Living with Diabetes

Conference

Thursday, November 14
9 a.m. – 2 p.m.

Recharge your determination to stay healthy by learning new ways to manage your diabetes.

Join us for lectures, exhibitors, oral screenings, foot screenings, raffle prizes and a healthy lunch.

Registration is required.

TMC for SENIORS

Health & Wellness Lectures & Workshops | Viva Seniors! Social Group | Advance Care Planning Program
Cyber-Seniors | Total Brain Health® Program | Medicare Counseling | Support Groups for Chronic Health Issues
Virtual Dementia Experience

Tucson Medical Center is your nonprofit community hospital, proud to be a part of Tucson for more than 70 years. TMC for Seniors provides wellness lectures, conferences and socialization activities for independent, community-dwelling older adults.

Age Well. Choose Well. Choose TMC.

TMC El Dorado Health Campus | 1400 N. Wilmot Rd.
TUCSON MEDICAL CENTER
AND EL DORADO HEALTH CAMPUS

Dementia Experience

Thursday, Oct 31
10 a.m.-12 p.m.

Join us to:
- Experience what it feels like to have dementia
- Better understand behaviors & needs
- Learn essential communication skills
- Get your questions answered

This experience is ONLY for caregivers & family members.

Call (520) 324-3746 for more information.

The Healing Power of Sleep | Laughter Yoga | How on: Brain, Mind, Body: Reimagining Your Best Self

The conference includes: presentations, exhibitors, fall assessments and entertainment by the Injury Alliance of Arizona and TMC for Seniors for a new way to tell your story. Blank masks and all materials to paint/decorate them will be provided. Finished masks will enable someone else to attend.

Calling all those with a giving spirit!

We invite you to join our staff, volunteers and guests as we paint rocks to lift spirits, inspire and give peace to others in need. Learn how to create at an instructional session, then continue to create rocks at painting sessions. Please help us to let those facing difficult times know that others care.

Rock Painting Instruction:
Sept 17 • Oct 17

Rock Painting Sessions*:
Sept 11 & 25 • Oct 9 & 23 • Nov 13

*Prior attendance at Rock Painting Instruction class required

For more information, visit www.tmcaz.com or call (520) 324-3746.

TMC NOW
Access to care. Anywhere, any place, any time. 24/7/365

Talk to a doctor now.
DOWNLOAD THE FREE APP TODAY
TMCnow.tmcaz.com

TMC KINdNESS I NITIAT IVE
Calling all those with a giving spirit!

To register call: (520) 324-4345
Online: www.tmcaz.com
Email: seniorservices@tmcaz.com
Drop-in Sessions:
Sept 25 | Oct 23 | Nov 27
(no registration required for drop-in sessions)

Viva Seniors is underwritten by the Raskoh/Paula Family Match Challenge through the TMC Foundation

TMC FOR SENIORS PROVIDES:
- Advanced care planning
- Experienced ACP volunteers
- Advance directive forms
- Videos to help you make informed decisions

Appointments can be made by calling (520) 324-1960

TMC for Seniors provides:
- Medicare Counseling
- Support Groups for Chronic Health Issues
- Health & Wellness Lectures & Workshops
- Viva Seniors! Social Group
- Advance Care Planning Program

TMC El Dorado Health Campus | 1400 N. Wilmot Rd.

This year’s theme is: St Paul’s United Methodist Church, 8051 E. Broadway
Thursday, October 10 | 8 a.m.-12 p.m.
Saturday, November 16 | 9 a.m.-12 p.m.
September 18 | 10 a.m.-12 p.m.

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SPECIAL EVENTS

**Positive Aging for women**

**Thursday, October 10 | 8 a.m.-12 p.m.**
St Paul’s United Methodist Church, 8051 E. Broadway

This year’s theme is: **Be Your Best Self** with sessions on: Brain, Mind, Body: Reimagining Your Best Self The Healing Power of Sleep I Laughter Yoga I How Relationships Affect Our Health

The conference includes: presentations, exhibitors, full breakfast buffet and entertainment by the Manhattan Dolls. Registration is $15 (non-refundable). Seating is limited/registration is required. To register & pay call (520) 324-1960 or visit: www.tmcaz.com

Spend the morning with us to learn more about Access to care.

**“NO FALLS” FAIR**

**Tuesday, September 17 | 9-11:30 a.m.**

Spend the morning with us to learn more about reducing your risk of falling.

