Hello TSWP Friends!

I hope this message finds you healthy and happy. I feel like hope is on the horizon for us all; the hope to be together again in a safe way with our family, friends, and with each other. Until then, we will continue to offer robust virtual programming that holds us together by letting us visit, exercise together, meditate together, learn about health and wellness together, and even cook together!

Like you, we are watching the number of COVID cases carefully. We consult regularly with our geriatric and infectious disease doctors to weigh the risk of opening our center and offering in-person programs. During the fall, we were able to open for limited programming. Unfortunately, as the COVID numbers climbed, we had to shut back down. We are very hopeful that we will be able to open our doors in 2021. We don’t know exactly when that will happen, but we’ll be right there with you until it does, even if mostly through phone and Zoom.

I’d like to point out that we have started a new program because of what we’ve all been through. We now offer a friendly visitor program by phone. If you or someone you know would like to receive regular phone calls to chat about the weather, sports, hobbies, or anything else, please let us know! We have peer volunteers who would love to reach out to you!

Also, please check out this newsletter for more information about special events like TAASC’s Martin Luther King Day on January 23 and their anti-racism series. We are also excited to present Big Hearts for Seniors Event, Big Hearted Stories: Generations, on May 27th. This is the only fundraising event held by Turner Senior Wellness Program and benefits five community programs for seniors.

I want to thank you all for your patience, love, and support through these tough times.  Jennifer Howard, LMSW

Director, Turner Senior Wellness Program
Assistant Director, Geriatric Community Programs

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**BECOME A PARTNER WITH THE TURNER SENIOR WELLNESS PROGRAM**

Your $25 partnership fee will help with program costs and scholarships.

Or give online:


Send the completed form below with your payment.

**The Turner Senior Wellness Program**

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

(name), (phone number), (email address)

(check payable to the University of Michigan)

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**JANUARY - AUGUST 2021**

ONLINE: [michmed.org/tswp](https://michmed.org/tswp) EMAIL: tswp.info@umich.edu PHONE: (734) 998-9353

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**HEALTHY LIVING PRESENTATIONS**

**Diabetes Management: Reviewing the Basics**
Wed., January 12, 1:00-1:30pm
Nadine Braswell, RN, MH, Michigan Center for Patient Health Education

**Driver Safety in Aging and Dementia**
Tues., March 29, 10:00-11:00am
Bruce Groszdale, PhD, Professor of Neurobiology, University of Michigan

**Depression and Anxiety – What’s Your Story?**
Wed., February 4, 10:00-11:00am
Melissa Davis, RN, BSN, CM, Primary Care Nurse Practitioner, University of Michigan

**Getting to Promote Independence**
Wed., April 21, 10:00-11:00am
Glen Ashlock, MS, ATP; Assistive Technology Manager; Community Resources, University of Michigan

**Healthy Living**

**Exercise and Fitness**

- **Move and Groove with Megan Sims**
  Tuesdays, March 8, 15, 22, 29, 10:00-11:00am
- **Brain Gym with Katy Held**
  Wednesdays, January 20 - February 17
- **Cooking Demonstrations**
  Thursdays, January 28, March 25, April 8, 30, 6-8:00pm

**Technology**

- **Technology Mentors: 1-on-1 Assistance**
  Wednesdays, January 20 – February 17
- **Finding and Navigating Health Information Online**
  Tuesdays, April 27, 2020-2021
- **ONGOING SERVICES**
  - **AARP Tax Prep**
    First Thursdays, 4:00-7:00pm
  - **Caregiver and Community Resources**
    First Mondays, 1:00-3:00pm
  - **Arthritis Support Group**
    First Mondays, 1:00-2:30pm
  - **Jewish Home Caregivers Support Group**
    Second Thursdays, 6-8:00pm
  - **Caring For Aging Relatives**
    First Tuesdays, 10:00-11:30am
  - **Staying Smoke-Free**
    First Tuesdays, 10:00-11:00am

**Special Events**

- **Turner Ongoing Noontime Exercise Program**
  Tuesdays, 9:30-10:15am
- **Bilha Birman Rivlin, PhD, Still Mountain Health and Practice**
  Thursdays, March 11, 18, 25, April 8, 13, 20, 27, May 4, 11, 18, 25, 3:00-4:00pm
- **Yoga As We Grow Older**
  Wednesdays, January 20 - February 17
- **Mindfulness-Based Cognitive Therapy (MBCT)**
  Tuesdays, March 29, April 5, 12, 19, 26, May 3, 10, 17, 24, 31, 10:00-11:30am

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**Directory for Washtenaw County**

**Phone Numbers**

- **Landline**: 734-764-2556
- **Cell**: 734-998-9353

**EMAIL:**

- **tswp.info@umich.edu**

**Website:**

michmed.org/tswp