

Summer / Fall 2024



(734) 998 - 9353

tswp.info@umich.edu

michmed.org/tswp



UNIVERSITY OF
MICHIGAN HEALTH
MICHIGAN MEDICINE



Virtual, In-Person, and Hybrid Activities
Turner Senior Wellness Program

Dear Friends,

Our goal at the Turner Senior Wellness Program is to continue to develop new and dynamic programs born from the suggestions of our participants. For the second half of 2024, our new offerings in this catalog include (but are not limited to):

- Terry's Idiosyncratic Trivia- Terry will be leading this monthly group that will be sure to be a fun (and head scratching) time!
- LGBTQ+ Pride in Aging Coffee and Chat - We are so excited that our partnership with MiGen is coming to fruition this summer with social gatherings. All are welcome and we want to hear what kinds of programs you want to see next year.
- Dig My Car Writing Group- Cars meet creativity in this new 4 week group. We may even have to look at hosting a car show sometime!
- Kitchen Clinic- Nia-Avelina Aguirre's popular kitchen clinic is getting a new twist with intriguing titles like 'Time for an Oil Change.' This time we aren't referring to engine oil!
- Smart Phone 3.0- Level up your smartphone knowledge, or start with smart phone 1.0 and 2.0.

We are also in the process of launching a survey (our first since 2019!) to receive feedback on our current programs, and to help us plan for the future. We hope you'll take a few minutes to let us know how we are doing, and how we can best meet the needs of older adults in our community!



Turner Senior Wellness Program staff from Left to right: Randy Thackston, Shannon Etcheverry, Neysha Reviere

Shannon Etcheverry, LMSW
Director- Turner Senior Wellness Program
smguida@med.umich.edu

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: www.michmed.org/tswp

Name	
Address	
City/State/Zip	
Phone	
Email	

Please send me future newsletters electronically

REGISTRATION/FEEES





Unless otherwise noted, to register visit:
michmed.org/tswp | (734) 998-9353

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

QUESTIONS

tswp.info@umich.edu | (734) 998-9353

LOCATION KEY

-  **Hybrid** - Both Zoom and in-person
-  **Virtual** - Zoom only
-  **In Person** - Located at the Turner Senior Resource Center
-  **Viewing Party** - Option to watch presentation on large screen at the Turner Senior Resource Center

HEALTHY LIVING PRESENTATIONS

10 Essential Questions to Ask Your Doctor

Wednesday, July 31

10am - 11:30am



Belle Churchill, Director of Operations
Visiting Angels

Environments for Brain Health and Longevity

Wednesday, August 28

10am - 11:30am



Upali Nanda, Associate Professor- University of Michigan Taubman College of Architecture and Urban Planning

Dignity in the Silver Years

Wednesday, September 11

10am - 11:30am



Jennifer Griggs, MD, MPH
Professor, University of Michigan Department of Medicine (Hematology/Oncology) and Health Management and Policy

Relationships, Intimacy and Dating at Our Age

Wednesday, September 25

10am - 11:30am



Katherine Forsythe, MSW

Mental Health 101

Wednesday, October 23

10am - 11:30am



Alexandra Sciaky, PT, DPT, MS
Volunteer Support Group Coordinator
National Alliance on Mental Illness, Michigan

Preventing Falls and Fires at Home

Wednesday, November 6

10am - 11:30am



Karla S. Klas, BSN, RN, CCRP
Managing Director, Injury/Violence Prevention and Community Outreach
University of Michigan- Michigan Medicine Trauma Burn Center

Truth and Fiction: Hip and Knee Replacement

Wednesday, December 4

10am - 11:30am



Brian R. Hallstrom, MD, FAOA, FAAOS
Clinical Associate Professor of Orthopaedic Surgery

EXERCISE AND FITNESS

Healthy Moves Healthy Self

September - December



Call (734) 883-7513 to register.
Nia-Avelina Aguirre, ND
Naturopathic Doctor
Exercise Science / Sports Medicine
40+ years teaching experience.

Gentle Yoga

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

Strength and Balance

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

7-week sessions:

Session I: September 10 - October 24
Session II: November 5 - December 19

Movement Medicine

July - November

IP

Joyful chair dancercise, seated and standing (with support) with Megan Sims, Certified Nia and Interplay leader and dance for PD instructor with over 20 years teaching experience.