- Fall Safety presentation
- Individual balance and fall assessments
- Checklists for fall risk and home safety

**Art Workshops**

Multi-media artist Carolyn King will showcase a new art form each month for you to create and take home. No experience necessary. $15 per class for materials (non-refundable or transferable).

**Medicare Open Enrollment Event**

**Saturday, November 16 | 9 a.m.-12 p.m.**

TMC for Seniors, 1400 N. Wilmot

Join Pima Council on Aging to learn about the new Medicare benefit changes for 2020. For more information visit www.pcoa.org. No reservations required.

**SUPPORT GROUPS**

**Caregiver Support Group**

Meets on the third Monday, 9-10 a.m. Caregiving is complicated and it’s common to feel overwhelmed and confused. Join with others who are feeling the same – to share your questions, get ideas, and feel less alone.

**Stroke Support Group**

Meets on the third Monday, 10-10:30 a.m.-12 p.m. For stroke survivors and their care partners.

**Alzheimer’s Association Caregiver Support Group**

Meets on the first and third Thursday, 10:30 a.m.-12 p.m. No registration needed.

**APDA Parkinson Support Group**

Meets on the third Tuesday, 2-3:30 p.m. Those with Parkinson and their care partners meet in Wellness Center. Call (520) 326-5400 to confirm meeting dates.

**Tucson Ostomy Support Group**

Meets on the fourth Sunday, 2-4 p.m., except July and December. All members and their guests are welcome to attend. Call (520) 206-0268 to confirm meeting date.

**LOCATION AND HOURS**

**TMC for Seniors El Dorado Health Campus**

1400 N. Wilmot Rd. (520) 324-1960

**Office Hours:** Mon-Thur: 8 a.m.-4 p.m. (closed 12-1 p.m. for lunch) Fri: By appointment

Registration is REQUIRED to ensure a space at activities. Choose one of the 3 options below

**NEW Online Registration**

1 ONLINE at: www.tmcaz.com, click on CLASSES & EVENTS Directions: on the left side, click on LOCATION then choose: TMC for Seniors at the El Dorado Health Campus and click the SUBMIT button. You can scroll down to find individual classes - listed by date and choose a class by clicking on the title (if multiple sessions - make sure you select the right date). Once you’ve selected a class, click on the ADD TO CART button to add it to your list.

If selecting multiple sessions in the same category, click the back arrow in the top left corner of the screen to return to the full class list. Continue to choose classes and click the ADD TO CART button until all classes have been selected.

Then click on the EVENT CART button and enter your registration information. You can register guests for each class, but will only have to enter YOUR information once at the top of this page. When you’ve filled in the required information, click the RESTORE button to finalize registration. If there is a charge for any class, you must complete the payment process to be registered for the class.

2 EMAIL at: seniorservices@tmcaz.com with your name, phone number, and the list of the classes you want to attend.

3 PHONE at: (520) 324-4345, leave a message with your name, contact info, and the classes you want to attend.

*PLEASE NOTE: We are unable to provide refunds on class fees. Call us to CANCEL IF YOU’RE UNABLE TO ATTEND A CLASS. We usually have waiting lists and this will enable someone else to attend.

**ACTIVITY LOCATIONS**

at TMC for Seniors

- Classroom
- Cafeteria
- Wellness Center
- Conference Room
**COURSE/EVENT DESCRIPTIONS**

Unless otherwise noted, these activities take place at TMC for Seniors and are free of charge.

**Alzheimer’s Film & Discussion Series**

For care partners or family of someone with a dementia. Join Lyndi Anderson for monthly films and discussion on Alzheimer’s disease and the challenges and impact this can have on the whole family. See calendar for film titles. **Sept 10 | Oct 22 | Nov 26**

**Advances in Treatment for Enlarged Prostate (BPH)**

Join Tristan Berry, MD, as he discusses the latest advances in treatment for Enlarged Prostate (BPH), a common condition affecting men over 50. **Sept 10**

**American Parkinson Disease Association (APDA) Education**

Join Cynthia Holmes, PhD, health psychologist/Parkinson coach coordinator for topics of interest to those with Parkinson and their families. Call (520) 326-5400 for monthly topics and to confirm meeting dates.

