

TURNER SENIOR WELLNESS PROGRAM

Virtual, In-Person, and Hybrid Activities

SUMMER/FALL 2023



Dear TSWP Friends,

As we begin the second half of 2023, it's hard to believe how quickly the time goes! For the last five years, I have been the Director of Silver Club Memory Programs (also located within the Turner Senior Resource Center!), and in the last few months have been serving in the role of Interim Director of the Turner Senior Wellness Program and Assistant Director of Turner Geriatrics Community Programs. I have always been impressed by the scope of TSWP's programs, offerings, and community support. My admiration has only grown since I've gained a deeper understanding and insight in how these programs transform our community. I look forward to a continued partnership with the staff, volunteers and participants that make the Turner Senior Wellness Program and Turner Senior Resource Center a special place!

Partnerships are critical to our work, and one example is with our 18 year involvement in Big Hearts for Seniors (which benefits TSWP, as well as five other University of Michigan Health programs that serve older adults). On May 18th, we joined with several hundred of our closest friends and supporters for the

storytelling event *Big Hearted Stories: On Purpose* at the Lydia Mendelssohn Theatre. It's an honor for us to be involved in an event that shines a light on our work. You can read more about Big Hearts for Seniors on the next page.

In this newsletter, we have programs listed that will pique a range of interests! We are excited to have launched 'Never Alone,' a virtual program for older adults navigating living alone. We also are looking forward to an in person cooking demonstration this fall! Whether it be joining a fitness class, getting support with technology, or attending a healthy living presentation, it is our goal to provide programs that support wellness and healthy aging. As always, we aim to provide a mix of in person, virtual and hybrid programming to reach as many people as possible.

We look forward to seeing you at the center and online!

Shannon Etcheverry, LMSW
Interim Director, Turner Senior Wellness Program
Interim Assistant Director Turner Geriatrics
Community Programs

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

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

Send the completed form below with your payment (made payable to the University of Michigan to:

The Turner Senior Wellness Program,
2401 Plymouth Rd. Ste. C, Ann Arbor, MI 48105

Or visit our website at: michmed.org/tswp

Name	
Address	
City/State/Zip	
Phone	
Email	

Please send me future newsletters electronically

Thank you for your support!

TURNER SENIOR WELLNESS PROGRAM

SUMMER/FALL 2023

REGISTRATION/FEEES

Registration: Unless otherwise noted, to register visit: michmed.org/tswp or call 734-998-9353.

Registration fees: Unless otherwise noted, all classes, events, and services are free.

LOCATION

All programs will be held in person at the Turner Senior Resource Center, virtually on Zoom, or hybrid (*your choice to come in person*

or join via Zoom). When you register, you will receive confirmation on how/where the class will be held. Please know that safety is our first priority and if formats change, you will be notified. When you register for hybrid classes, please indicate if you intend to attend in person or from home via Zoom.

QUESTIONS?

Call (734) 998-9353 or email tswp.info@umich.edu.

HEALTHY LIVING

Intersection Mental and Medical Health Older Adults

<<Hybrid>>

Wednesday, July 19, 10:00-11:30am
Briana Mezuk, PhD

Self-Management Strategies for Common Post-COVID Symptoms

<<In person>>

Wednesday, August 2, 10:00-11:30am
Rebecca Squires, LMSW

Transportation Options in Washtenaw County, presented by AARP Ride@50+ Program

<<Virtual>>

Wednesday, August 9, 10-11:00am
Rebecca Yaciuk

Downsizing When There is No Place for Your Stuff to Go

<<Hybrid>>

Wednesday, September 13
10:00-11:30am
Sharon Mcgrill

When to Know When to Move?

<<In person>>

Wednesday, October 4, 10:00-11:30am
Janet Hunko, LMSW; Director of the Housing Bureau for Seniors

What's New With Medicare 2023?

<<Virtual>>

Wednesday, October 18, 10:00-11:30am
Melissa Devine, MMAP Coordinator

Thyroid Health and Aging

<<In person>>

Wednesday, November 1
10:00-11:30am
Maria Papalenatu, MD

Healthy Kidneys

<<Virtual>>

Wednesday, December 6
10:00-11:30am
Dana Rizzo, RN, BSN, PhD

EXERCISE AND FITNESS

Healthy Moves, Healthy Self

<<Hybrid>>

Call (734) 883-7513 to register.

7-week sessions:

Session I: July 6 -August 22

Session II: September 5 - October 19

Session III: October 31 - December 14

Gentle Yoga

Tuesday, 9:30- 10:15 am, \$50

Thursday, 9:30- 10:15 am, \$50

Chair Exercise

Tuesday, 10:30- 11:15 am, \$45

Thursday, 10:30- 11:15 am, \$45

Turner Ongoing Noontime Exercise

<<Virtual>>, No fee.

