Dear Friends,

Thank you to all who joined us at the Michigan Theater for an evening celebrating the power of music and supporting the five older adult programs that comprise Big Hearts for Seniors. We were thrilled to welcome an audience of 700 to enjoy the documentary film *Alive Inside* and performances by a Community High jazz band and special guests, the Chenille Sisters. Radio host Rob Reinhart emceed the event and, along with Howdy Holmes, CEO of Jiffy Mixes and the Big Hearts’ Honorary Chair, highlighted the important work done by Big Hearts for Seniors programs.

This enjoyable and meaningful event was made possible by our sponsors (see last page) with proceeds helping to sustain Ann Arbor Meals on Wheels, Housing Bureau for Seniors, Osher Lifelong Learning Institute, Silver Club Memory Programs, and Turner Senior Wellness Program. Save the date for next year’s event at the Michigan Theater. It’s where you want to be on May 26th, 2016!

Support from sponsors and donations alike help Turner Senior Wellness Program to maintain the high quality programming you expect while incorporating new ideas. For example, this fall we’re excited to offer both a reminiscence group for women and a workshop for people recently retired or considering retirement called *Living your Best Life in Retirement*. Check them out inside!

As always, thanks for making Turner Senior Wellness Program the supportive and vibrant place it is.

Best Wishes,
Rachel Dewees, LLMSW
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!
**Healthy Living Presentations**

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

**How Much Exercise Do You Need? Can Technology Tell You When You’ve Done Enough?**

**Wed, Sept 16, 10-11:30am**

Diana Rose, Health Educator, MHealthy Health and Well-Being Services

**Medicare Part D: Changes and Choices for 2016**

**Wed, Oct 14, 10-11:30am**

Area Agency on Aging 1-B Certified Medicare/Medicaid Assistance Program Counselor

**Issues of Weight Management and Health for Older Adults**

**Wed, Oct 21, 10-11:30am**

Liselle Douyon, MD, Asst. Prof of Internal Medicine - Metabolism, Endocrinology & Diabetes

**Methods for Assessing Memory and Cognitive Changes**

**Wed, Nov 11, 10-11:30am**

Nina Abney, LMSW, Turner Geriatric Clinic

Nancy Barbas, MD, Assoc Prof, Neurology

**Identity Theft and Scams Aimed at Older Adults: How to Protect Yourself and Use Local Law Enforcement**

**Wed, Dec 9, 10-11:30am**

Justine Bykowski, State of Michigan Attorney General Office, Consumer Education Programs

Sgt. Tom Hickey, Ann Arbor Police Dept.

---

**Exercise & Fitness**

**Healthy Moves, Healthy Self**

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

**7-week classes:**

- Session I: Sept 8—Oct 22
- Session II: Nov 2 —Dec 17

**Gentle Yoga**

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

**Posture—Balance—Strength**

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

**Tai Chi Intermediate —previous experience needed**

- Mon & Wed, 9:30 - 10:30am, $88

**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 and Kiwanis Club of Ann Arbor**

**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.
M-Healthy Classes  
15 week sessions  
Register at: www.hr.umich.edu/mhealthy or call (734) 647-7888  
Fee: $70 each class  
Yoga: Tuesdays, 5:15-6:15pm  
Strength Training: Thursdays, 5:15-6pm

Cooking Demonstrations

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

Personal Pan Pizza Party  
Tues, Sept 29, 4-6:30 pm  
Instructors: Four Saucy Sisters

Healthful Mediterranean Side Dishes  
Thurs, Nov 5, 11:00am-12:30pm  
Instructor: Shokra Said

Social/Recreational Activities

Parkinson’s Movement & Dance Class  
Session I: Wed Sept 9-Oct 14, 4-5pm  
Session II: Wed Oct 28-Dec 9, 4-5pm (no class 11/25)  
Call (734) 998-9353 to register  
Six-week classes for anyone with PD (regardless of how advanced). Explore music and movement in ways that are enjoyable, creative and stimulating. No experience needed. Care partners are welcome to participate.  
No fee thanks to a grant from the Thrift Shop of Ann Arbor Anne M. Hayes Fund. Additional support provided by UM Geriatrics Center, Gifts of Art, M-Healthy, and UM Surgical Therapies Improving Movement (STIM)

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.  
Open Chess, Wednesdays, 1-4pm. All levels of play; boards provided.  
Open Mah-Jong, Thursdays 10am-12noon. No partner needed.

Beginning Meditation for Mindful Aging  
Tues, Sept 8-Oct 13, 9:30-11:30am  
Bilha Birman Rivlin and Mary Grannan, Still Mountain Meditation. Learn to quiet the noise in your mind & create a calm, loving space to help

ground and focus your life. Call (734) 998-9353 to register. Donations accepted. Location: TSRC

NEW!

Living Your Best Life in Retirement  
Sat, Oct 31, 12:30-5pm  
Thurs, Nov 5 and Nov 12, 3-5pm  
Workshop for those recently retired or considering retirement wanting to enhance understanding of strengths and growth areas using Myers Briggs Type Indicator (MBTI). Sessions will also provide opportunities for reflection on goals for retirement.  
Prerequisite completion of MBTI: Oct 26  
Fee: $41 to cover materials  
Glenna Frank Miller and Amelia Brown, Certified Practitioners, MBTI  
Call (734) 998-9353 to register by Oct 23  
Location: TSRC

Special Events

A Matter of Balance  
Mon, Sept 14-Nov 9, 9:30am-12noon  
No class Oct 12  
8-week program designed to manage falls and increase activity levels. Fee: $15  
$15 gift card for participants upon completion.