Suggested donation \$40 per five week session. Mondays, 3pm - 4pm

Session I: July 8 - August 12

Session II: August 19 - September 23

Session III: October 7 - November 11

Turner Ongoing Noontime Exercise

V

• Tai-Chi:

Monday, Wednesday, Friday
12:00pm - 12:30 pm

• Walking Off the Pounds:

Monday, Wednesday, Friday
12:30pm - 1:00 pm

EnhanceFitness Remote

V

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

Healthy Demonstration with Atria Park

Wednesday, September 18
2pm - 3pm

IP

Southwest Stuffed Sweet Potatoes. Sweet potatoes are a powerhouse of nutrients, vitamins, and minerals. They keep as pantry staples for nearly a month. They also may improve your immune system with high levels of vitamin A.

Kitchen Clinic Natural Health Series

September - November

IP

This new series will focus on the health benefits of a wide variety of foods and simple ways to add them into your meals. Bring a notepad and participate in these interactive sessions! Pre-registration is required.

• Time for an Oil Change!

Monday, September 23, 10am - 11am, \$10
Beyond using vegetable oil, come discover healthier oil options.

• Healthier Gut and Digestion:

Monday, October 21, 10am - 11am, \$10

Just in time for the holidays! Let's shape up our digestive system so we can "splurge" in moderation.

• The Fit Nuts and Seeds:

Monday, November 18, 10am - 11am, \$10

Whether used as a snack, in trail mix, as a topping or in a gift basket, learn more about these nutrient-dense powerhouses.

Call (734) 883-7513 to register:

Nia-Avelina Aguirre, ND

Naturopathic Doctor, Ayurveda Consultant

SPECIAL EVENTS

Flu and Covid Clinic

Friday, September 13
12pm - 3pm

IP

Clinic will include Covid boosters, regular flu shots and high dose flu shots (65+)

Please call 734-998-9353 or register online so we can properly estimate demand.

Jewelry Sale

Friday October 4, 10am - 3pm
Friday, December 6 10am - 3pm

IP

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

Cash and Check Only. Donations are accepted at the Turner Senior Resource Center all year! Vintage and costume jewelry. Proceeds support Geriatrics Community Programs.

Terry's Idiosyncratic Trivia

Second Wednesdays
July 10, August 14, September 11, October 9,
November 13, and December 11
3:30pm - 5pm

IP

Over the past 12 years, whether at Argus Farm Stop or many other venues, Terry has used his unique abilities to generate an impressive range of questions, based on a lifetime of accumulating a wide spectrum of facts well-known and obscure.

Art Gallery 55+
Monday - Friday
9am - 5pm

IP

Turner Senior Resource Center,
2401 Plymouth Rd, Suite C, Ann Arbor, MI 48105

- **Marie Singer** (oils)
Dianne Austin (print/multimedia)
7/26/24-10/24/24
Artist Reception -
Sunday, August 18, 3pm - 4:30pm,
Artists speak at 3:30pm
- **Olli Monday Painters** (mixed - media)
10/25/24- 1/30/25
Artist Reception
Sunday, November 10, 3pm - 4:30pm
Artists speak at 3:30pm

RECREATIONAL & SOCIAL ACTIVITIES

Mah-Jongg Baggaley Style Class
4 weeks
Thursdays, July 11-August 1
10am - 12pm

IP

Instructors: Nancy Howard and Amy Seetoo

Learn to play this simplified version of Chinese Mah-Jongg, developed, and popularized by the late Stuart Baggeley. Stuart taught at libraries and Senior Centers around the area for over 20 years. Many of his students continue to enjoy this fun yet challenging game at Turner and other locations in Washtenaw and Lenawee Co. Chinese Mah-Jongg is different from American Mah-Jongg, but the game is played with the same 144-tile set. It is similar in some ways to gin rummy. Get started with the basics of play, strategies and scoring, and be ready to join existing groups or start your own.

Dig My Car Writing Group
Mondays 10am - 11:30am, 4 weeks

IP

Stories that Drive Us

Chuck Messer, Founder, Dig My Car, LLC
Writers and Storytellers Unite! This workshop guides you through the creative writing process. You'll develop a central theme based on a personal car story. Then write, edit, and publish it online at DigMyCar.com to preserve a chapter of your life story.
Workshop materials required: pad of paper and pencil/pen. Laptop is optional.

