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

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

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☐ Please send me future newsletters electronically
**REGISTRATION/FEES**
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

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**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

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**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

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**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 dance, 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

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.

Wednesday lessons will focus on:
- 16-form Tai Chi
- Flexibility using static and dynamic stretching exercises.

Turner Ongoing Noontime Exercise

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

EnhanceFitness Remote

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

SPECIAL EVENTS

Jewelry Sale
Friday, May 3
10am - 4pm
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
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

COOKING DEMONSTRATIONS

Atria Park
Wednesdays, January 24, March 20, June 12
2 - 3pm

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 - 11am
- 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
Art Gallery 55+
*Monday - Friday*
*9am - 5pm*

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*

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

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.

**Lunch for Older Adults**

**Tuesdays and Fridays**

**12 - 1pm**

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**

Attend every week or as often as you can.

Writing, Reflections, and Conversation
**First Monday of each month**

**1 - 3pm**

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

Una Tertulia
**First and Third Tuesdays**

**3 - 5pm**

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

Free Open Games!

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**

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.

RECREATIONAL AND SOCIAL ACTIVITIES

“JOIN THE CARAVAN”

Ongoing Mindfulness Meditation – Teachings and Practice

**Tuesdays**

**10 - 11:30am**

Donations are welcomed. *Bilha Birman-Rivlin, PhD, “Still Mountain Meditation Center”.* Prerequisite: Meditation experience and at least one Mindfulness Meditation Class.
**Smartphone 201**

**Thursday, March 7 - April 4**

11:15 - 12:15pm

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

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**

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.

**Resources for Older Adults in Washtenaw County**

Access an online database of agencies and programs at michmed.org/tswp.

**Blood Pressure Screening**

Fourth Mondays

1 - 2pm

Walk-ins are welcome.

**SUPPORT GROUPS**

**Caring for Aging Relatives**

Second Wednesdays

6 - 8pm

Marie Milliken, LMSW

Call (734) 764-2556 for link.

**Caring for Your Mate**

Fourth Tuesdays

1:30 - 3:30pm

Anna Tolis, LMSW

Call (734) 764-2556 for link.

**Low Vision Support Group**

Fourth Wednesdays

1 - 2:30pm

**Low Vision Book Group**

Fourth Thursdays, January 25, March 28, May 23

1 - 3pm

**GROUP THERAPY**

**Mindfulness-Based Cognitive Therapy Group**

Tuesdays, January 16 - March 5

1:15 - 3pm

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.
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

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<tr>
<td>Each additional family member add:</td>
<td>$6,682</td>
<td>$557</td>
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**CONTACT US FOR MORE INFORMATION**

(734) 998-9353  
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**

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**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
(734) 998-9350 | bigheartsevent@umich.edu