

# Michigan Area Agencies on Aging

## SUMMER 2022 On-Line Workshop Schedule

### Evidence-Based Programs:

- Cancer PATH
- Aging Mastery Program
- Chronic Pain PATH
- Creating Confident Caregivers
- Diabetes PATH
- Developing Dementia Dexterity
- PATH: Personal Action Toward Health
- Matter of Balance
- Workplace PATH
- Powerful Tools for Caregivers



### **CANCER PATH: A 6-week on-line workshop using Zoom**

For individuals with any kind of cancer. Whether newly diagnosed, in active treatment, or living beyond active treatment, this program helps survivors improve how they manage their situation to cope and feel better. Topics include: dealing with difficult emotions, managing pain and fatigue, getting better sleep, eating healthy, staying active, and living with uncertainty or fear of recurrence. Sessions meet 2.5 hours once a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

**Tuesday Afternoon Series:    May 24 – June 28, 2022            2:00 pm - 4:30 pm**

**TO REGISTER call (517) 592-1974 or email [livingwellprograms@r2aaa.net](mailto:livingwellprograms@r2aaa.net)**

**PROVIDER REFERRALS can be faxed to (517) 592-1975 Attn: Cancer PATH**



### **CHRONIC PAIN PATH: A 6-week on-line workshop using Zoom**

An Interactive workshop that helps individuals with chronic pain improve how they manage their situation to cope and feel better. Topics include: pacing and planning for optimal energy, dealing with difficult emotions, managing pain and fatigue, getting better sleep, eating healthy, staying active, and positive thinking. Sessions meet 2.5 hours once a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

**Wednesday Afternoons                                  June 15 – July 20, 2022                                  11:00 am – 1:30 pm**

**TO REGISTER, CALL (517) 592-1974 or email [livingwellprograms@r2aaa.net](mailto:livingwellprograms@r2aaa.net)**

**Thursday Afternoons                                      July 28 – September 8, 2022                              1:00 pm – 3:30 pm**

**TO REGISTER, CALL: 313-833-7080 ext. 223 or email [a.kanakaris@stpatsrctr.org](mailto:a.kanakaris@stpatsrctr.org)**

**Friday Afternoons                                         August 26 – September 30, 2022                         1:00 pm – 3:00 pm**

**TO REGISTER, CLICK HERE or call (989) 358-4616 or email [mainvilleb@nemsca.org](mailto:mainvilleb@nemsca.org)**



## **DIABETES PATH: A 6-week on-line workshop using Zoom**

An Interactive workshop that helps individuals with pre-diabetes or Type 1 or Type 2 Diabetes improve how they manage their situation to cope and feel better. Topics include: monitoring and balancing blood sugar, creating meal plans, decreasing stress, dealing with difficult emotions, and preventing complications. Sessions meet 2.5 hours once a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

**Thursday Afternoons**

**June 9 – July 14, 2022**

**2:00 pm – 4:30 pm**

**[TO REGISTER, CALL \(517\) 887-1465 or email \[histedc@tcoa.org\]\(mailto:histedc@tcoa.org\)](#)**

**Wednesday Mornings**

**July 6 – August 17, 2022**

**10:00 am – 12:30 pm**

**[TO REGISTER, CALL: \(313\)397-8227](#)**

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## **PATH (Personal Action Toward Health): 6-week on-line workshop using Zoom**

An Interactive workshop that helps individuals with any kind of chronic condition improve how they manage their situation to cope and feel better. Topics include: healthy eating, being active, managing difficult emotions, managing pain and fatigue, getting better sleep, and preventing falls. Sessions meet 2.5 hours once a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

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## **Workplace PATH: A 6-week on-line workshop using Zoom**

An Interactive workshop for employees with any kind of chronic condition to improve how they manage their work/life balance to cope regain a sense of control over their life and health. Topics include: ways to reduce pain, fatigue, stress, and anxiety plus time management tips to maximize energy and balance demands at work, at home, and with their own health. Sessions meet 1 hour twice a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

Send inquiries about costs and arrangements to [livingwellprograms@r2aaa.net](mailto:livingwellprograms@r2aaa.net)

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# **Ageing Mastery Program®**

*National Council on Aging*

10-Session Webinar Series aims to help baby boomers and older adults take key steps to improve their well-being, add stability to their lives, and strengthen their ties to communities. Expert speakers present on topics including exercise, fall prevention, sleep, financial fitness, advance care planning, healthy eating, medication management, healthy relationships, and community engagement. Sessions meet twice a week for 3 hours on Zoom.

