Healthy Hearing and Healthy Vision

Time: 1:00 PM - 2:00 PM

Location: Garden Room, Morris Lawrence Building, Washtenaw Community College

Do you know how your ears and brain work together? Your brain relies on both of your ears to collect sound, comparing the incoming data to decide what to focus on. The comparison helps the brain decide which information is important in understanding speech and sounds. Those with hearing loss have difficulty hearing and understanding voices and sounds. They can have difficulty judging the distance of an emergency vehicle’s siren. Not hearing well can also lead to relationship problems with friends and family, depression, anxiety, anger and social isolation. And, because we hear with our brains, untreated hearing loss can also lead to cognitive difficulties. Come learn what you can do to help keep your hearing and brain sharp!

Your eyes and your overall health: It’s all connected! It’s important to remember that the eyes are connected to many other systems in the human body. The eyes can tell a lot about the health condition of your body. Health conditions that may show symptoms in the eyes include tumors, aneurysms, autoimmune disorders, high blood pressure, diabetes and many other conditions. Many health conditions can affect your eyesight as well. Come learn what you can do to help keep your eyesight in good health and good focus.

Speaker: Kelsey Smothers
Optician, ABOC/NCLEC
Rich Luddington
Hearing Aid Specialist

Workshop Sponsor: [Costco Wholesale Logo]

To Register, Please Call 734-998-9338
### Workshop Schedule

**Saturday, September 14 - at the Senior Living Week Expo**

**Morris Lawrence Building, WCC**  
4800 Huron River Drive, Ann Arbor

- □ 9 AM - 10:30 AM  How to Navigate Senior Living Options
- □ 9 AM - 10:30 AM  De-Risking Your Retirement: Making Wise Choices to Reduce Taxes and Make Your Income Last
- □ 11 AM - 12:30 PM  Downsizing the Silver Tsunami: Who to Call and Where Does the Stuff Go?
- □ 1:00 PM - 2:00 PM  Healthy Hearing and Healthy Vision

**Monday, September 16**

- □ 10:00 AM - 12 PM  Safety at Home: A Panel of Experts Addressing Safety at Home & Aging in Place  
Tumer Senior Resource Center, 2401 Plymouth Road, Ste C. Ann Arbor

**Tuesday, September 17**

- □ 11:30 AM - 12:30 PM  Brains & Balance for Seniors  
Brookhaven Manor, 401 West Oakbrook Drive, Ann Arbor
- □ 4:30 PM - 6 PM  Addiction and Older Adults  
1 Social Work CE, Approval Pending  
Independence Village of Plymouth, 14707 Northville Rd., Plymouth

**Wednesday, September 18**

- □ 4:30 PM - 6 PM  No Place Like Home: Housing as a Health Determinant for LGBT Older Adults  
1 Social Work CE, Approval Pending  
StoryPoint, 6230 S. State St., Saline

**Thursday, September 19**

- □ 4 PM - 5:30 PM  Bullying Among Older Adults  
1 Social Work CE, Approved  
Pittsfield Township Senior Center, 701 West Ellsworth Rd., Ann Arbor

**Friday, September 20**

- □ 1:30 PM - 3:00 PM  “It’s a Disease, Not a Disgrace”  
Brecon Village, 200 Brecon Dr., Saline

### Open House Schedule

**No Registration Required**

**Wednesday, September 11**

- □ 12 PM - 5 PM  Silver Maples of Chelsea
- □ 12 PM - 5 PM  Chelsea Retirement Community

**Thursday, September 12**

- □ 10 AM - 2 PM  Linden Square Assisted Living Center
- □ 1 PM - 4 PM  Stonecrest of Northville

**Monday, September 16**

- □ 1:30 PM - 3:30 PM  Brecon Village
- □ 3 PM - 6 PM  Cambrian Assisted Living & Memory Care (Tecumseh)

**Tuesday, September 17**

- □ 10 AM - 5 PM  All Seasons Ann Arbor (Pre-Construction)
- □ 1 PM - 4 PM  Brookhaven Manor
- □ 1 PM - 4 PM  Stonecrest of Northville
- □ 1 PM - 5 PM  Independence Village of Plymouth
- □ 2 PM - 4 PM  Vibrant Life Senior Living

**Wednesday, September 18**

- □ 10 AM - 5 PM  All Seasons Ann Arbor (Pre-Construction)
- □ 12 PM - 5 PM  Silver Maples of Chelsea
- □ 12 PM - 5 PM  Chelsea Retirement Community (UMRC)
- □ 12 PM - 5 PM  Cedars of Dexter (UMRC)
- □ 12 PM - 5 PM  The Pines Senior Apartments (UMRC)
- □ 1 PM - 6 PM  StoryPoint
- □ 2 PM - 4 PM  Vibrant Life Senior Living
- □ 3 PM - 6 PM  Cambrian Assisted Living & Memory Care (South Lyon)

**Thursday, September 19**

- □ 11 AM - 3 PM  Virtual Dementia Tour, By Appointment Only  
Atria Park of Ann Arbor (734-741-9500)
- □ 10 AM - 5 PM  All Seasons Ann Arbor (Pre-Construction)
- □ 10 AM - 12 PM  Glacier Hills Senior Living Community
- □ 1 PM - 3 PM  St. Joseph Village
- □ 1 PM - 4 PM  Independence Village of Brighton
- □ 1 PM - 5 PM  Glen Abbey Assisted Living & Memory Care

**Friday, September 20**

- □ 10 AM - 4 PM  University Living

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Workshop registration is encouraged. Please call 734-998-9338 to register or request a SLW Booklet.