



MICHIGAN MEDICINE  
UNIVERSITY OF MICHIGAN

# TURNER SENIOR WELLNESS PROGRAM

Virtual, In-Person, and Hybrid Activities

Winter/Spring 2024



Dear Friends,

With the new year brings new beginnings, opportunities, and the chance to start anew! Here at the Turner Senior Wellness Program/Turner Senior Resource Center, we are always striving to grow and meet the needs of older adults in our community!

One new partnership this year is with Focus: HOPE's Food for Seniors Program in which eligible older adults 60+ can receive monthly food boxes free of cost. This is a great compliment to our congregate lunch program that is held on Tuesdays and Fridays! We also have a new kitchen clinic series that explores the health benefits of a variety of foods.

Nourishment can come in other forms too, including social nourishment! We continue to welcome new participants and volunteers to the Connected Companions program which pairs volunteers with older adults that would enjoy ongoing companionship (by phone, at our office, or in the participant's home). We also have numerous opportunities to engage at the Turner Senior Resource Center including gaming groups, fitness classes and interactive healthy living presentations.

In November, I officially stepped into the role as the director of the Turner Senior Wellness Program. Since 2018, I have been the director of Silver Club Memory Programs (one of the 'sister' Community Programs of TSWP, along with the Osher Lifelong Learning Institute and the Turner African American Services Council). I am so excited to continue working with all the fantastic participants, volunteers and staff here at the Turner Senior Resource Center. Please don't hesitate to reach out to me for questions, ideas, and input about our programs!

**Shannon Etcheverry, LMSW**

Director, Turner Senior Wellness Program  
Assistant Director, Geriatrics 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.**

**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](http://michmed.org/tswp)

<b>Name</b>	
<b>Address</b>	
<b>City/State/Zip</b>	
<b>Phone</b>	
<b>Email</b>	

Please send me future newsletters electronically

## REGISTRATION/FEEES

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

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

## QUESTIONS

[tswp.info@umich.edu](mailto:tswp.info@umich.edu) | (734) 998-9353

## LOCATION KEY

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

## HEALTHY LIVING PRESENTATIONS

### Maintaining a Healthy Brain

Wednesday, January 31  
10am - 11:30am



Elizabeth Donnelly, Turner Geriatric Fellow

### Improving Sleep as We Age

Wednesday, February 28  
10am - 11:30am



Kailash Dhir, Turner Geriatric Fellow

### Tips for Building Strong Bones as We Age

Wednesday, March 13  
10am - 11:30am



Sara Margosian, Turner Geriatric Fellow

### How to Thrive While Aging Solo

Wednesday, April 3  
10am - 11:30am



Nicole Boyer, MS, CDP

### Controlling Your Blood Pressure

Wednesday, April 24  
10am - 11:30am



Nishok Karthikeyan, Turner Geriatric Fellow

### Senior Nutrition and Inflammation

Wednesday, May 29  
10am - 11:30am



Jean Narzoo, Turner Geriatric Fellow

### Care Management for Older Adults 101

Wednesday, June 26  
10am - 11:30am



Natalie Adewunmi BSN, RN, CCM

## EXERCISE AND FITNESS

### Healthy Moves Healthy Self

January - August



Call (734) 883-7513 to register.

Nia-Avelina Aguirre, ND, Naturopathic Doctor, 40+ years teaching experience.

#### Gentle Yoga

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

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

#### Strength and Balance

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

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

#### 7-week sessions

Session I: January 9 - February 22

Session II: March 5 - April 18

Session III: April 30 - June 13

Session IV: June 25 - August 8

### Movement Medicine

Starting Monday, January 15  
3 - 4pm



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

## Functional & Mindful Exercises for Healthy Aging

Eight weeks - Mondays and Wednesdays

March 4 - April 24

1:30 - 2:15pm

V

Led by trained University of Michigan, Applied Exercise Science (AES) majors.

Monday lessons will focus on:

- Aerobic exercises: walking patterns and coordinated body movements.
- Strength Exercises: upper body, core, and lower body strength.
- Balance exercises: body weight shifting and balance for preventing falls.

Wednesday lessons will focus on:

- 16-form Tai Chi
- Flexibility using static and dynamic stretching exercises.