Monday and Thursday Afternoons      May 2 – June 6, 2022      2:00 pm –3:30 pm GoToMeetings  
TO REGISTER, CALL (833) 262-2200 or email [wellnessprograms@aaa2b.org](mailto:wellnessprograms@aaa2b.org)

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## Creating Confident Caregivers: A 6-week on-line workshop using Zoom

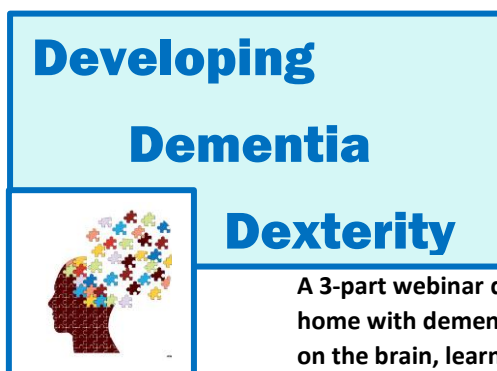
An interactive workshop designed to help improve confidence for people taking care of someone at home with dementia or Alzheimer's. This program helps caregivers create a positive caregiving environment, learn how to manage or redirect challenging behavior, and provide meaningful daily activities while also supporting good self-care. Sessions meet once a week for 2 hours via Zoom.

Tuesday Evenings      May 3 – June 7, 2022      5:00 pm – 7:00 pm  
TO REGISTER, CALL (313) 446-4444 ext. 5288 or email [whitecr@daaa1a.org](mailto:whitecr@daaa1a.org)

Thursday Mornings      May 5 – June 9, 2022      10:00 am – 12:00 pm  
TO REGISTER, CLICK [HERE](#) or call (989) 358-4616 or email [mainvilleb@nemsca.org](mailto:mainvilleb@nemsca.org)

Tuesday Afternoons      June 7 – July 12, 2022      2:00 pm - 4:00 pm  
TO REGISTER, CALL (517) 887-1465 or email [histedc@tcoa.org](mailto:histedc@tcoa.org)

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## Developing Dementia Dexterity: a 3-session webinar using Zoom

A 3-part webinar designed to help improve skills and confidence for people taking care of someone at home with dementia or Alzheimer's. This program helps caregivers understand the effects of dementia on the brain, learn how to communicate and create a positive caregiving environment, understand how to manage or redirect challenging behavior, and provide meaningful daily activities. Sessions meet once a week for 1.5 hours via Zoom.

Wednesday Afternoons      May 11, 18, & 25, 2022      1:30 pm - 3:00 pm  
TO REGISTER, CALL (517) 592-1974 or email [livingwellprograms@r2aaa.net](mailto:livingwellprograms@r2aaa.net)

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## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

An Interactive workshop where people who have concerns about falling learn to view falls and fear of falling as controllable. They set goals for increasing their activity levels and make changes to reduce their risk of falls. Participants learn and practice exercises to help with their balance. Sessions meet twice a week for 2 hours each via Zoom. Participants will need a webcam and a microphone to participate.

**Tuesday & Thursday Afternoons**      **May 3 – May 26, 2022**      **12:00 pm – 2:00 pm**  
**TO REGISTER, CALL: 313-833-7080 ext. 223 or email [a.kanakaris@stpatrctr.org](mailto:a.kanakaris@stpatrctr.org)**

**Tuesday & Thursday Mornings**      **May 19 – June 16, 2022**      **10:00 am-12:00 pm**  
**TO REGISTER, CALL (517) 592-1974 or email [livingwellprograms@r2aaa.net](mailto:livingwellprograms@r2aaa.net)**



## **POWERFUL TOOLS for CAREGIVERS: A 6-week on-line workshop using Zoom**

Whether you are helping a parent, spouse, friend, or someone who lives at home or in a nursing home, this workshop will focus on self-care for you. This program teaches caregivers how to reduce stress, relax, make tough decisions, reduce guilt, anger, and depression, and communicate effectively with family, providers, and care staff. Sessions meet once a week for 2 hours via Zoom. Participants will need a webcam and a microphone to participate.