**Are You Having Trouble Sleeping?**

Have you tried common tips for getting a good night’s sleep without success? Are you relying on sleep medications? It may be time to look further for a diagnosis and treatment. **TMC Sleep Lab** can help patients get to the root of their sleep problems using advanced equipment and a staff of registered sleep technologists. Join Neurodiagnostics Manager, David Sholes as he shares information about how TMC Sleep Lab can help. **Oct 8**

**Art at TMC for Seniors** See special events page for details.

**Balance Workshop**

Preventing falls is essential as we age. It might only take one fall to end your independence. Maintaining your balance could make all the difference. Join Marilyn Woods for this four-week workshop with tips and practice to help reduce your fall risk. **Workshop series limited to 10. $30/person (non-refundable/non-transferable). Oct 4 - 25**

**Brain Gym**

Join Patricia Rendon, MD, Licensed Instructor/Consultant for these six or four-week movement-based workshops. You’ll learn a specific set of movements to support improvement in concentration/focus, memory, physical coordination, organizational skills… and more. Must be able to attend all sessions in workshop. **Beginner Sept 10 – Oct 22 | Advanced* Oct 29 – Nov 19**

*Open to those who have completed the Beginner workshop series

**Brain Health**

The Total Brain Health Program® spans the physical (body), mental (brain) and emotional (spirit) areas that contribute to brain health. Each month we’ll give you information and tools that you can use to continue on your own. Join us as we show you how simple changes can really make a difference. **Classes are taught twice each month – please register for only one/month. Sept 12 & 26, Genes at Work in Your Brain (Brain) | Oct 1 & 22, Beat the Clock (Body) | Nov 5 & 26, It’s a Toss Up (Body)**

**Control Your Own Healthcare**

Do you know what kind of medical care you would receive if you couldn’t speak for yourself due to an accident, stroke or unexpected surgery? If it matters to you, join us to learn why advance planning is so important for you and your family. Make sure you are the one making these decisions by having your plan in place. **Sept 24**

**CyberSeniors: SOS Support**

Students from The Gregory School will meet you individually for one hour to answer questions and help you learn to use your electronic equipment – cell phones, tablets or laptops. Bring the item you would like help with. **Appointments are available at 1:00 or 2:00 p.m. For reservation call (520) 324-1960. Sept 20 | Oct 25 | Nov 8**

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<tr>
<td>9-10 a.m.</td>
<td>Caregiver Support Group</td>
<td>9:30-10:30 a.m.</td>
<td>Brain Gym Workshop: Beginner (Six-weeks)</td>
<td>10-11:30 a.m.</td>
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<td>10:30 a.m.-12 p.m.</td>
<td>Viva Seniors! Social Group</td>
<td>1-3 p.m.</td>
<td>Rock Painting Session</td>
<td>1-3 p.m.</td>
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<td>2-3:30 p.m.</td>
<td>Alzheimer’s Film &amp; Discussion: Be With Me Today</td>
<td>3:30-9:30 a.m.</td>
<td>“JCC” Wellness: Meditation</td>
<td>5-6 p.m.</td>
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<tr>
<td>9:30-9:30 a.m.</td>
<td>“JCC” Wellness: Stretching</td>
<td>10:30 a.m.-12 p.m.</td>
<td>Alzheimer’s Assn. Caregiver Group</td>
<td>4-5 p.m.</td>
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<tr>
<td>10:30 a.m.</td>
<td>Brain Health: Genes at Work in Your Brain</td>
<td>1:30-3:30 p.m.</td>
<td>Art Workshop</td>
<td>3-4 p.m.</td>
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<td>Brain Health: Genes at Work in Your Brain</td>
<td>10-11:30 a.m.</td>
<td>Focus on Diabetes: Latest Advances in Medication</td>
<td>5-6 p.m.</td>
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<tr>
<td>9-10 a.m.</td>
<td>“NO FALLS” Fair</td>
<td>10:30 a.m.-12 p.m.</td>
<td>Rock Painting Session</td>
<td>1-3 p.m.</td>
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<td>10-11:30 a.m.</td>
<td>Unmasking Brain Injury Fair</td>
<td>10 a.m.-12 p.m.</td>
<td>Rock Painting Session</td>
<td>Cyber-Seniors: SOS Tech Support</td>
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<td>10-11:30 a.m.</td>
<td>Viva Seniors! Drop-in Session</td>
<td>1-3 p.m.</td>
<td>Rock Painting Session</td>
<td>8:30-9:30 a.m.</td>
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<td>2-3:30 p.m.</td>
<td>Mental Health Series: Sleep Issues As We Age</td>
<td>5-6 p.m.</td>
<td>Ortho Series: Common Hand/Wrist Complaints and Treatments</td>
<td>“JCC” Wellness: Gentle Yoga</td>
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<td>10:30 a.m.-12 p.m.</td>
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### OCTOBER