- **Tai- Chi:** Monday, Wednesday, Friday, 12:00-12:30pm
- **Walking Off the Pounds:** Monday, Wednesday, Friday, 12:30-1:00pm

Yoga as We Grow Older

<<In person>>

Thursday, October 5 - November 16
10:00-11:00 am (6 weeks)

Body and mind practices of Yoga's classic eight limbs. No yoga experience or physical fitness required.

Dorothyann Coyne

Movement Medicine 1 with Megan Sims

<<In person>>

Mondays, July 10-December 18
2:00- 2:45pm

No classes July 31, September 3, or September 25

- Chair dance exercise, all seated
- Improve your health and fitness, mood, cognition and reduce stress
- Great music keeps us going while we improve mobility, flexibility, strength and stability in the community
- *Megan Sims*, Certified Nia and InterPlay leader, Dance for PD instructor with over 20 years teaching experience
- People with Parkinson's and other diseases/ conditions that reduce mobility are very welcome

Movement Medicine 2 with Megan Sims

<<In person>>

Mondays, July 10-December 18
3:00-4:00pm

No classes July 31, September 3, or September 25

- Seated and standing dance exercise.
- Improve your health and fitness, mood, and cognition while reducing stress
- Most standing work is done with support of the ballet barre.

- Great music keeps us going while we improve mobility, flexibility, strength and stability in the community.
- Certified Nia and InterPlay leader, Dance for PD instructor with over 20 years teaching experience, Megan Sims.
- People with Parkinson's and other diseases/ conditions that reduce mobility are very welcome

EnhanceFitness Remote

<<Virtual>>

Safe, gentle one-hour remote class offered via Zoom by the National Kidney Foundation of Michigan. Learn more and register at: www.nkfm.org.

COOKING DEMONSTRATIONS

Atria Park

<<In person>>

Friday, September 22
3:00-4:00pm

VOLUNTEERING

Volunteers are essential to our programs. Call (734) 998-9353 to get involved.

RECREATIONAL/SOCIAL ACTIVITIES

Open Bridge

<<In person>>

Tuesdays and Fridays, 1:00-4:00pm
No partner needed.

Open Chess

<<In person>>

Wednesdays 1:00-4:00pm
All levels of play welcomed; boards provided.

OPEN Chinese Mah-Jongg

<<In person>>

Thursdays, 10:00am- 12:00pm

Never Alone!

<<Virtual>>

Fridays, 10:00-11:00 am

A new group designed for those 65+ who live alone and would like to visit via Zoom with other folks on a weekly basis for interesting conversation and friendship. The group is a social group. All genders are welcome and encouraged to register and participants can look forward to interesting, thoughtful, fun, and meaningful discussions.

Una Tertulia

<<In-person>>

First & Third Tuesdays, 3:00-5:00pm

Social/educational group for older adults for whom Spanish is their first language. Make new friends and learn new things.

“JOIN the CARAVAN” –Mindfulness Meditation Teachings and Practices

<<Virtual>>

Tuesdays, 10:00 -11:30am

- Join at any time – ongoing guided meditation practice and interactive teachings
- Bilha Birman Rivlin, PhD, Still Mountain Meditation

Lunch for Older Adults

<<In person>>

Tuesdays and Fridays, 12:00pm (noon)

Call (734) 998-9353 to register two days in advance. Limited availability, first come, first served. Suggested donation of \$3 for those over 60; fee of \$5.50 under 60.

SPECIAL EVENTS

Jewelry Sale

Two Dates:

Friday, September 29, 10:00am-4:00pm

Friday December 1, 10:00am-4:00pm

Jewelry sale benefits Social Work and Community Programs. Cash and check only. Donations are being accepted at TSRC!

Gallery 55+

Open Monday- Friday, 9:00am-5:00pm

- Ann Munster (photography) 7/28/23-10/26/23
- Granville Lee (photography) 7/28/23-10/26/23

• Jeanette Hescheles (mixed media) 10/27/23 -1/25/24

• Joan O'Connell (mixed media) 10/27/23 -1/25/24

Coffee With a Cop

<<In person>>

Thursday, August 10, 10:00-11:00am

Meet officers from the AAPD's Community Engagement team to ask questions, voice concerns, and learn about community safety.

Flu Clinic

<<In person>>

Thursday, September 21

9:00am-12:00pm

Call to schedule an appointment (734) 998-9353.