**Tuesday Mornings**      **May 3 – June 7, 2022**      **9:30 am – 12:00 pm**  
**TO REGISTER, CALL: 313-833-7080 ext. 223 or email [a.kanakaris@stpatrctr.org](mailto:a.kanakaris@stpatrctr.org)**

**Tuesday Evenings**      **May 3 – June 7, 2022**      **5:30 pm – 7:00 pm**  
**TO REGISTER, CLICK HERE or call (989) 358-4616 or email [mainvilleb@nemsca.org](mailto:mainvilleb@nemsca.org)**

**Wednesday Mornings**      **May 11 – June 15, 2022**      **10:00 am – 11:30 am**  
**TO REGISTER, CALL (517) 887-1465 or email [histedc@tcoa.org](mailto:histedc@tcoa.org)**

**Thursday Mornings**      **May 19 – June 23, 2022**      **11:00 am – 12:30 pm GoToMeetings**  
**TO REGISTER, CALL (833) 262-2200 or email [wellnessprograms@aaa1b.org](mailto:wellnessprograms@aaa1b.org)**



**Arthritis Foundation Exercise Program** is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level. Weights, balls and TheraBand's are used in this class

**Classes are offered virtually on Fridays**

**11:00am -12:00pm**

[TO REGISTER, EMAIL marsa@valleyaaa.org](mailto:marsa@valleyaaa.org)

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**Enhance Fitness** is an evidence-based group exercise and falls prevention program, helping older adults at all levels of fitness to become more active, energized, and empowered to sustain independent lives.

Classes are offered virtually on Mondays, Wednesdays, and Fridays

11:00am -12:00pm

[TO REGISTER, CALL 313.833.7080, ext. 223](tel:313.833.7080) or email [a.kanakaris@stpatsrctr.org](mailto:a.kanakaris@stpatsrctr.org)

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**SilverSneakers Stability** is designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee, and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support.

Classes are offered:

**Mondays**

**10:00am-11:00am**

[TO REGISTER, EMAIL marsa@valleyaaa.org](mailto:marsa@valleyaaa.org)



**Aging Mastery Program<sup>®</sup>**

National Council on Aging

# ARE YOU IN OR NEAR RETIREMENT AGE AND NAVIGATING NEW WATERS?

## Attend an Aging Mastery Program Webinar Series to Learn How to Live Well, Do Well, and Age Well!

This 10-session series is presented by expert guest speakers on each topic and supported by the National Council on Aging. Participants will gain the skills needed to manage their health, remain financially secure, and contribute actively to society.

### TOPICS COVERED INCLUDE:

- Exercise
- Fall Prevention
- Sleep
- Financial Fitness
- Advance Care Planning
- Healthy Eating
- Medication Management
- Healthy Relationships
- Community Engagement



## AGING MASTERY PROGRAM ON-LINE OPTIONS

Monday & Thursday Afternoons      May 2 – June 6, 2022    2:00 pm –3:30 pm GoToMeetings  
TO REGISTER, CALL (833) 262-2200 or email [wellnessprograms@aaa2b.org](mailto:wellnessprograms@aaa2b.org)

Suggested donation of \$60 is welcome to help cover the cost of materials.







# CANCER PATH: THRIVING & SURVIVING

## Attend a free 6-week virtual workshop

Cancer PATH is an interactive workshop designed to help individuals with any kind of cancer improve their health and feel better. Whether newly diagnosed, in active treatment, or living beyond it, this program helps survivors cope with the concerns, thoughts, and health conditions that accompany having a cancer diagnosis.

## Get on the PATH to better health!

Learn tools to help you:

- Deal with Difficult Emotions
- Live with Uncertainty
- Get Better Sleep
- Manage Pain and Fatigue
- Eat Healthier
- Manage Stress
- Stay Active
- Action Plan!



## CANCER PATH WORKSHOPS VIA ZOOM

Monday Afternoon Series:	Jan. 17 – Feb. 21, 2022	2:00 pm - 4:30 pm
Wednesday Evening Series:	Feb. 23 – Mar.30, 2022	5:00 pm - 7:30 pm
Friday Morning Series:	Apr. 15 – May 20, 2022	10:00 am - 12:30 pm
Tuesday Afternoon Series:	May 24 – June 28, 2022	2:00 pm - 4:30 pm

**TO REGISTER call (517) 592-1974 or email [livingwellprograms@r2aaa.net](mailto:livingwellprograms@r2aaa.net)**

**QUESTIONS? Call Region 2 Area Agency on Aging at 517-592-1974 or email [livingwellprograms@r2aaa.net](mailto:livingwellprograms@r2aaa.net)**

**PROVIDER REFERRALS can be faxed to (517)592-1975 Attn: Cancer PATH**





# NEED HELP MANAGING CHRONIC PAIN?

## Attend a free 6-week virtual workshop

Chronic Pain PATH (Personal Action Toward health) is an interactive workshop designed to help individuals with chronic pain improve their health and feel better.