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<tr>
<td>10-11:30 a.m.</td>
<td>Brain Health: Beat the Clock</td>
<td>10-11:30 a.m.</td>
<td>How Weight Loss Really Works</td>
<td>10-11:15 a.m.</td>
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<tr>
<td>10-11:30 a.m.</td>
<td>How Weight Loss Really Works</td>
<td>1-3 p.m.</td>
<td>Journey for Control: Diabetes Workshop (Four-weeks)</td>
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<td>7</td>
<td>2-3:30 p.m.</td>
<td>Are You Having Trouble Sleeping?</td>
<td>10:30 a.m.-12 p.m.</td>
<td>Viva Seniors! Social Group</td>
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<td>8</td>
<td>10:30 a.m.-12 p.m.</td>
<td>Rock Painting Session</td>
<td>Positive Aging for Women Conference</td>
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<td>10:30 a.m.-12 p.m.</td>
<td>Positive Aging for Women Conference</td>
<td>8 a.m.-12 p.m.</td>
<td>“JCC” Wellness: Stretching</td>
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<td>10</td>
<td>8:30-9:30 a.m.</td>
<td>“JCC” Wellness: Meditation</td>
<td>8:30-9:30 a.m.</td>
<td>“JCC” Wellness: Stretching</td>
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<td>11</td>
<td>10:30-11:30 a.m.</td>
<td>Mrs. Green: What You Put On Your Skin Goes In</td>
<td>10:30 a.m.-12 p.m.</td>
<td>Learn Hands-Only CPR</td>
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<td>12</td>
<td>10-11:30 a.m.</td>
<td>Alzheimer’s Assn. Caregiver Group</td>
<td>10:30 a.m.-12 p.m.</td>
<td>Alzheimer's Assn. Caregiver Group</td>
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<td>13</td>
<td>1:30-3:30 p.m.</td>
<td>Art Workshop $</td>
<td>1:30-2:30 p.m.</td>
<td>Rock Painting Instruction</td>
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<td>14</td>
<td>10-11:30 a.m.</td>
<td>How to Talk to Your Doctor</td>
<td>8:30-9:30 a.m.</td>
<td>“JCC” Wellness: Meditation</td>
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<td>15</td>
<td>2-3:30 p.m.</td>
<td>Mental Health Series: Living Well with Memory Loss</td>
<td>10-11:30 a.m.</td>
<td>“JCC” Wellness: Meditation</td>
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<td>16</td>
<td>10 a.m.-12 p.m.</td>
<td>Mental Health Series: Living Well with Memory Loss</td>
<td>10-11:30 a.m.</td>
<td>“JCC” Wellness: Meditation</td>
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<td>17</td>
<td>10:00-11:00 a.m.</td>
<td>Virtual Dementia Experience</td>
<td>10:00-11:00 a.m.</td>
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<td>11-12 a.m.</td>
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<td>6-7 p.m.</td>
<td>Virtual Dementia Experience</td>
<td>6-7 p.m.</td>
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<td>26</td>
<td>7-8 p.m.</td>
<td>Virtual Dementia Experience</td>
<td>7-8 p.m.</td>
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<td>Virtual Dementia Experience</td>
<td>8-9 p.m.</td>
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<td>11-12 p.m.</td>
<td>Virtual Dementia Experience</td>
<td>11-12 p.m.</td>
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### Focus on Diabetes: Latest Advances in Medications
Join an expert from our Diabetes Education Dept. Gustavo Perez, PharmD. TMC Clinical Pharmacist as he shares information on what’s new in diabetes medications. **Sept 12**

### How to Talk to Your Doctor
Have you left a doctor’s office feeling that you weren’t understood or didn’t really get the information you wanted? Knowing how to communicate with your provider can help with this. Ellen Malamed, MA, Director of the Program in Medical Humanities at the UA College of Medicine teaches future physicians how to talk with their patients. For years she’s been helping patients and providers learn how to communicate better with each other. Join her to learn the part YOU can play in making your provider appointments more successful. **Oct 16**

### How Weight Loss Really Works
Have you had more than one experience with losing weight, then gaining it back? Join Matthew Weiner, MD Tucson Bariatric, as he gives you the details on why we gain weight and what actually happens when we lose weight. **Oct 2**