## Turner Ongoing Noontime Exercise

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

## EnhanceFitness Remote

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

## COOKING DEMONSTRATIONS

### Atria Park

Wednesdays, January 24, March 20,

June 12

2 - 3pm

IP

### Kitchen Clinic Natural Health Series

Nia-Avelina Aguirre, ND

Naturopathic Doctor, Ayurveda Consultant

This new series will focus on the health benefits of a wide variety of foods. Example topics include foods for building or maintaining your immune system, your heart health and digestive health, and having fun with

food. There will be plenty of interactive “make and taste” time during each class.

Please pre-register by calling (734) 883-7513. All classes are \$10 each.

- **Roots - Bulbs - Tubers, Part I**  
Monday, January 22, 10 - 11am
- **Culinary Herbs & Spices, Part I**  
Monday, February 19, 10 - 11 am
- **Roots - Bulbs - Tubers, Part II**  
Attendance in Part I is not required.  
Monday, March 18, 10 - 11:00am
- **Culinary Herbs & Spices, Part II**  
Attendance in Part I is not required. Monday, April 15, 10 - 11am
- **The Mighty Brassica's**  
Monday, May 20, 10 - 11am

## SPECIAL EVENTS

### Jewelry Sale

Friday, May 3

10am - 4pm

IP

Cash and check only. Donations being accepted at the Turner Senior Resource Center all year! Vintage and costume jewelry.

*Proceeds support Geriatrics Community Programs: Osher Lifelong Learning Institute, Silver Club Memory Programs, Turner Senior Wellness Program and Turner African American Services Council.*

### Assisted Living- Information for a Wise Choice

April 8

10:30am - 12pm

IP

*Justine Bykowski, LMSW; Barbara Zaret, MSW*

When searching for assisted living, there are many factors to consider:

- Definition of assisted living
- Where to find state regulations and violations
- Problem-solving strategies
- Resources to help with decision-making

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

IP

Open to the public @ Turner Senior Resource Center,  
2401 Plymouth Rd. Ann Arbor, MI 48105

- *Carol Morris* (Mixed Media) and *Andrea Lozano* (Oils & Acrylics)  
January 26 - April 25  
Artist Reception: February 18
- *Brian Taylor* (Burns Park Painters Collection) - April 26  
Artist Reception: May 19
- *Marie Singer* and *Dianne Austin*  
July 26  
Artist Reception: TBD

**Yoga for Right Now**  
**Thursday, May 16**  
**10 - 11:30am**

IP

Today's world can be stress-inducing. Learn three yoga practices that you can easily do whenever you feel anxious. Your guide will be a yoga teacher with more than 50 years of practice, study and experience.

*Dorothyann Coyne*

**AARP Safety Driver Classes**  
**Monday-Tuesday, May 13-14**  
**12 - 4pm**  
**Two-day / four hour event**

IP

Please advise participants to bring their drivers license and AARP membership card.

Participants must attend both days to receive the certificate of completion. \$20 AARP members and \$25 for no non-members. Cash or check made payable to AARP.

**RECREATIONAL AND SOCIAL ACTIVITIES**

**"JOIN THE CARAVAN"**  
**Ongoing Mindfulness Meditation - Teachings and Practice**  
**Tuesdays**  
**10 - 11:30am**

V

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 and Fridays**  
**12 - 1pm**

IP

Lunch is served at 12 – 1pm. Reservations are required by noon two days before. Suggested donation for those over 60 years of age is \$3.00, for all others, \$5.50.

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

V

Attend every week or as often as you can.

**Writing, Reflections, and Conversation**  
**First Monday of each month**  
**1 - 3pm**

IP

Class is currently full – to be added to a wait list call (734) 998-9353.

**Una Tertulia**  
**First and Third Tuesdays**  
**3 - 5pm**

IP

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

**Free Open Games!**

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Call if interested at (734) 998-9353

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

**TECHNOLOGY**

**Smartphone 101**  
**Thursdays, March 7 - April 4**  
**10 - 11am**

IP

Five weeks, \$60 participation fee. Ready to brush up your iPhone or Android phone skills? We will cover key phone components, concepts, and techniques in an easy-to-follow format to help you use your phone. Our experienced instructors will provide personalized assistance, so you'll never feel left behind.

Presented by *Clear Computing* and *James Giordani, MSW*. Call (734) 480-8362 to register.



## Smartphone 201

**Thursday, March 7 - April 4**  
**11:15 - 12:15pm**

IP

5 Weeks, \$60 Participation fee.

Learn how to get the most out of your iPhone or Android phone! This is a deeper dive into useful skills and apps which are especially helpful to older adults such as navigation, calendar, and more. Completion of Smartphone 101 course is not required but confidence in downloading apps and basic operation of a smartphone is helpful.