## Get on the PATH to better health!

Learn how to:

- Pace and plan for optimal energy
- Manage fatigue
- Problem solve and make decisions
- Deal with difficult emotions
- Practice positive thinking
- Make healthy food choices
- Increase physical activity
- Improve communication skills
- Action Plan
- Includes the Moving Easy Program!



## CHRONIC PAIN PATH WORKSHOPS VIA ZOOM

Wednesday Afternoons June 15 – July 20, 2022 11:00 am – 1:30 pm  
TO REGISTER, CALL (517) 592-1974 or email livingwellprograms@r2aaa.net

Thursday Afternoons July 28 – September 8, 2022 1:00 pm – 3:30 pm  
TO REGISTER, CALL: 313-833-7080 ext. 223 or email a.kanakaris@stpatsrctr.org

Friday Afternoons August 26 – September 30, 2022 1:00 pm – 3:00 pm  
TO REGISTER, CLICK HERE or call (989) 358-4616 or email mainvilleb@nemsca.org

**All workshops are free; donations are accepted.** This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services/Aging & Adult Services Agency



# ARE YOU CARING FOR A LOVED ONE WITH MEMORY LOSS?

Attend a 6-week virtual workshop for help!

Creating Confident Caregivers is a free workshop that can assist you with reducing caregiving stress

## Learn how to:

- improve your confidence as a caregiver
- help you create a positive caregiving environment
- manage or redirect challenging behavior
- provide meaningful daily activities based on your loved one's interests and abilities
- learn to take better care of yourself



## CREATING CONFIDENT CAREGIVERS WORKSHOP VIA ZOOM

Tuesday Evenings                      May 3 – June 7, 2022                      5:00 pm – 7:00 pm  
TO REGISTER, CALL (313) 446-4444 ext. 5288 or email [whitecr@daaa1a.org](mailto:whitecr@daaa1a.org)

Thursday Mornings                      May 5 – June 9, 2022                      10:00 am – 12:00 pm  
TO REGISTER, CLICK [HERE](#) or call (989) 358-4616 or email [mainvilleb@nemsca.org](mailto:mainvilleb@nemsca.org)

Tuesday Afternoons                      June 7 – July 12, 2022                      2:00 – 4:00pm  
TO REGISTER, CALL (517) 887-1465 or email [histedc@tcoa.org](mailto:histedc@tcoa.org)

This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services/Aging & Adult Services Agency



## Developing Dementia Dexterity



# ARE YOU CARING FOR A LOVED ONE WITH MEMORY LOSS?

Attend a 3-Part Webinar for help!

Developing Dementia Dexterity is a 3-session on-line class via Zoom for those caring for a person with dementia or Alzheimer's. The program has been proven to reduce caregiver stress by giving them useful tools and information.

### Learn how to:

- improve your confidence as a caregiver
- create a positive caregiving environment
- manage or redirect challenging behavior
- provide meaningful daily activities based on your loved one's interests and abilities
- reduce caregiver-related stress
- learn to take better care of yourself



## DEVELOPING DEMENTIA DEXTERITY WEBINAR VIA ZOOM

Wednesday Afternoons May 11, 18, and 25, 2022

1:30pm - 3:00 pm

**TO REGISTER, CALL: (517)592-1974 or email [livingwellprograms@r2aaa.net](mailto:livingwellprograms@r2aaa.net)**

Donations are welcome. This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services/Aging & Adult Services Agency



AREA AGENCY ON AGING  
of Northern Michigan



Area Agency on Aging (OCA)  
of Northern Michigan



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of Northern Michigan



Area Agency on Aging (OCA)  
of Northern Michigan





# NEED HELP MANAGING DIABETES?

## Attend a free 6-week virtual workshop

Diabetes PATH (Personal Action Toward Health) is an interactive workshop designed to help individuals with diabetes or pre-diabetes improve their health and feel better. Caregivers are also welcome to attend.

## Get on the PATH to better health!

Learn how to:

- Eat healthy
- Create balanced meal plans
- Decrease stress
- Get physically active
- Balance your blood sugar
- Improve communication skills
- Problem solve and make decisions
- Deal with difficult emotions
- Prevent complications
- Action plan
- Improve your overall health, increase your energy, and more!



## DIABETES PATH WORKSHOPS VIA ZOOM

Thursday Afternoons      June 9 - July 14, 2022      2:00 pm - 4:30 pm  
TO REGISTER, CALL (517) 887-1465 or email [histedc@tcoa.org](mailto:histedc@tcoa.org)

Wednesday Mornings      July 6 - August 17, 2022      10:00 am - 12:30 pm  
TO REGISTER, CALL: (313)397-8227

Donations are welcome. This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services/Aging & Adult Services Agency





## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

# do you have **concerns** about **falling?**

## Attend a Virtual Workshop for help!

Many older adults experience concerns about falling and may restrict their activities because of these fears. **MATTER OF BALANCE** is an 8-session workshop designed to improve balance, flexibility, and strength, - helping people reduce fall risks, strengthen their confidence, and become more active.