### I Love Books Group 📚
Join Pamela Schuster for a lively and fun monthly book club. See calendar pages for book titles. **Sept 26** | **Oct 24** | **Nov 21**

### Inflammation: Friend or Foe 🌡️
Inflammation can alert us to illness, but science also recognizes chronic inflammation as a risk factor for various illnesses, including cardiovascular disease, cancer, diabetes, skin, gut issues and more. Join Mary Marion, PhD PA Nutrition Dept. as she shares information about dietary factors that may support or reduce the inflammatory process, affecting disease risk and severity. **Sept 19**

### “JCC” Wellness Classes held at TMC for Seniors 🌈
Stretching: can increase flexibility and improve your range of motion. **Gentle Yoga:** less intense for beginners who want increased flexibility; **Meditation:** focus your mind to reduce stress, promote relaxation, and enhance your health. Classes are limited to 15 attendees and registration is required. **Sept 5, 12, 19, 26** | **Oct 3, 10, 17, 24** | **Nov 7, 21**

### Journey for Control: Diabetes Workshop 🔍
Join TMC Diabetes Dept. educators for one of these four-week educational group sessions that will give you the information and tools you need to stay in control. **Start dates:** **Sept 4, Oct 2, Nov 6**

### Learn Hands-Only CPR 🚨
Would you know what to do if a loved one suddenly collapsed? Join Gary Brauchla as he shares his own story of survival and explains why knowing Hands Only CPR is so important. You’ll learn how to do it and practice the technique on mannequins. **Oct 17**

### Living with Diabetes Conference 🌟
Nov 14 See maller cover for details.

### Mental Health Series
Join mental health experts from TMC Geropsychiatric Center as they share information about some issues that become more common as we age. **Sept 25**, **Sleep Issues As We Age**, Kevin Goela-Kreisler, MD | **Oct 16**, **Living Well With Memory Loss**, Joyce Drozd and Mary Becker | **Nov 7**, **Knowing the Difference Between Dementia and Delirium - and Why It’s Important**, Lynn Oeike, PhD
### November

#### COURSE/EVENT DESCRIPTIONS

Unless otherwise noted, these activities take place at TMC for Seniors and are free of charge.

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<tr>
<td>4</td>
<td>10-11:30 a.m.</td>
<td>Rehab Series: Outpatient Therapies</td>
<td>1-3 p.m. Journey for Control: Diabetes Workshop (Four-weeks)</td>
<td>1:30 p.m. Cyber-Seniors: SOS Tech Support</td>
</tr>
<tr>
<td>5</td>
<td>10-11:30 a.m.</td>
<td>Ortho Series: Understanding Osteoarthritis &amp; Treatment Strategies</td>
<td>8:30-9:30 a.m. &quot;JCC&quot; Wellness: Stretching</td>
<td>8</td>
</tr>
<tr>
<td>6</td>
<td>10-11:30 a.m.</td>
<td>Mental Health Series: Knowing the Difference Between Dementia and Delirium – and Why It Matters</td>
<td>10:30 a.m.-12 p.m. Alzheimer's Assn. Caregiver Group</td>
<td>1-3 p.m.</td>
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<tr>
<td>7</td>
<td>10-11:30 a.m.</td>
<td>Art Workshop</td>
<td>11:30 a.m.-2 p.m. &quot;JCC&quot; Wellness: Meditation</td>
<td>8</td>
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<td>8</td>
<td>10-11:30 a.m.</td>
<td>Essentials to Wellness: I Eat Therefore I Can</td>
<td>10:30 a.m.-12 p.m. Viva Seniors Social Group</td>
<td>1-3 p.m.</td>
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<td>9</td>
<td>10-11:15 a.m.</td>
<td>Living with Diabetes</td>
<td>10:30 a.m.-12 p.m. Alzheimer's Assn. Caregiver Group</td>
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<td>10</td>
<td>10-11:15 a.m.</td>
<td>Rock Painting Session</td>
<td>2-4 p.m. I Love Books: Born a Crime, Stories from a South African</td>
<td>1-3 p.m.</td>
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<td>11</td>
<td>4-5 p.m. Pain Management: Interventions for an Aging Spine</td>
<td>3 p.m. Viva Seniors Social Group</td>
<td>10-11:30 a.m. &quot;JCC&quot; Wellness: Meditation</td>
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<td>12</td>
<td>4-5 p.m. Pain Management: Interventions for an Aging Spine</td>
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<td>10:30 a.m.-12 p.m. Alzheimer's Assn. Caregiver Group</td>
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<td>13</td>
<td>4-5 p.m. Pain Management: Interventions for an Aging Spine</td>
<td>1-3 p.m. Rock Painting Session</td>
<td>Breakfast</td>
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<td>14</td>
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<td>2-3:30 p.m. Alzheimer's Film &amp; Discussion: A Common Sense Approach to Communication</td>
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**Movement/Rhythm for Health**

