



A Training and Education service of the Area Agency on Aging 1-B

Workshop	Location	Address	City	Start Date	Time
Aging Mastery – 10 Weeks					
AM	Sterling Heights Senior Center	40200 Utica Rd.	Sterling Heights	3/7/2019	1:00 PM - 2:30 PM
AM	Costick Center	28600 11 Mile Rd.	Farmington Hills	4/24/2019	10:00 AM - 11:30 AM
A Matter of Balance: Managing Concerns About Falls – 8 Weeks					
MOB	Ann Arbor Senior Center	1320 Baldwin Ave.	Ann Arbor	1/11/2019	11:00 AM - 1:00PM
MOB	McDonald Senior Apartments	370 Baldwin Ave.	Pontiac	1/16/2019	1:00 PM - 3:00 PM
MOB	Crittenton Hospital Medical Center	1101 W. University Drive	Rochester	1/17/2019	1:30 PM - 3:30 PM
MOB	Oakhaven Manor	1320 Ashebury Ln.	Howell	1/23/2019	10:00 AM - 12:00 PM
MOB	Village of Peace Manor	17275 Fifteen Mile Rd.	Clinton Township	1/28/2019	1:00 PM - 3:00 PM
MOB	Sterling Heights Senior Center	40200 Utica Rd.	Sterling Heights	2/25/2019	1:00 PM - 3:00 PM
MOB	Turner Senior Resource Center	2401 Plymouth Road, Suite C	Ann Arbor	3/11/2019	9:30 AM - 11:30 AM
MOB	Fraser Senior Citizen Activity Center	34935 Hidden Pine Dr.	Fraser	3/19/19	1:00 PM - 3:00 PM
MOB	Independence Township Senior Community Center	6000 Clarkston Rd.	Clarkston	3/20/2019	1:30 PM - 3:30 PM
Best Friends: An Approach to Dementia Care – 1 Day					
Best Friends	Area Agency on Aging 1-B	29100 Northwestern Hwy, Suite 400	Southfield	5/1/2019	9:00 AM - 4:00 PM
Chronic Pain Self-Management Program – 6 Weeks					
PAIN	Sterling Heights Senior Center	40200 Utica Rd.	Sterling Heights	1/24/2019	1:00 PM - 3:30 PM
PAIN	Carpenter Place Apartments	3400 Carpenter	Ypsilanti	3/13/2019	1:00 PM - 3:30 PM
Diabetes Personal Action Towards Health – 6 Weeks					
DPATH	Orion Center	1335 Joslyn Rd.	Lake Orion	1/10/2019	1:00 PM - 3:30 PM
DPATH	Family Medical Center	130 Medical Center Dr.	Carleton	3/7/2019	1:00 PM - 3:30 PM
DPATH	Auburn Hills Community Center	1827 Squirrel Rd.	Auburn Hills	6/5/2019	1:00 PM - 3:30 PM
DPATH	Carpenter Place Apartments	3400 Carpenter	Ypsilanti	8/21/2019	1:00 PM - 3:30 PM
Personal Action Toward Health – 6 Weeks					
PATH	Clinton Macomb Public Library	40900 Romeo Plank Rd	Clinton Township	2/8/2019	10:00 AM - 12:30 PM
Powerful Tools for Caregivers – 6 Weeks					
PTC	City of Novi	45175 Ten Mile Rd.	Novi	2/4/2019	1:00 PM - 2:30 PM
PTC	Sterling Heights Senior Center	40200 Utica Rd.	Sterling Heights	3/7/2019	6:30 PM - 8:00 PM
PTC	Turner Senior Resource Center	2401 Plymouth Road, Suite C	Ann Arbor	5/6/2019	9:30 AM - 11:00 AM
Respite Education and Support Tools – 1 Day					
REST	Area Agency on Aging 1-B	29100 Northwestern Hwy, Suite 400	Southfield	3/27/2019	9:00 AM - 4:00 PM
REST	Area Agency on Aging 1-B	29100 Northwestern Hwy, Suite 400	Southfield	6/12/2019	9:00 AM - 4:00 PM

For additional information or to register for a workshop please contact the Area Agency on Aging 1-B at 1-833-262-2200 or email wellnessprograms@aaa1b.com



A Training and Education service of the Area Agency on Aging 1-B

The Area Agency on Aging 1-B is excited to present our menu of Aging Matters evidence-based wellness programming for older adults and caregivers

Aging Mastery

This program is designed to provide baby boomers and older adults with tools to improve their well-being and celebrate longevity. The program encourages individuals to set personal goals around many aspects of their lives including: exercise, nutrition, finances, medication management, advanced care planning, community engagement and healthy relationships.

A Matter of Balance: Managing Concerns about Falls (MOB)

These workshops are designed to reduce the fear of falling and increase physical activity among older adults. Topics discussed throughout the workshop include: assertiveness, recognizing fall-ty habits, fall hazards in the home and environment and confidence building. Balance and flexibility exercises are also part of the program.

Best Friends: An Approach to Dementia Care

This workshop will help caregivers understand how to enhance the lives of individuals living with Alzheimer's and Dementia. Topics discussed include: the basics of dementia, communication strategies, meaningful activities, and using life stories to promote positive relationships.

Chronic Pain Self-Management Program (PAIN)

This workshop is designed to provide participants with techniques and skills they need for the day-to-day management of chronic pain. Individuals with chronic pain and/or their caregiver are encouraged to participate. Topics discussed include: dealing with difficult emotions, communicating effectively, evaluating new treatments, pacing activity and rest and appropriate use of medications.

Diabetes PATH/Diabetes Self-Management Program: (DPATH)

This workshop is designed to provide participants with techniques and skills they need for the day-to-day management of type 2 diabetes. Topics discussed include: techniques to deal with the symptoms of diabetes, dealing with difficult emotions, working effectively with health care providers, healthy eating and exercises for maintaining and improving strength and endurance.

Personal Action Toward Health (PATH)/Chronic Disease Self-Management Program (CDSMP)

This workshop is designed to provide participants with techniques and skills they need for the day-to-day management of chronic conditions such as arthritis, heart disease, COPD, stroke, etc. Topics discussed include: techniques to deal with problems such as frustration, fatigue, pain and isolation, appropriate use of medications, communicating effectively, nutrition, decision making and evaluating new treatments.

Powerful Tools for Caregivers (PTC)

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. Topics discussed throughout the workshop include: communicating effectively with family and health care providers, reducing stress and taking care of yourself, reducing feelings of guilt, anger and depression, making tough decisions and relaxation techniques.

Respite Education and Support Tools (REST)

This program is designed to provide participants with the skills and tools needed to provide quality respite. Each program is interactive and very detailed to prepare participants to care for older adults who have chronic healthcare needs or disabilities. Topics discussed include: relationship building, universal precautions, hygiene, transfers and repositioning, and planning activities.

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