



GERIATRICS CENTER

UNIVERSITY OF MICHIGAN
HEALTH SYSTEM

Turner Senior Wellness Program

January - August, 2014



Monthly Empowerment Drumming Class

Photos by Abbie Lawrence-Jacobson

www.med.umich.edu/geriatrics

Dear Friends,

When supporting community programs combines with personal enjoyment, everyone wins (my mind goes straight to my favorite Thin Mints Girl Scout cookies). TSWP has always relied on your support in order to provide needed programming and resources for area older adults. But this year I'm especially happy to ask that you save the date on **May 29, 2014** for something new: an awareness- and fund-raising event that will be uplifting and just plain fun! The five community-based UM programs comprising "Big Hearts for Seniors" will be screening *Age of Champions* at the Michigan Theater. In addition, Director Christopher Rufo will share insights and answer questions about the making of this film, which the Washington Post called, "A profile of perseverance and discipline...infectiously inspiring."



Age of Champions is the story of five competitors who sprint, leap, and swim for gold at the National Senior Olympics. You'll meet a 100-year-old tennis champion, 86-year-old pole-vaulter, and rough-and-tumble basketball grandmothers as they discover the power of the human spirit and triumph over the limitations of age. Join us for this enjoyable evening that supports the important work of Turner Senior Wellness Program, Ann Arbor Meals on Wheels, Housing Bureau for Seniors, Osher Lifelong Learning Institute, and Silver Club Memory Programs. For more information about the event or purchasing general admission and VIP reception tickets, call 734-998-9353. See you at the movies!

Best Wishes,

Rachel Dewees, MSW

Director, Turner Senior Wellness Program

(734) 998-9353

rdewees@med.umich.edu



**BE A PARTNER WITH
TURNER SENIOR WELLNESS PROGRAM**

2401 Plymouth Rd. Ste. C, Ann Arbor, MI 48105

Partnership Fee: \$10*

Name: _____

Address: _____
(Street) (City) (State) (Zip)

Phone: _____ e-mail: _____

*To help with publications, program costs and mail list. **Thank you for your support!**



GERIATRICS CENTER

UNIVERSITY OF MICHIGAN
HEALTH SYSTEM

Turner Senior Wellness Program January – August, 2014

Turner Senior Resource Center

2401 Plymouth Road, Ann Arbor, MI 48105
(734) 998-9353

<http://www.med.umich.edu/geriatrics/community/turner.htm>



Healthy Living Presentations

Call (734) 998-9353 to register.
No fee unless noted.

Adapting to Hearing Loss

Wednesday, Feb 12, 10-11:30am

Allan Feldt, Peer Counselor and Author

Assessing Fall Risk: Prevention Strategies through Physical & Occupational Therapy

Wednesday, Mar 26, 10-11:30am

Andrew Herner, PT, UM Physical Medicine & Rehabilitation

Mature Driver Workshop (2-day program)

Mon & Wed, Apr 21 & 23, 9am-noon

Trauma Program and Physical Medicine and Rehabilitation Dept, St. Joseph Mercy Hospital. AAA endorsed. Includes individual "car fit" assessment. **Fee:** \$10

Increasing Personal Safety in the Home, in Public, and on the Internet

Monday, May 12, 10-11:30am

Michael Trester, Safety Instructor

Memory Changes:

It's Not Always Alzheimer's

Wednesday, Jun 4, 10-11:30am

Beth Spencer, LMSW, Project Manager, Geriatric Social Work Hartford Center of Excellence, UM School of Social Work

AARP Driver Safety Program (2-day program) Monday & Wednesday, Jul 14 & 16, 9am-1pm

Sgt. Tom Hickey, Ann Arbor Police Dept
Bring a bag lunch if desired

Fee: \$15/AARP Member, \$20/non-member



Exercise and Fitness

Healthy Moves, Healthy Self

Nia Aguirre, ND. Call (734) 883-7513 to register.
7 week sessions:

