Workshops
Monday, September 24

Letting Go of Clutter

Times: 3:30 PM - 5:00 PM
Location: Turner Senior Resource Center, Campbell Rm
2401 Plymouth Road, Ste C, Ann Arbor
(734) 998-9353

Learn ways to re-think your clutter to help with “letting go,” strategies for getting started and keeping focused, and places where you can take belongings.

Speaker: Mary Rumman, LMSW, Turner Geriatric Clinic at Michigan Medicine.

Mary has worked for Michigan Medicine for 23 years. Prior to that, she was a social worker in a nursing home for 10 years. Her work in the medical clinic includes psychosocial assessments, care coordination and education with patients/families. Her practice also includes individual psychotherapy, as well as group therapy in the fields of positive aging and clutter/hoarding.

Workshop Sponsor:
MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN
GERIATRICS CENTER

For more event information, visit www.med.umich.edu/seniors.
Workshop Schedule

Saturday, September 22 -
Senior Living Week Expo
Morris Lawrence Building
Washtenaw Community College
4800 Huron River Drive, Ann Arbor
☐ 9 AM - 10:30 AM  Downsizing Made Easy
☐ 10 AM - 11:30 AM  The Impact of Tax Reform on Your Retirement Income & What You Can Do
☐ 11 AM - 12 PM  Aging in WHAT Place? Panel 1: Independent Living
☐ 12:30 PM-1:30 PM  Aging in WHAT Place? Panel 2: Assisted Living
☐ 12:30 PM-2:30 PM  AARP HomeFit Program

Monday, September 24
☐ 3:30 PM - 5 PM  Letting Go of Clutter

Tuesday, September 25
☐ 11 AM - 12 PM  Brains & Balance for Seniors
☐ 4:30 PM - 6 PM  Cultural Humility in Healthcare

Wednesday, September 26
☐ 4:30 PM - 6 PM  LGBT Older Adults: A Step Forward in Understanding

Thursday, September 27
☐ 1 PM - 2:30 PM  Strategies for Caring for a Loved One at Home

Friday, September 28
☐ 10 AM - 11:30 AM  In-Home Care and Senior Residences

Workshop registration is encouraged!
Please call 734-998-9338 to register.

Open House Schedule

Wednesday, September 19
☐ 12 PM - 5 PM  Silver Maples of Chelsea

Sunday, September 23
☐ 2 PM - 4 PM  Hillside Terrace Retirement Community

Monday, September 24
☐ 1 PM - 5 PM  Independence Village of Brighton
☐ 1 PM - 6 PM  Cambrian Senior Living South Lyon
☐ 2 PM - 4 PM  Vibrant Life Senior Living, Superior Township

Tuesday, September 25
☐ 12 PM - 4 PM  Brookhaven Manor
☐ 1 PM - 5 PM  StoryPoint
☐ 3 PM - 6 PM  University Living ~ Senior Housing Community

Wednesday, September 26
☐ 11 AM - 3:30 PM  Virtual Dementia Tour* By Appointment Only
Atria Park of Ann Arbor
☐ 12 PM - 5 PM  Silver Maples of Chelsea
☐ 1 PM - 5 PM  Independence Village of Plymouth
☐ 1:30 - 3:30 PM  Brecon Village, EHM Senior Solutions
☐ 2 PM - 6 PM  The Cedars of Dexter
☐ 2 PM - 6 PM  Chelsea Retirement Community
☐ 2 PM - 6 PM  The Pines Senior Apartments
☐ 5 PM - 7 PM  Vibrant Life Senior Living, Superior Township

Thursday, September 27
☐ 9 AM - 12 PM  Huron Woods
☐ 9 AM - 12 PM  St. Joseph Village
☐ 1 PM - 3 PM  Glacier Hills

Friday, September 28
☐ 2 PM - 6 PM  Cambrian Senior Living Tecumseh
☐ 2 PM - 6 PM  Linden Square Assisted Living Center

Saturday, September 29
☐ 11 AM - 1 PM  Vibrant Life Senior Living, Superior Township

(734) 998-9338  •  housingbureauseniors@umich.edu  •  www.med.umich.edu/seniors