Turner Senior Wellness Program
September - December, 2014

Enhance Fitness Class

Photos by Abbie Lawrence-Jacobson

www.med.umich.edu/geriatrics
Dear Friends,

Maybe you’re one of the many who came out to the Michigan Theater for the Big Hearts for Seniors fundraiser in May. What a fun evening! I was struck by the laughter and cheers Age of Champions, a documentary following athletes competing in the Senior Olympics, spurred from the audience. While following exceptional athletes, the film did not sugar-coat the challenges of aging (including cancer for one competitive swimmer). In the end, it inspired the audience with a message that we can all strive to be active, enjoy life, and do great things.

As director of a program focused on health and wellness, I love a good story about age-defying accomplishments. But just as impressive and important is maximizing the wellbeing of people of all abilities. That’s central to Turner Senior Wellness Program’s mission and something that guides what we offer.

Something new I’m pleased to announce is a Parkinson’s Movement & Dance class starting in October (see the Social/Recreations Activities section). This six week class is modeled after the Mark Morris Dance for PD® program. Participants, no matter how advanced their PD, explore music and movement in ways that are enjoyable, creative and stimulating.

We hope that this, and many of the other activities and resources found in these pages, will be of interest and help in the goal of being your healthiest and happiest you.

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!
Healthy Living Presentations

Call (734) 998-9353 to register.

Getting a Good Night’s Sleep: Problems and Solutions
Wednesday, Sept 17, 10-11:30am
Deirdre Conroy, MD, UM Assoc Prof. of Psychiatry

Be Red Cross Ready
Monday, Oct 6, 10-11am
Learn disaster preparedness for a variety of situations
Red Cross Disaster Program

Changing Your Life on Purpose: the Science and Psychology of Healthy Personal Change
Wednesday, Oct 22, 10-11:30am
Victor J. Strecher, PhD, MPH, Director for Innovation, UM School of Public Health

Medication Costs: 2015 Part D Changes and Choices
Wednesday, Oct 29, 10-11:30am
Jennifer Therrien, MMAP Manager, Area Agency on Aging 1-B, and Emily Ashjian, UM Pharmacy Resident/Adjunct Clinical Instructor

Tremors: Evaluation and New Treatments
Wednesday, Nov 19, 10-11:30am
Kelvin Chou, MD, Assoc Prof, Departments of Neurology and Neurosurgery, UM Medical School

Doctor, Nurse Practitioner, Nurse, Physician’s Assistant – Who Does What in Your Doctor’s Office?
Wednesday, Dec 10, 10-11:30am
Erika Manu, MD, and Caroline Vitale, MD, Internal Medicine, Turner Geriatric Clinic

Exercise and 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 23
Session II: Nov 3 – Dec 18

Gentle Yoga
Tues, 9:00 – 9:45am, $45
Thurs, 9:00 – 9:45am, $45

Posture – Balance – Strength
Mon, 3-3:45pm, $42
Tues, 9:00 – 9:45am, $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 the 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 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.

Festive Fall Flavors (seasonal recipes)
Thurs, Oct 16, 4:30-6pm
Rebecca Frank. Fee: $10

Nourishing and Delicious Soup!
Thurs, Nov 20, 4:30-6pm
Nancy Manning. Fee: $8

Social/Recreational Activities

Parkinson’s Movement & Dance Class
Wednesdays, Oct 1 – Nov 5, 6:30-7:30pm
Six-week class 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.
Fee: $30 per person, $50 for pair
Scholarships available
Made possible with support from UM Geriatrics Center, Gifts of Art, M Healthy, and UM Surgical Therapies Improving Movement (STIM)

Empowerment Drumming
Second Thursdays, 1:30-2:30pm
Sept 11, Oct 9, Nov 13 (no class in Dec)
Dianne Baker, R.N.
Relieve stress, improve mood, meet new people.
Call (734) 998-9353 for more information and to register. No fee.

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.

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

Flu Clinic, Wed, Oct 1, 9am-12:30pm
Flu and pneumonia shots given by U-M Michigan Visiting Nurses. Participants must show insurance card. Drop-in, no registration needed.

Jewelry Sale, Sunday, Nov 16, 1-4pm
Turner Senior Resource Center
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:
Jane Fucek, Mixed Media
Nancy Hopwood, Photography

Nov-Jan: Opening reception Sun Nov 9, 4pm
Kathryn Telfer, Watermedia
Joel Geffen, 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 appointment
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. Available when requested.

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

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
Trained 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.

Support Groups

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

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 Book Group
Sept 25, Nov 20, 12:30-2:30pm
Location: TSRC
Call (734) 998-9353 for information

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

Staying Smoke-Free
Second & Fourth Tuesdays, 3:15-4:45pm
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

Learn to Use Your UMich Patient Portal
UMHS Health Information Specialists
Thursday, Sept 18, 10-11:30am
Thursday, Oct 30, 10-11:30am
Call (734) 998-9353 to register for one date. 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.ølli-umich.org
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, Sept 25–Nov 20, 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 Forgiveness Group**  
**Fridays, October 17-Dec 19, 1:30-4pm**  
Studies show forgiveness leads to improved health and inner peace. 8-session practice-based therapy group. Contact Mariko Foulk, LMSW, for more information and to schedule an assessment/evaluation interview. **Location:** TSRC

**New Ways to Feel Good**  
**Wednesdays, Oct 1–Dec 10, 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

**Other Social Work Services**

**Caregiver Panel Series**  
**Discussions with Caregivers and Geriatrics Center Clinicians**  
**Third Tuesdays, 6-7:30pm**  
**Location:** EAA  
Call (734) 764-2556 to RSVP

**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

Abbie Lawrence-Jacobson facilitates post-movie Q&A with Age of Champions producer and featured athletes.

**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.

**BIG HEARTS FOR SENIORS**  
Thank you to our Big Hearts for Seniors sponsors. Support from the following businesses helps to sustain Ann Arbor Meals on Wheels, Housing Bureau for Seniors, Osher Lifelong Learning Institute, Silver Club Memory Programs, and Turner Senior Wellness Program:

- **Ann Arbor Builders**
- **Hillside Terrace Retirement Community**
- **Athleta**
- **Brookdale Place/Clare Bridge Ann Arbor**
- **Brookhaven Manor**
- **Home Instead Senior Care**
- **Walgreens**
- **Bank of Ann Arbor**
- **Comerica Bank**
- **Glacier Hills Home Care**
- **Great Lakes Caring—Home Health Care, Palliative Care, Hospice**
- **HearUSA**
- **Lewis Jewelers**
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