

# Michigan Area Agencies on Aging

## Oct - December, 2021 On-Line Workshop Schedule

### Evidence-Based Programs:

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

**Friday Morning Series:**      **Oct 15- Nov 19, 2021**      **10:00 am - 12:30 pm**  
**TO REGISTER, CALL (517) 592-1974 or email [livingwellprograms@r2aaa.net](mailto:livingwellprograms@r2aaa.net)**



### 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.

**Thursday Afternoons**      **October 7 – November 18, 2021**      **1:00 pm – 3:30 pm**  
**TO REGISTER, CALL (269) 982-7759 or email [julieschwarz@areaagencyonaging.org](mailto:julieschwarz@areaagencyonaging.org)**

**Wednesday Afternoons**      **October 27 – December 8, 2021**      **1:00 pm – 3:30 pm**  
**TO REGISTER, CALL (313) 833-7080 ext. 223**

**Friday Afternoons**      **November 5 – December 17, 2021**      **1:00 pm – 3:30 pm**  
**TO REGISTER, CALL (833) 262-2200 or email [wellnessprograms@aaa1b.org](mailto:wellnessprograms@aaa1b.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.

**Tuesday Afternoons**                      **October 12 – November 16, 2021**                      **1:30 pm – 4:00 pm**  
**TO REGISTER, CALL (517) 592-1974 or email [livingwellprograms@r2aaa.net](mailto:livingwellprograms@r2aaa.net)**

**Thursday Afternoons**                      **October 27 – December 8, 2021**                      **1:00 pm – 3:30 pm**  
**TO REGISTER, CALL (313) 833-7080 ext. 223**

**Tuesday Mornings**                      **November 9 – December 14, 2021**                      **10:00 am – 12:30 pm**  
**TO REGISTER, CALL (833) 262-2200 or email [wellnessprograms@aaa1b.org](mailto:wellnessprograms@aaa1b.org)**

**Wednesday Afternoons**                      **January 19 – March 2, 2022**                      **1:00 pm – 3:30 pm**  
**TO REGISTER, CALL (313) 397-8227**



## **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.

**Monday Afternoons**                      **October 18 – November 29, 2021**                      **1:00 pm – 3:30 pm**  
**TO REGISTER, CALL (313) 397-8227**

**Tuesday Afternoons**                      **October 19 – November 30, 2021**                      **1:00 pm – 3:30 pm**  
**TO REGISTER, CALL (313) 833-7080 ext. 223**



## **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)



## Aging 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 & Wednesday Afternoons**                      **November 1, 3, 8, 10 & 15, 2021**                      **1:00 pm – 4:00 pm**  
**TO REGISTER, CALL (517) 592-1974 or email [livingwellprograms@r2aaa.net](mailto:livingwellprograms@r2aaa.net)**

**Tuesday and Thursday Afternoons**                      **November 16 – Dec. 21, 2021**                      **2:00 pm – 3:30 pm**  
**TO REGISTER, CALL (833) 262-2200 or email [wellnessprograms@aaa1b.org](mailto:wellnessprograms@aaa1b.org)**



CREATING CONFIDENT CAREGIVERS.®

## 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.

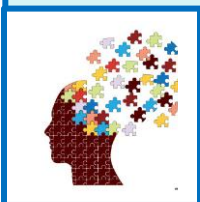
**Tuesday Afternoons**                      **October 12 – November 16, 2021**                      **1:00 pm – 3:00 pm**  
**TO REGISTER, CLICK HERE or call (989) 358-4616 or email [mainvilleb@nemsca.org](mailto:mainvilleb@nemsca.org)**

**Thursday Afternoons**                      **October 28 – December 9, 2021**                      **1:00 pm – 3:00 pm**  
**TO REGISTER, CALL (313) 833-7080 Ext. 223**

**Wednesday Afternoons**                      **November 3 – December 15, 2021**                      **1:00 pm – 3:00 pm**  
**TO REGISTER, CALL (313) 397-8227**

## Developing Dementia

## Dexterity



### 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.

**Thursday Afternoons**      **October 14, 21, and 28, 2021**      **2:00 pm – 3:30pm**  
**TO REGISTER, CALL** (517)592-1974 or email [livingwellprograms@r2aaa.net](mailto:livingwellprograms@r2aaa.net)

**Wednesday Afternoons**      **December 1, 8, & 15, 2021**      **1:00-2:30pm**  
**TO REGISTER, CALL** (517)592-1974 or email [livingwellprograms@r2aaa.net](mailto:livingwellprograms@r2aaa.net)



## 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 Mornings**      **September 30 – October 28, 2021**      **10:00 am-12:00 pm**  
**TO REGISTER, CALL** (313) 833-7080 Ext. 223

**Tuesday & Thursday Mornings**      **October 7 – November 4, 2021**      **10:00 am-12:00 pm**  
**TO REGISTER, CALL** (517) 887-1465 or email [histedc@tcoa.org](mailto:histedc@tcoa.org)

**Monday Afternoons**      **November 1 – December 27, 2021**      **2:00 pm – 4:00 pm**  
**TO REGISTER, CALL** (833) 262-2200 or email [wellnessprograms@aaa1b.org](mailto:wellnessprograms@aaa1b.org)

**Tuesday & Thursday Mornings**      **November 23 – Dec. 23, 2021**      **10:00 am-12:00 pm**  
**TO REGISTER, CALL** (313) 397-8227

**Wednesday Afternoons**      **January 5– February 2, 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)



## **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.

**Wednesday Afternoons**      **October 6 – November 10, 2021**      **2:00 pm – 3:30 pm**  
**TO REGISTER, call (517) 887-1465 or email [histedc@tcoa.org](mailto:histedc@tcoa.org)**

**Thursday Mornings**      **October 14 – November 18, 2021**      **10:00 am – 11:30 am**  
**TO REGISTER, CLICK HERE or call (989) 358-4616 or email [mainvilleb@nemsca.org](mailto:mainvilleb@nemsca.org)**

**Monday Evenings**      **November 15 – Dec. 20, 2021**      **6:00 pm – 7:30 pm**  
**TO REGISTER, CALL (833) 262-2200 or email [wellnessprograms@aaa1b.org](mailto:wellnessprograms@aaa1b.org)**

**Tuesday Afternoons**      **January 4 – February 8, 2022**      **3:00 pm – 4:30 pm**  
**TO REGISTER, CLICK HERE or call (989) 358-4616 or email [mainvilleb@nemsca.org](mailto:mainvilleb@nemsca.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:**      **Fridays**      **11:00am -12:00pm**

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



**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)**