Diabetes PATH  
Mon, Nov 16-Dec 21, 9:30am-12noon  
6-week workshop designed to provide the skills and tools needed for people living with diabetes to improve their health and manage their symptoms. Fee: $15 (materials cost)

Addressing Clutter  
Final two in a series presented by the Hoarding Task Force of Washtenaw County with generous funding from the Ann Arbor Police Dept. Call (734) 998-9353 to register. Location: TSRC

Hoarding: What Happens When Your Home is Inspected?, Wed, Sept 16, 6:00-8:00pm  
Re-thinking the Way We Manage Clutter, Mon, Nov 9, 10am-12noon
Flu Clinic
Wednesday, Oct 7, 9am-12noon
Flu shots given by the U-M Michigan Visiting Nurses. Participants must show insurance card. Drop-in, no registration req. Location: TSRC

Fantastic Annual Jewelry Sale
Sunday, Nov 15, 1-4pm
Call (734) 998-9353 for location
Proceeds support the Geriatrics Center’s Community Programs. Donations of jewelry accepted at TSRC or EAA anytime through the year.

Art Gallery 55+
View artists’ work
Open: Monday through Friday, 9am-5pm
Featured Artists:
Aug - Oct:
Gene Fanger, Mixed Media
Juanita Disterle, Quilts
Nov-Jan: Opening reception Sun, Nov 8, 4pm
Barbara Coburn, Watercolor
Jim Coburn, Colored Pencil

Technology
Technology Mentors: 1-on-1 Assistance
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 UM Patient Portal
UMHS Health Information Specialists
Thurs, Sept 24 or Oct 29, 10-11:30am
Call (734) 998-9353 to register for 1 class. No fee.

Memory Loss
Silver Club offers a range of programs for people with memory loss, from the time of diagnosis through the moderate stage of illness. Programs are designed to help people with memory loss engage in meaningful activities, experience mental and physical stimulation, and share joys and concerns with others. Contact Silver Club Memory Programs for more info. (734) 998-9352 or email Doug Dault, dougmich@umich.edu

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
Call (734) 998-9353 for more information. No fee.

Medicare/Medicaid Assistance Program
Tuesdays, 9:30am-12:30pm
Trained volunteers provide assistance with Medicare, Medicaid, health and prescription insurance and medical bills. Call (734) 764-2556 for an appointment. No fee.

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 for older adults going to East Ann Arbor Health and Geriatrics Center and the main U-M medical campus. Available when requested.

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

Arthritis Support Group
Third Fridays, 10-11:30am
Marti Dalley, Mariko Foulk, LMSW, Jennifer Morack. Location: TSRC

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

NEW!  
Reminiscence Group for Women  
Tuesdays, Sept 22—Oct 27, 1:00-2:30pm  
Facilitator: Mariana Voica, MSW  
Location: TSRC  
Call (734) 998-9353 to register

Diabetes Adult Support Group  
Second Saturdays, 9:30-11am  
Location: TSRC

Low Vision Support Group  
Fourth Wednesdays, 1-3pm  
Mary Rumman, LMSW.  Location: TSRC

Low Vision Book Group  
Thursdays, Sept 24, Nov 19, 1-3pm  
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  
William Durrant  Location: TSRC

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

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  
Thurs, Sept 24—Nov 12, 10am-12noon  
Eight-week therapy group for those feeling anxious or depressed to learn strategies to reduce clutter. Call Mary Rumman, LMSW, for more info. (734) 764-2556.  Location: TSRC

Mindfulness-Based Forgiveness Group  
Fri, Sept 18 - Nov 13, 1:30-4pm  
No class Oct 23  
Studies show forgiveness leads to improved health and inner peace. Eight-session evidence-based therapy group. Call Mariko Foulk, LMSW, for more info. (734) 764-2556.  Location: TSRC

New Ways to Feel Good  
Wednesdays, Oct 7 - Dec 9, 2-3:30pm  
Ten-session evidence-based cognitive behavior therapy group. Contact Nina Abney, LMSW or Sally Edwards, LMSW for more info. Phone: (734) 764-2556.  Location: EAA

Other Social Work Services

Positive Aging  
Dates to be determined  
Six-week therapy group for those feeling anxious or depressed about growing older to learn strategies to promote wellbeing. Contact Mary Rumman, LMSW or Lynn Stern, LMSW for more info. (734) 764-2556.  Location: EAA

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.  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.  No fee.  Call (734) 998-6222 for info.

Substance Abuse Education  
Information and presentations available for older adults and professionals on medication management and substance abuse. Call (734)-998-9353.

BIG HEARTS FOR SENIORS  
Thank you to our 2015 sponsors!  
Howdy Holmes, CEO Jiffy Mixes  
Event Matching Sponsor  
Ann Arbor Builders  
Bank of Ann Arbor  
Brookhaven Manor  
Comerica  
Gentiva Hospice  
Glacier Hills  
HearUSA  
Hillside Terrace Retirement Community  
Home Instead Senior Care  
MADC  
StoryPoint