Session I: August 5 - 26

Session II: October 7- 28

Joining The Caravan
Ongoing Mindfulness Meditation –
Teachings and Practice
Tuesdays, 10am - 11:30am

V

Free - Donations are welcomed
Bilha Birman-Rivlin, PhD,
“Still Mountain Meditation Center”

Prerequisite: Meditation experience and at least one Mindfulness Meditation Class

Lunch for Older Adults
Tuesdays & Fridays 12pm - 1pm

IP

Lunch is served at 12pm – 1 p.m. Reservations are required 48 hours in advance. Suggested donation for those over 60 years of age is \$3.00, for all others, \$5.50.

Wise Guys 2: Conversations for Men
Thursdays, 1pm - 2:30pm

V

Attend every week or as often as you can.

Writing, Reflections, & Conversation <Closed >
First Mondays of each month, 1pm - 3pm

Monthly discussions of members' poetry, essays, reminiscences, and fiction.

Una Tertulia
First & Third Tuesdays, 3pm - 5pm

IP

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

Free In-Person Open Games!

IP

- **Open Euchre:** Mondays 1pm - 3pm
- **Chinese Mah- Jong:** Thursdays 10am-12pm
- **Bridge:** Tuesdays and Fridays 1pm - 4pm

LGBTQ+ Pride in Aging Coffee and Chat
2nd and 4th Wednesdays 1pm - 3pm
starting July 10

IP

Are you looking for a warm and welcoming space to make new friends, share experiences and enjoy good company? Look no further! The Turner Senior Wellness Program in partnership with MiGen is thrilled to invite you to our LGBTQ+ Pride in Aging Coffee and Chat. Come and be part of a vibrant gathering that celebrates you! This is a recurring meet-up with others as a fantastic opportunity to socialize, share stories and meet friends within the LGBTQ+ community and its allies. We're serving up fresh coffee and delicious pastries all free of charge.

TECHNOLOGY

UM Patient Portal Class

IP

MyUofMHealth offers patients personalized and secure online access to portions of their medical record. The UM Patient Portal enables you to securely use the Internet to help manage and receive information about your health. If you are interested in learning how to use your MyUofMHealth Patient Portal, please sign up to save a seat. *Spaces are limited.

- Thursday, August 15th: 2pm - 3:30pm
- Thursday, October 10th: 10:00am - 11:30am

Smartphone for Seniors Series

IP

Led by James Giordani, MSW and Alli Spiller, MSI, MSW. James and Alli received their MSWs from the University of Michigan with a focus on enhancing the quality of life and independence of seniors through technology. They break down the confusing world of technology into clear, understandable, and interesting presentations whether you're a tech novice or a tech master. Call (734)480-8362 or, to register, email alli@clearcompuing.net

Smartphone for Seniors 1.0

Thursday, September 12 - October 10
10am - 11am

IP

\$60 Participation fee.

Ready to brush up your smartphone skills? Join us for a 5-week course where we'll cover key phone components, concepts, and techniques in a friendly, easy-to-follow format aimed at helping you use your phone more independently and confidently. Our experienced instructors and friendly helpers are always on hand to provide personalized assistance, so you'll never feel left behind.

Smartphone for Seniors 2.0

Thursday, September 12 - October 10
11:30am - 12:30pm

IP

\$60 Participation fee.

Learn how to get the most out of your phone! This is a deeper dive into useful skills and apps which are especially helpful to older adults such as maps, calendar, and more. Completion of Smartphone for Seniors 1.0 is strongly recommended before taking 2.0 or 3.0

Smartphone for Seniors 3.0

Thursday, September 12 - October 10
1pm - 2pm

IP

\$60 Participation fee.

Get even more out of your phone! This course takes another dive into more tricks and helpful apps such as health portals, ridesharing, podcasts, and more. This course follows a similar structure to Smartphone for Seniors 2.0 but has new content. They can even be taken concurrently!

SmartTek

Wednesday, September 18
10am - 11:30am

IP

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.

Roger Doster
AARP Volunteer

Technology Mentors: 1-on-1 Assistance

IP

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 or email tswp.info@umich.edu

ONGOING TSWP SERVICES

Medicare/Medicaid Assistance Program

Volunteers help on Medicare, Medicaid, health and prescription drug insurance, and medical bills.

