Features: Yoga, Tai Chi and Exercise
Class Monday, Wednesday and Friday, 10-11am
No experience needed. Call (734) 935-0330 to register.

and learn about the full yoga physical therapy program.

No experience necessary. Call (734) 935-0330 to register.

Learn to Use Your UMich Patient Portal
Location: TSRC Suite, C, Ann Arbor, September – December, 2019
Features: Yoga, Tai Chi and Exercise
Class Wednesday, Sept 25, 10-11:30am
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