In an educational support-group style, **MATTER OF BALANCE** helps people to:

- *View falls and fear of falling as controllable*
- *Set goals for increasing activity*
- *Make changes to reduce fall risks*

Participants also learn and practice exercises to help with balance



## ON-LINE MATTER OF BALANCE WORKSHOPS

**Friday Afternoons**                      **April 8 – June 3, 2022**                      **1:00 pm –3:00 pm on GoToMeetings**  
TO REGISTER, CALL (833) 262-2200 or email [wellnessprograms@aaa1b.org](mailto:wellnessprograms@aaa1b.org)

**Tuesday & Thursday Afternoons**      **April 28 – May 26, 2022**                      **12:00 pm – 2:00 pm**  
TO REGISTER, CALL: 313-833-7080 ext. 223 or email [a.kanakaris@stpatsrctr.org](mailto:a.kanakaris@stpatsrctr.org)

**Tuesday & Thursday Mornings**              **May 19 – June 16, 2022**                      **10:00 am-12:00 pm**  
TO REGISTER, CALL (517) 592-1974 or email [livingwellprograms@r2aaa.net](mailto:livingwellprograms@r2aaa.net)

**Donations are welcome.** This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University. More information can be obtained by Maine Health.

# Powerful Tools FOR Caregivers

## CAREGIVING IS REWARDING BUT CAN BE STRESSFUL, TOO

Attend a free 6-week virtual workshop to help

**POWERFUL TOOLS FOR CAREGIVERS** will benefit you whether you are helping a parent, spouse, friend or someone who lives at home, in a nursing home, or across the country. This workshop focuses on **self-care** for you, the caregiver. The workshop will not focus on specific diseases or hands-on care.

### In this workshop, learn how to:

- Take care of yourself
- Reduce stress and help you relax
- Make tough decisions
- Reduce guilt, anger, and depression
- Communicate effectively
- Work with family, providers, and care staff
- Set goals and problem-solve, and more!



## POWERFUL TOOLS FOR CAREGIVERS WORKSHOP VIA ZOOM

<b>Tuesday Mornings</b>	<b>May 3- June 7, 2022</b>	<b>9:30 am - 12:00 pm</b>
<b>TO REGISTER, CALL: 313-833-7080 ext. 223 or email <a href="mailto:a.kanakar@stpsatrctr.org">a.kanakar@stpsatrctr.org</a></b>		
<b>Tuesday Afternoons</b>	<b>May 3 - June 7, 2022</b>	<b>5:30 pm - 7:00 pm</b>
<b>TO REGISTER, CLICK <a href="#">HERE</a> or call (989) 358-4616 or email <a href="mailto:mainvilleb@nemsca.org">mainvilleb@nemsca.org</a></b>		
<b>Wednesday Mornings</b>	<b>May 11 - June 15, 2022</b>	<b>10:00 am - 11:30 am</b>
<b>TO REGISTER, CALL (517) 887-1465 or email <a href="mailto:histedc@tcoa.org">histedc@tcoa.org</a></b>		
<b>Thursday Mornings</b>	<b>May 19 - June 23, 2022</b>	<b>11:00 am - 12:30 pm GoToMeetings</b>
<b>TO REGISTER, CALL (833) 262-2200 or email <a href="mailto:wellnessprograms@aaa1b.org">wellnessprograms@aaa1b.org</a></b>		



# WANT TO BE STRONGER & HAVE BETTER BALANCE?

Attend a Virtual Exercise Program for help!

**SilverSneakers Stability** is a home workout using Zoom designed to help you become stronger and improve balance.

- The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee, and hip joints, while improving your reaction time.
- This class is designed for fall prevention and is suitable for nearly every fitness level.
- It can be adapted depending on the skill of individual participants.
- A chair may be used for balance and support



## SILVER SNEAKERS "STABILITY" EXERCISE CLASS

Class is offered once a week. Once registered, you may attend on a drop-in basis whenever it is convenient for you.

**Mondays**

10:00-11:00 am

TO REGISTER contact Abbie Mars at [marsa@valleyaaa.org](mailto:marsa@valleyaaa.org)

Silver Sneakers members are free of charge; others will be asked to pay \$3.00 per session