Volunteers currently helping by appointment. Call (734) 998-9353 for an hour appointment or email tswp.info@umich.edu

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. Walk-ins are welcome! If you would like to schedule an appointment with a Social Worker for a Care Consultation, call (734) 998-9353 or email tswp.info@umich.edu

Online Resource Directory for Older Adults in Washtenaw County

Access an online database of agencies and programs on our website

<http://michmed.org/tswp>

Connected Companions

The Connected Companions Program is a friendly visitor program (calls or in person) that strives to provide companionship to older adults in the greater Washtenaw County area. This program is passionate about making a difference in seniors' lives by bringing people together to form meaningful relationships.

For more information email connectedcompanions@umich.edu or call 734-998-9353

Blood Pressure Screening 4th Mondays 1pm - 2pm

IP

Blood pressure checks from our volunteer nurse.

SUPPORT GROUPS

Caring for Aging Relatives Second Wednesdays, 6pm - 8pm

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Jessica Bible LMSW
Call (734) 764-2556 for link.

Caring for Your Mate Fourth Tuesdays, 1:30pm - 3:30pm

V

Anna Tolis, LMSW
Call (734) 764-2556 for link.

Low Vision Support Group Fourth Wednesdays, 1pm - 2:30pm

H

Low Vision Book Group Fourth Thursdays September 26 and November 21st 1pm - 3pm

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GROUP THERAPY

Mindfulness-Based Chronic Pain Care Tuesdays, 1:15pm - 3:15pm September 17 - November 5

V

Mariko Foulk, LMSW, ACSW

8 weekly sessions to learn ways to deal with chronic pain with mindfulness, self-compassion and to improve quality of life and wellness. This is an evidence-based practice. Fees, covered by most insurance.

Please call Mariko for questions and to schedule the initial assessment: 734-763-4965

"Relationships, Dating and Intimacy for Seniors" Focus Group Looking for Participants

Would you like to lend a hand and help us plan our upcoming healthy living presentation "Relationships, Dating and Intimacy for Seniors" and other potential future programming? Facilitator Kat Forsythe, MSW has 35 years of experience leading workshops for seniors around the topic of relationships and sexuality later in life. Call 734-998-9353 for more information.

NAMI Support Group Open to New Participants

Are you depressed, anxious, lonely, or experiencing other mental health challenges? Consider joining NAMI Washtenaw County's free Connection Recovery Support Group led by trained peer volunteers. It's a place you can share concerns and be received with understanding and encouragement. NAMI is open to discussing volunteer group facilitator opportunities and potential collaborations, including at the Turner Center.

1st and 3rd Wednesdays of the month on Zoom 7pm-8:30pm

To register, go to namiwc.org, click on "Our Programs," or call 734-994-6611





Big Hearted Stories: Love Stories

On May 30th, Big Hearts for Seniors presented Big Hearted Stories: Love Stories at the Lydia Mendelssohn Theatre. Heading this year's affair as the emcee was Vic Strecher, Ph.D. MPH, a distinguished Professor of Health Behavior and Health Education at the U-M School of Public Health. Renowned bestselling author John U. Bacon graced the stage as the featured storyteller, along with Frank Dixon, Yi Keep, Josie Ann Lee, Robin Shear and Steve Sheldon.

Big Hearts for Seniors benefits:

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



Stay tuned for information regarding our 20th Anniversary Celebration in 2025! Thank you to our Presenting, Silver, Bronze, and Copper Sponsors! A full list of sponsors can be found on our website: www.michmed.org/bhs

Presenting



MICHIGAN HEALTH ADVANTAGE
A PHP MEDICARE HMO-POS PLAN

Silver

Barden Family
LifeChoices & EHM Senior Solutions
Martin Family Foundation
University of Michigan-Geriatric Center

Bronze

All Seasons Ann Arbor
Atlas Home Safety
Blue Compass RV
Brookhaven Manor Senior Living
U-M Health Department of
Community Health Services
Victors Care

Copper

American Roads, LLC
Balfour Ann Arbor
Bank of Ann Arbor
Bassett Murray Law Group, PLLC

Copper (cont.)

John and Kathleen Beilein
Care at Home Private Care LLC
Chalgian & Tripp Law Offices
Dennis Crowley & Anita Clos
Detroit Windsor Tunnel, LLC
Kris and John Evangelista
James G. and Carol Ann Fausone
Fox Run
Home Instead
Kiwanis Club of Ann Arbor Foundation
Michigan G.R. and M.A., LLC
Molina Healthcare
Old National Bank
Provision Living
Retirement Income Solutions
Jana Smith
Sparrow Market
Trinity Health Senior Communities