Taking Action to Resist or Respond to Scams

<<In person>>

Thursday, October 19

11:00am-12:00pm (noon)

Justine Bykowski, LMSW

TECHNOLOGY

Technology Mentors: 1-on-1 Assistance

Assistance for questions related to computers, internet, e-mail, cell phones, and other issues as requested.

Fee: \$10/hr. Scholarships available.

Call (734) 998-9353 for an appointment.

Smart Phone 101 (iPhone)

<<In Person>>

Mondays, July 10 (5-week class)

Mondays, September 11 (5-week class)

3:30-4:30pm

Join us for a five-week class with personal coaching on how to get the most out of your iPhone! \$40 fee for all five weeks-scholarship available.

Michigan Medicine Patient Portal

<< In Person>>

Thursday, October 12, 10:00-11:30am

SmartTek

<<In person>>

Wednesday, October 11, 10:00-11:30am

This workshop, developed jointly by AARP Driver Safety and The Hartford, will keep you in the know about the latest high-tech safety features in your current or future car.

Osher Lifelong Learning Institute offers computer classes on a variety of topics. Call (734) 998-9351.

ONGOING TURNER SENIOR WELLNESS SERVICES

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.

Caregiver and Community Resources

Program staff and trained volunteers give referrals and information to older adults and their families about resources specific to their needs. Stop in or call (734) 998-9353.

Directory for Washtenaw County

Access an online database of agencies and programs at medicine.umich.edu/dept/dgpm/local-resources

Medicare/Medicaid Assistance Program

Trained volunteers provide assistance with Medicare, Medicaid, health and prescription insurance and medical bills.

Call (734) 998-9353 for a telephone appointment. No fee.

Blood Pressure Screening

No appointment needed.

Second and fourth Mondays,
1:00-2:00pm

SUPPORT GROUPS

New members are always welcome to these ongoing programs. No fee.

Caring for Aging Relatives

<<Virtual>>

Second Wednesdays, 6:00-8:00pm

Call (734) 764-2556 for a link.

Marie Milliken, LMSW

Caring for Your Mate

<<Virtual>>

Fourth Tuesdays, 1:30-3:30pm

Call (734) 764-2556 for a link.

Anna Tolis, LMSW

Low Vision Book Group

<<In person>>

Thursdays, September 28 and November 16,
1:00-3:00pm

Low Vision Support Group

<<In person>>

Fourth Wednesdays, 1:00-2:30pm

Writing, Reflections & Conversations

<<In person>>

Closed group

First Mondays, 1:00-3:00pm



Connected Companions

JOIN US!

Are you feeling lonely? Would you enjoy chatting with a peer? Make a new friend by joining Connected Companions. We are a free, Michigan Medicine program that aims to offer companionship through friendly visits to seniors or homebound individuals.

FRIENDLY VISIT OPTIONS

Calls, in person at our office, in your own home (upon meeting requirements), or a mixture of two or all three!

if you wish to volunteer and be a friendly companion to a senior, please reach out! We accept volunteers 18 and older.

CONTACT US

Turner Senior Resource Center
(734) 998-9353 | Connectedcompanions@umich.edu.

BIG HEARTS FOR SENIORS

On May 18, Big Hearts for Seniors presented the much anticipated *Big Hearted Stories: On Purpose*, our 18th annual event!

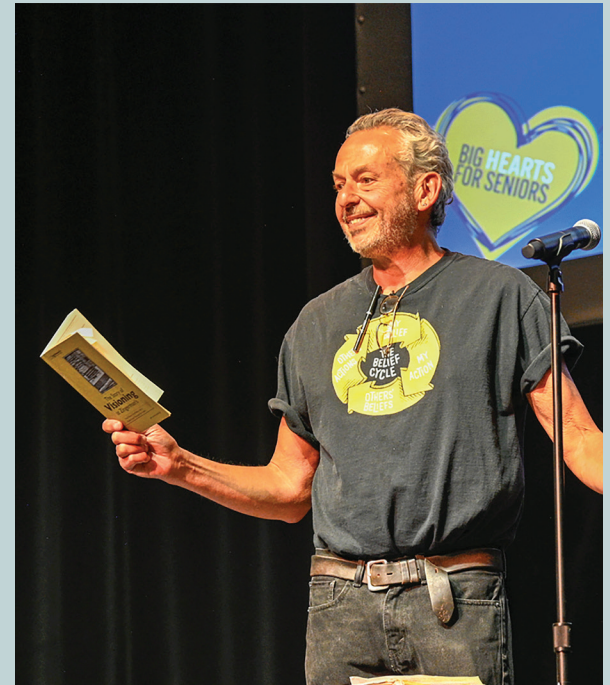
Attendees had the opportunity to hear about the importance of visioning from featured storyteller Ari Weinzweig, co-founding partner of Zingerman's Community of Businesses. Vic Strecher, PhD, MPH, Professor of Health Behavior and Health Education at U-M School of Public Health returned as emcee, and shared the story of reevaluating his purpose after the loss of his daughter. The lineup of storytellers featuring Wallace Bridges, Kasey Hilton, Audrey Lucas, Traci Ruiz and Chris Mosley, was not to be missed.