Session I: Jan 6 - Feb 21

Tai Chi - previous experience beneficial
Mon & Wed, 9:30 - 10:30am, \$88

Posture-Balance-Strength:

Mon, 2:45 - 3:30pm, \$42
Tues, 10:00 - 10:45am, \$42

Gentle Yoga: Thurs, 9:30 - 10:45am, \$45

Session II: Mar 3 - Apr 18

Tai Chi: Mon. & Wed, 9:30 - 10:30am, \$88

Posture-Balance-Strength:

Mon, 2:45 - 3:30pm, \$42
Tues, 10:00 - 10:45am, \$42
Thurs, 10:00 - 10:45am, \$42

Gentle Yoga:

Tues, 9:00 - 9:45am, \$45
Thurs, 9:00 - 9:45am, \$45

Session III: Apr 28 - Jun 13

Classes/Times: Same as Session II

Session IV: Jun 23 - Aug 8

Classes/Times: Same as Session II

Enhance Fitness

Three days/week: Mon, Wed, & Fri, 1:10-2:10pm
Ongoing exercise, either standing or sitting.

Fee: Suggested donation: \$25/month for regular attendance. *Supported by the National Kidney Foundation of MI*

Turner Exercise Classes Ongoing Noontime Exercise Classes

Tai Chi Mon and Wed, 12-12:30pm
No fee. Drop-in, no registration required.

Walking in Place: Mon, Wed, Fri, 12:30-1pm
No fee. Drop-in, no registration required.

Balance Behaviors

This program focuses on enhancing postural control during usual daily activities. Sessions include evidence-based exercises, which have been found to improve balance and posture in older adults. The class has multiple components including coordination, flexibility, body awareness, and strengthening. Balance demand is individualized and exercise challenge increases throughout the program. For more information about times, cost, and location, please contact the Mobility Research Center at 734-998-7423 or 734-998-7422 or email: mgrenier@med.umich.edu.

M-Healthy Yoga Class 15 week sessions
Tuesdays, 5:15-6:15pm. Fee: \$70.
Register at: www.hr.umich.edu/mhealthy
or call (734) 647-7888



Healthful Cooking Classes

Bring your appetite to the TSWP demonstration kitchen. Recipes provided. Call (734) 998-9353 to register.

Healthful Comfort Food: Learn to Make Shepherd's Pie

Thurs, Mar 13, 4:30-6pm
Jenny Wu, caterer & restaurant owner. **Fee:** \$8

Enjoying Summer Strawberries Year-Round

Thurs, Jun 19, 4:30-6pm
Growing Hope staff. **Fee:** \$5

Creating Delicious Summer Salads

Thurs, Aug 21, 4:30-6pm
Jenny Wu, caterer & restaurant owner. **Fee:** \$8

Social/Recreational Activities

Empowerment Drumming

Third Wed, 1-2pm

Exception in February - Class held Feb 12

Dianne Baker, R.N.
Relieve stress, improve mood, meet new people.
Call (734) 998-9353 for more information and to register. No fee. Made possible by grant from Ann Arbor Kiwanis Club.

Lunch for Older Adults Tuesdays and Fridays, 12noon

Call (734) 998-9353 to register 2 days in advance
Suggested donation \$3 for 60+, \$5.50 under 60

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

Looking for bridge instruction, or other lifelong learning opportunities? Call the Osher Lifelong Learning Institute at (734) 998-9351, or, for a full list of offerings, visit www.oli-umich.org

Open Chess, Wednesdays, 1-4pm.
All levels of play; boards provided. No fee.

Korean Senior Recreation Group

A variety of open social activities.
Call (734) 998-9353 for information.

Special Events

Martin Luther King, Jr. Celebration Saturday, Jan 25, 1-3pm

Community presentations, music and food. Hosted by Turner African-American Service Council and UM Program for Multicultural Health. No fee. To register, call (734) 998-9353.

