Greetings from Silver Club!

Closing our doors temporarily due to COVID-19 has been a challenge for our member families, staff, and volunteers. While this is in the best interest of everyone’s health, we miss interacting with our members in person. Despite these obstacles, staff are finding new and innovative ways to stay connected and to provide support:

- **Moderate/Day Enrichment Program**- We are providing daily (M-F 11am) virtual/interactive programming (includes music, trivia, fitness and much more).
- **Mild Memory Loss Programs**- Elderberry, Mindworks, and Chelsea Coffeehouse are all meeting virtually or over the phone.
- **Peer Support Program**- Member families can provide their phone number and emails to be added to a database to encourage friendly calls and connections.
- **Check in Calls**- Our dedicated staff are calling member families at least weekly to provide emotional support and assess for needs.
- **Covid 19 Resource List**- Visit Silver Club’s website for a resource list with information on local resources, virtual support groups, activities to do at home etc.
- **New Weekly Newsletter**- An electronic newsletter has been created to provide an update on upcoming programming as well as other fun content.

Silver Club staff continue to work from home without the program’s normal income. If you would like to gift a donation in lieu of your program fees, you can do so on our website.

We are aware that there are many individuals with memory loss in the community (non-members) who could benefit from engaging in our free virtual activities as well. Please email Germedsilverclub@umich.edu for more information, or visit our website to view a recording of one of our activities. [https://michmed.org/silver-club-memory](https://michmed.org/silver-club-memory)

My greatest wish is that everyone stays safe and healthy. I look forward to all of us coming together to celebrate the reopening of Silver Club when it is safe to do so. Please don’t hesitate to reach out to us for support, resources, or a friendly ‘hello.’

Sincerely,

Shannon Etcheverry, LMSW
Director, Silver Club Memory Programs
Creative Moments; Bringing Together Families and Members by Jeanne Kero

Creative Moments was formed (Starting in January, the last Thursday of the month 2pm-3pm) for Silver Club members and their caregivers/families. We wanted to introduce a break from stress to provide a moment to be silly and joyful without distractions. The Silver Club staff also enjoy spending time with our members’ families and building on those relationships! This is also an opportunity for Silver Club families to get ideas on ways to get creative together at home (we didn’t anticipate there being THIS much time at home!).

Our first gathering in January involved lots of paint and one huge piece of paper. We created circles of many colors and used many different tools such as credit cards and balloons. For our second meeting in February we found fun ways to move and dance to a variety of music. Pat’s country hoedown got everyone dancing. We laughed a lot and enjoyed playing together.

When Silver Club reopens we will continue with more Creative Moments; incorporating art, movement, singing, games, discussion and more!

Meet Our Newest Staff Member, Elise Lenfestey!

Hello! My name is Elise and I am happy to be part of the Silver Club team! I graduated this past year from Eastern Michigan University majoring in Therapeutic Recreation. The field of therapeutic recreation focuses on utilizing activities as interventions to enhance individuals well-being and quality of life. I hope to contribute a life enriching experience for individuals in our program.

It has been wonderful to get to know the friendly members and staff. I look forward to seeing everyone in person when we return from this difficult time just as much as everyone else does. In the mean time, I am glad we will be having our virtual programs. I am excited to implement our Travel Club some more!

A couple other things to share about me is that I live at home in the country with a husband, four cats and a bird! I love to spend time outside, cook/bake and enjoy listening to music and concerts.
Mardi Gras Celebration!
by Elise Lenfestey

Pat (staff) and Cesar (member) are pictured enjoying our Mardi Gras celebration as we traveled to New Orleans! We discussed the History and Traditions of “Fat Tuesday” which entails feasting on rich and fatty foods the day before Ash Wednesday. The Mardi Gras Tradition is believed to arrive in North America around the late 1600’s. We enjoyed discussing how the Mardi Gras parade all started. The members put on their masks and we ended up having our own parade around the Turner Senior Resource Center!
An Opportunity to Support Silver Club

The goal at Silver Club is to always accept families in need, even if they are experiencing financial difficulties. We use a sliding-fee scale so that each family pays what it can afford. The balance comes from grants and assistance from a wide array of supporters. We are so grateful to Silver Club families and friends for their generous support of our programs in whatever way they feel comfortable.

How You Can Help:
Be an ambassador – promote the Silver Club by referring families who are caring for a person with memory loss to our programs.
Volunteer – if you have time, there are many ways to help, including spending time with members during program hours, participating on Silver Club committees, or helping with special, time-focused projects.
Make a gift – the Silver Club relies significantly on public funding and contributions. “Gifts in kind” such as artwork, books and equipment make an immediate impact. The easiest way to make a monetary gift is through our online link: https://leadersandbest.umich.edu/find/#/give/basket/fund/367384.

For more information about giving, contact us at (734) 998-9352.

Contact Information
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GerMedSilverClub@umich.edu
Www.facebook.com/SilverClubMemory
9:00 AM - 5:00 PM, Mon-Fri

Sponsors & Community Partners
Silver Club is primarily funded by donations and member fees. We are also supported by:
• U-M Geriatrics Center
• Area Agency on Aging 1-B
• Brookdale National Group Respite Program
• Friends of the U-M Hospital
• Medicaid Waiver Program
• Veterans Affairs