Presented by *Clear Computing and James Giordani, MSW*. Call (734) 480-8362 to register.

## SmartTek

**Wednesday, March 20**  
**2 - 3:30pm**

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.

## 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/hour. Scholarships available. Call (734) 998-9353 for appointment or email [tswp.info@umich.edu](mailto:tswp.info@umich.edu).

## ONGOING TSWP SERVICES

### Advance Directives: Planning for Future Health Care Decisions

Preparation of durable power of attorney for health care. Call (734) 764-2556 for an appointment.

### Medicare/Medicaid Assistance

Volunteers help on Medicare, Medicaid, health and prescription drug insurance, medical bills, and long-term care insurance. For an hour appointment, call (734) 998-9353 or email [tswp.info@umich.edu](mailto: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. Call (734) 998-9353 or email [tswp.info@umich.edu](mailto:tswp.info@umich.edu).

## Resources for Older Adults in Washtenaw County

Access an online database of agencies and programs at [michmed.org/tswp](http://michmed.org/tswp).

## Blood Pressure Screening

**Fourth Mondays**  
**1 - 2pm**

IP

Walk-ins are welcome.

## SUPPORT GROUPS

### Caring for Aging Relatives

**Second Wednesdays**  
**6 - 8pm**

V

*Marie Milliken, LMSW*

Call (734) 764-2556 for link.

### Caring for Your Mate

**Fourth Tuesdays**  
**1:30 - 3:30pm**

V

*Anna Tolis, LMSW*

Call (734) 764-2556 for link.

### Low Vision Support Group

**Fourth Wednesdays**  
**1 - 2:30pm**

IP

### Low Vision Book Group

**Fourth Thursdays, January 25, March 28,**  
**May 23**  
**1 - 3pm**

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## GROUP THERAPY

### Mindfulness-Based Cognitive Therapy Group

**Tuesdays, January 16 - March 5**  
**1:15 - 3pm**

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*Mariko Foulk, LMSW, ACSW*

Eight-session evidence-based practice for prevention of depression and anxiety relapse and to enhance a sense of well-being. (covered by Medicare and most insurance).

For questions and to schedule the initial assessment, call (734) 763-4965.

# Focus:HOPE

## FOOD FOR SENIORS PROGRAM

The **Focus: HOPE Food for Seniors Program** provides free monthly food to senior citizens who are 60 years of age or older and reside in Wayne, Oakland, Macomb, and Washtenaw counties.

If a senior meets the eligibility requirements, they may be certified at any one of the Focus: HOPE Food Centers or at one of food distribution agencies or sites.

To be certified, a senior must apply in person and bring the following: identification, proof of age, proof of residency, and household size.

Monthly pick-up will occur at the Turner Senior Resource Center at 2401 Plymouth Rd Suite C, Ann Arbor, MI 48105.

### ELIGIBILITY REQUIREMENTS

TOTAL FAMILY SIZE	ANNUAL	MONTHLY	WEEKLY
1	\$18,954	\$1,580	\$365
2	\$25,636	\$2,137	\$493
3	\$32,318	\$2,694	\$622
4	\$39,000	\$3,250	\$750
<b>Each additional family member add:</b>	\$6,682	\$557	\$129

### CONTACT US FOR MORE INFORMATION

(734) 998-9353

[Info.twsp@umich.edu](mailto:Info.twsp@umich.edu)



## LGBTQ+ Pride in Aging

The Turner Senior Wellness Program and MiGen are teaming up to create a welcoming and inclusive space for older and maturing LGBTQ+ individuals and allies to connect, share resources, and support each other.

Please let us know if you're interested in upcoming events, focus groups, and/or gatherings!

**To register or for more information, call (734) 998-9353**



19TH ANNUAL

# BIG HEARTS FOR SENIORS

*Big Hearted Stories: Love Stories*

**MAY 30, 2024**

**VIP, Michigan League, 5:30pm (\$100)**

**General Admission, Lydia Mendelssohn Theatre, 7:00pm (\$35)**

*Online Silent Auction May 23rd-30th*

Learn more: [michmed.org/bhs](https://michmed.org/bhs)

(734) 998-9350 | [bigheartsevent@umich.edu](mailto:bigheartsevent@umich.edu)