Big Hearts for Seniors Screening: Age of Champions at the Michigan Theater Thursday, May 29, time TBA

Save the date for an exciting event! An uplifting documentary followed by Q & A with the Director, for a collaborative fundraiser benefitting the five UM Health System senior programs: Ann Arbor Meals on Wheels, Housing Bureau for Seniors, Osher Lifelong Learning Institute, Silver Club and Turner Senior Wellness Program. General admission \$15; VIP reception \$50.
Call (734) 998-9353 for more information.

Art Gallery 55+ View artists' work
Open: Monday through Friday, 9am-5pm

Featured Artists:

Nov-Jan:

Angie Miller, Mixed Media
Ed Rosch, Photography

Feb-Apr: Opening reception Sun Feb 9, 4pm
Marie Glysson, Photography
Matt Glysson, Photography

May-Jul: Opening reception Sun May 18, 4pm
Phyllis Perry, Photography
Kathleen Kelley, Colored Pencil

Aug-Oct: Opening reception Sun Aug 10, 4pm
Daphne Swabey, Watercolor
Nancy Hopwood, Photography



Technology

Technology Mentors: 1-on-1 Assistance & Troubleshooting

By appointment. Assistance for questions related to computers, internet, e-mail, keyboarding, digital cameras, cell phones, and other issues as requested. **Fee:** \$10/hr. Scholarships available. Call (734) 998-9353 for appt.

Learn to Use Your UMich Patient Portal

UMHS Health Information Specialists
Thursday, Feb 6, Mar 13, or Apr 10, 10-11:30am
Call (734) 998-9353 to register for one class.
No fee.

How to Find Reliable Health Information on the Internet

Mon, May 5, 10-11:30am
Jinyi Yang, UM School of Public Health
Call (734) 998-9353 to register. No fee.

Looking for computer classes, or other lifelong learning opportunities? Call the Osher Lifelong Learning Institute at (734) 998-9351, or, for a full list of offerings, visit www.oli-umich.org

Ongoing Turner Senior Wellness Services

Caregiver and Community Resources

Turner Senior Wellness Program staff and trained volunteers give referrals and information to older adults and their families about community resources specific to their needs.

Resource Directory for Washtenaw County

Access an online database of agencies and programs at med.umich.edu/geriatrics. Click "Local Resources for Seniors," under Shortcuts.

Blood Pressure Screening, Mondays, 12-1pm

No appointment needed. No fee.

Advance Directives: Planning for Future Health Care Decisions

Preparation of durable power of attorney for healthcare and living will with trained volunteers. Call (734) 764-2556 for an appointment. No fee.

Hearing Loss Information and Support Fourth Friday of Month, 11am-12noon

Meet with experienced Volunteer Peer Counselor in group setting. Call (734) 998-9353 for more information. No fee.

Medicare/Medicaid Assistance Program, Tuesdays, 9:30am-12:30pm

Catholic Social Services volunteers provide assistance with Medicare, Medicaid, health and prescription insurance and medical bills. Call (734) 764-2556 for an appointment. No fee.



Volunteering

Volunteers are essential to all our programs. Call Turner Senior Wellness Program, (734) 998-9353.

Geriatrics Center Social Work Programs

Locations:

EAA = East Ann Arbor Health & Geriatrics Center
4260 Plymouth Road, Ann Arbor

TSRC = Turner Senior Resource Center
2401 Plymouth Road, Ann Arbor

Shuttle Available

A FREE shuttle bus stops at TSRC going to East Ann Arbor Health and Geriatrics Center and the main U-M medical campus.