Join Amy Ramsey, TMC Wellness, as she shows us how movement and the rhythm of drums can connect us to each other, to our bodies and to natural rhythms for de-stressing. **Oct 29**

**Mrs. Green: What You Put on Your Skin - Goes In**

Did you ever stop to count the number of products you put on your body each day - shampoo, conditioner, soap, dry skin cream, sunscreen, makeup, etc. Do you know what lies beneath? Do you have any idea how long it takes for your skin to absorb all these lovely concoctions? Did you know that many of these products contain KNOWN carcinogens? And that many of the ingredients in our personal care products are BANNED in Europe? Join Gino Murphy-Darling (Mrs. Green) to learn about chemicals of concern, safe products and top 5 safe cosmetic tips that will help you make smart choices. **Oct 3**

**No Falls Fair** **Sept 17**

See special events page for details.

**Orthopaedic Series**

Join experts from Tucson Orthopaedic Institute as they share information on issues that affect many as we age. **Sept 25**, Common Hand/Wrist Complaints and Treatments, A. Mark Braunstein, MD **Oct 28**, The Truth About Bunions, Notalie Hua, DPM **Nov 6**, Understanding Osteoarthritis and Treatment Strategies, Chad Hills, DO

**Pain Management Series**

Join physicians from TMC Integrative Pain Clinic to learn treatments available for some common pain issues. **Sept 26**, Minimally Invasive Treatment for Spine, Joints and other Pain Sources, Itzqho Siddiqui, PharmD, MD **Oct 23**, Medical & Non-Invasive Options, William Abraham, MD, **Nov 12**, Interventions Options for an Aging Spine, Robert J. Berens, MD

**PCOA: A Matter of Balance Workshop**

Eight 2-hour sessions will provide strategies to help you reduce your risk of falls. Held at TMC for Seniors on Monday and Wednesday, for 4 weeks, $20/person, $30/couple Pre-registration is required. Register and pay at (520) 305-3410 or www.pcoa.org/services/healthy-living/ **Sept 9 – Oct 2**

**Rehabilitation Series**

Join physical therapists as they share the benefits of the many outpatient therapies offered at Encompass Health Rehabilitation Institute of Tucson including: balance, chronic/acute pain, soft tissue injuries, cartilage damage, arthritis, incontinence, gait disorders and other physical issues. **Sept 17**, “No Falls” Fair at TMC for Seniors, Michele Butts, DPT, Therapies Manager (See special events page for details.) **Nov 6**, Outpatient Therapies - Help Before Things Get Worse, Geneva Kaplan DPT, ATC, PMA-CPT

**Tax Tips and Tricks for Halloween!**

Learn new tips and tax strategies that might help you save on your taxes and help our community. Patricia P. Raskob, EA, CFP®, ATA, President, Raskob Kambourn Financial Advisors, LTD **Oct 30**

**TMC Kindness Initiative: Rock Painting** **See ad pages for dates and other details.**

**Viva Seniors Social Group**

For independent community-dwelling older adults. Join with other older adults for coffee, conversation and laughter. **FACILITATED SESSIONS** meet on the 2nd Wednesday. Limited to 40 attendees/registration is required. Please arrive at least five minutes early to ensure a seat. **Sept 11 | Oct 9 | Nov 13** **Drop-In Sessions** meet on 4th Wednesday. No registration required. **Sept 29 | Oct 23 | Nov 27**

**Virtual Dementia Experience**

This session will allow you to experience, for yourself, a little of what it might be like to have dementia. To create confusion we will limit your physical senses, making it difficult for you to do simple tasks. You’ll learn what it’s like to “walk in their shoes” for five minutes and better understand the behaviors and needs of those with dementia. This session is ONLY for family caregivers caring for someone with dementia. It is NOT for anyone who has been told or suspects they have dementia. Call (520) 324-3746 to register. **Oct 31**