Through ticket sales, sponsorships, silent auction bidders, and donations, this year's event raised more than \$148,000, which is a record!

Big Hearts for Seniors benefits:

- Ann Arbor Meals on Wheels
- The Housing Bureau for Seniors
- Osher Lifelong Learning Institute
- Silver Club Memory Programs
- Turner African American Services Council
- Turner Senior Wellness Program

Interested in becoming a sponsor next year or want more information, email us at bigheartsevent@umich.edu. Visit the Big Hearts for Seniors website at michmed.org/bhs.



THANK YOU TO OUR 2023 SPONSORS!

PRESENTING

U-M Health Advantage

PLATINUM

Friends Gift Shop: Michigan Medicine University of Michigan health, A Community Health Services Program

SILVER

- Marti Barden
- DTE Energy Foundation
- Martin Family Foundation
- Michigan Medicine-University of Michigan-Geriatric Center

BRONZE

- Atria Park of Ann Arbor
- Balfour Ann Arbor
- Blue Compass RV
- Brookhaven Manor
- CuraVitae
- FirstLight Home Care of Greater Ann Arbor
- U-M Health Department of Community Health Services

COPPER

- Angela Hospice
- Arbor Hospice
- Bank of Ann Arbor
- Bassett Murray Law Group, PLLC
- John and Kathleen Beilein

- The Betty Brigade
- BrightStar Care Home Care
- Chalgian & Tripp Law Offices, PLLC
- EHM Senior Solutions (Evangelical Homes of Michigan Corporation)
- Fox Run Senior Living
- Home Instead of Ann Arbor
- Jack and Monica Knowles
- Legacy Law Center
- Michigan G.R. and M.A., LLC
- Old National Bank
- Jana Smith
- University Living
- Royce G. Walters

Turner Senior Wellness Program
2401 Plymouth Road, Suite C
Ann Arbor, MI 48105-1432



SAVE THE DATE

Jewelry Sale

TWO DATES

Friday, September 29
Friday December 1

LOCATION

Turner Senior Resource Center

TIME

10:00am-4:00pm

- Cash and check only
- Donations are being accepted at Turner Senior Resource Center (2401 Plymouth Rd., Suite C, Ann Arbor, MI 48105)
- For more information, call (734) 998-9353

The jewelry sale benefits local social work and community programs.





Geriatrics Center

4260 Plymouth Rd, Ann Arbor, MI 48109
Raymond Yung, MD, Director
Administrative Offices: (734) 764-3493

Geriatrics Center Clinics and Turner Geriatric Clinic

4260 Plymouth Rd, Ann Arbor, MI 48109
Clinic: (734) 764-6831
Toll-free: (877) 865-2167
Clinic fax: (734) 647-8535

Geriatrics Center Social Work and Community Programs

4260 Plymouth Rd, Ann Arbor, MI 48109
Social Work and Community Programs
Social Work Office: (734) 764-2556

Osher Lifelong Learning Institute at U-M

2401 Plymouth Rd. Ste. C, Ann Arbor, MI 48105
Angela Bingham, Director
Phone: (734) 998-9351

Silver Club Memory Programs

2401 Plymouth Rd. Ste. C, Ann Arbor, MI 48105
Shannon Etcheverry, LMSW, Director
Phone: (734) 998-9352 Fax: (734) 998-9340

Turner African American Services Council

2401 Plymouth Rd. Ste. C, Ann Arbor, MI 48105
Jason Page, Community Outreach Supervisor
Phone: (734) 998-7409

Turner Senior Wellness Program

2401 Plymouth Rd. Ste. C, Ann Arbor, MI 48105
Shannon Etcheverry, LMSW, Interim Director
Phone: (734) 998-9353 Fax: (734) 998-9340

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Marshall Runge, PhD, Executive Vice President for Medical Affairs, Dean, U-M Medical School; Patricia D. Hurn, PhD, RN, FAAN, Dean, School of Nursing.

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Jordan B. Acker, Michael J. Behm, Mark J. Bernstein, Paul W. Brown, Sarah Hubbard, Denise Ilitch, Ronald Weiser, Katherine E. White, Santa J. Ono (ex officio)

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