Memory Loss

*Looking for programs benefiting those with mild and moderate memory loss and providing respite for caregivers? Contact **Silver Club Memory Programs** for more info. Call (734) 998-9352 or email GerMedSilverclub@umich.edu*



Support Groups

New members are always welcome to these ongoing programs. **No fee. For information call (734) 764-2556 unless otherwise noted.**

Aging Transitions: Information, Discussion, and Support

Four sessions from 10-11:30am

Tue & Fri, May 6, 9, 13, 16

Marion Holt, M.S., R.D. **Location:** TSRC
Call (734) 998-9353 to register

Caring for Aging Relatives

Second Wednesdays, 6-8pm

Sally Edwards, LMSW. **Location:** TSRC

Caring For Your Mate

Fourth Tuesdays, 1:30-3:30pm

Mary Rumman, LMSW, Lynn Stern, LMSW.
Location: EAA

Diabetes Support Group

First Tuesdays, 1:30-3pm

Kim Sperlbaum, RN, CDE. **Location:** TSRC

Low Vision Support Group

Fourth Wednesdays, 1-3pm

Mary Rumman, LMSW. **Location:** TSRC

Low Vision Book Group
Fourth Thurs, Jan, Mar, May, 12:30-2:30pm
Location: TSRC

Staying Smoke-Free
Second & Fourth Tuesdays, 3-4:30pm
Sally Edwards, LMSW. **Location:** TSRC

Writing for the Health of It
Mondays, 1-3pm
Elaine Watson, MA **Location:** TSRC
Call (734) 998-9353 before attending

Writing, Reflections, & Conversation
First Mondays, 1-3pm
Mary Anna Bradshaw, M.Ed. **Location:** TSRC



Individual and Group Therapy
For information and registration, and to schedule an initial assessment, call (734) 764-2556. Therapy groups and assessments are covered by Medicare and most secondary insurance.

Clutter Busters
Thursdays, Apr 3– May 22, 10am-12noon
Eight-week therapy group for those feeling anxious or depressed to learn strategies to reduce clutter. Mary Rumman, LMSW. **Location:** TSRC

Mindfulness-Based Cognitive Therapy Group
Fridays, Jul 11-Aug 29, 1:30-4pm
Retreat Sat, Aug 16, 10am-3pm
Eight-session evidence-based practice for prevention of depression and anxiety relapse. Mariko Foulk, LMSW. **Location:** TSRC

Mindfulness-Based Forgiveness Group
Fridays, Mar 14-May 9 (except Apr 18), 1:30-4pm
Eight-session evidence-based practice for prevention of depression and anxiety relapse. Mariko Foulk, LMSW. **Location:** TSRC

New Ways to Feel Good
Wednesdays, Mar 5-May 14, 2-3:30pm
Ten-session evidence-based cognitive behavior therapy group. Contact Nina Abney, LMSW and Sally Edwards, LMSW for more information and to schedule an assessment/evaluation interview. Phone: (734) 764-2556. **Location:** EAA

***Age of Champions*, the story of five competitors in the National Senior Olympics, will be screened May 29, 2014.**

Other Social Work Services

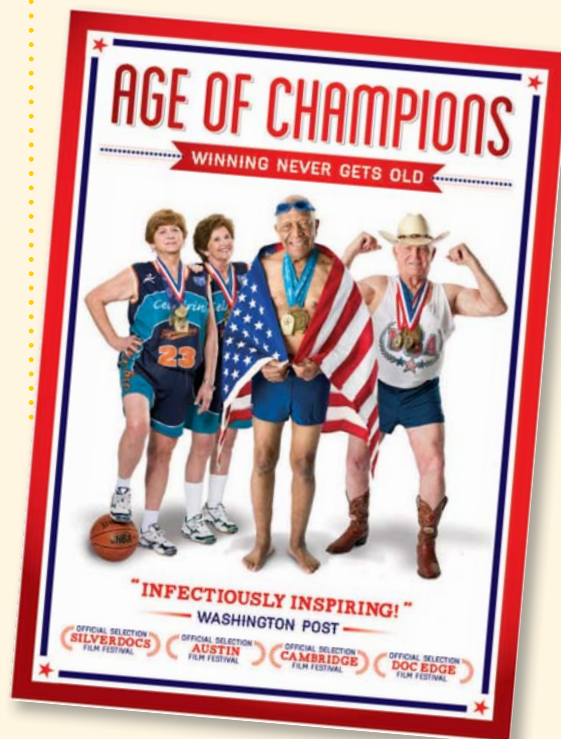
Caring for Aging Relatives
Seminar covering medication management; dementia, delirium and depression; legal concerns; Medicare/Medicaid; communication; community resources; physical changes of aging. Call (734) 764-2556 for more information. **Location:** TSRC. Scholarships available.

