

**First Unitarian Universalist Congregation of Ann Arbor
Well-Being – Education
2016 Annual Report**



“As We Age”

Team Members: Sandy Breck, Robert Kropf, Pat Kuessner, 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 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.

The 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.

2015 – 2016 Offerings

- Wednesdays, October 14, 21, 28 **As We Age, a Conversation**
Discussion (3 sessions) of Atul Gawande’s *Being Mortal* (Chapters 1 – 5 only).
(Facilitator: Terry Madden)
- Sunday, November 1 **Making Meaning of Disability**
(Facilitators: Els Nieuwenhuijsen and Meredith Ley)
- Saturday, December 5 **UM Geriatric Resources for the Assessment and Care of Elders (GRACE)** Presenter: Donna Fox (Facilitator: Robert Kropf)
- Saturday, March 26 **Aging in Place**
(Co-sponsored with the Accessibility Team) (Facilitator: Kate Warner)
- Saturday, June **Aging in What Place**
(Co-sponsored with the Accessibility Team.) (Facilitator: Kate Warner)
- Monday, May 2 **Discussion of UM “Senior Living Week”** (April 25 – May 1)
(Facilitator: Terry Madden)

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