

**First Unitarian Universalist Congregation of Ann Arbor
Well-Being – Education**



“As We Age”

Team Members: Sandy Breck, Robert Kropf, Meredith Ley, Terry Madden, Els Nieuwenhuijsen, Emily Simon, and Kate Warner

Mission/Vision: To nourish our human spirit in order to help each other age gracefully.

Goal: To help members of the First UUAA and the greater community strive toward a state of well-being by becoming more informed concerning quality of life issues and to identify resources available in Ann Arbor/Washtenaw County to assist us as we age.

UUAA’s Well-Being Education program provides regularly scheduled presentations on a variety of health-related topics for caregivers and care receivers. This series of offerings combine presentations by “outside experts” as well as “inside experts” sharing both their expertise and experiences dealing with various life issues of concern as we age.

Fall, 2016 Offerings

Tuesday, October 11

Personal Decisions at Life’s End

This course is designed to help one deal in advance with personal decisions that approach us at life’s end.

Facilitator: Marion Holt

Tuesday, October 18

Aging in What Place?

This workshop will feature a panel of UU’s who have recently changed their residence for age-related reasons, or are considering doing so. Facilitator: Kate Warner

Saturday, December 3

Dancing with Dementia

The Rev. Leonetta Bugleisi, serving the UU Church of Farmington, offers information and vignettes that invite us into understanding the 'dance with dementia.'

Facilitators: Meredith Ley and Sandra Breck

Spring, 2016 Offerings

Tuesday, April 25

Learn About Community Resources for Older Adults

Guest Presenter: Maire DeLand , Assistant Director of the Turner Senior Wellness Program to speak about Community Resources through the U of M Turner Center.

Facilitators: **Emily Simon and Kate Warner**

Friday, May 5 *Readers Theater Demonstration featuring Seniors at the UUAA*

Enjoy a demonstration of Readers Theater, with the reading by older adults from our congregation of quality 10 – 20 minute plays. Facilitated by **Terry Madden**

May 17, 5/24, and 5/31 *Intro. to Readers Theater at the UUAA*

Participants will read and discuss short literary scripts between two - five characters who through voice rather than movement, cause the audience to sense imaginary characterization, setting and action. Facilitated by **Terry Madden**

Annual Report submitted by **Terry Madden, Chair of Well-Being Education**