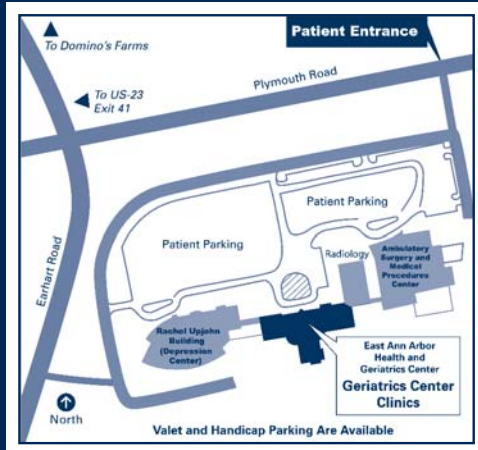
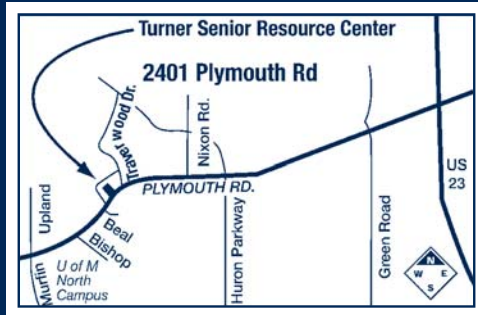
Improving Your Memory for Baby Boomers
Dates to be determined
Two sessions with techniques to keep your memory sharp at work and as you move into retirement. Lynn Stern, LMSW and Mary Rumman, LMSW. Call (734) 764-2556 to register for next scheduled class. Fee: \$40 includes course book. **Location:** TSRC

Memory Improvement for Older Adults
Dates to be determined
Three sessions on how memory works, factors that cause changes in memory, and strategies to improve memory. Lynn Stern, LMSW and Mary Rumman, LMSW. Call (734) 764-2556 to register for next scheduled class. Fee: \$40 includes course book. **Location:** TSRC

Quit Smoking Class for Seniors
Proven program with high success rate. Nicotine replacement assistance available. Fee: No fee. Call (734) 998-6222 for info and to register for the next available class. **Location:** TSRC

Substance Abuse Education
Support for clients and families with questions & concerns. Call (734) 998-9353 for information.





Geriatrics Center

Jeffrey B. Halter, MD, Director
 Raymond Yung, MD, Co-Director
 Administrative Offices: (734) 764-3493

Geriatrics Center Clinics and Turner Geriatric Clinic

Medical Appointments: (734) 764-6831
 24-Hour Careline: (734) 764-6831

Geriatrics Center Social Work and Community Programs

Darlene Racz, LMSW, Associate Director
 Social Work and Community Programs
 Social Work Office: (734) 764-2556

Osher Lifelong Learning Institute at U-M

Abigail Lawrence-Jacobson, PhD, Program Director
 Lisa Barton, MPP, Finance Director
 Phone: (734) 998-9351

Silver Club Memory Programs

Douglas Dault, LMSW, Director
 Phone: (734) 998-9352
 Fax: (734) 998-9340

Turner Senior Wellness Program

Rachel Dewees, MSW, Director
 Barbara Zaret, LMSW, Assistant Director
 Phone: (734) 998-9353
 Fax: (734) 998-9340
 Hours: 9am - 5pm, Mon - Fri

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