

Fundraisers to benefit local suicide prevention nonprofit

Garrett's Space, a suicide prevention nonprofit founded by Julie and Scott Halpert, will be the beneficiary of two fundraisers that the community is welcome to attend. On Saturday, August 6, one thousand people will come together to practice yoga on the field of Michigan Stadium for Yoga at the Big House. On August 4, Garrett's Space will be the beneficiary of the KnightFest, an evening of cocktails, dinner, and dancing hosted by the Ray and Mary Knight Foundation at the Knights on Dexter Avenue restaurant.

Ann Arbor is home to nearly 50,000 students. This age group of young adults, ages 18 to 25, has the highest rate of mental illness. Youth and young adults ages 10-24 account for 14% of all suicides, a leading cause of death for young people.

For the second year, a portion of the proceeds of Yoga at the Big House will go to Garrett's Space. Yoga at the Big House is spearheaded by Kacee Must, founder of Citizen Yoga, who lost her sister to suicide. It promises to be an inspirational and educational experience. No prior yoga background is required!

Garrett's Space was founded by Julie and Scott Halpert in 2017 when they lost their son Garrett to suicide at age 23. Garrett's Space is a suicide prevention nonprofit dedicated to addressing gaps in treatment for young adults experiencing distress due to mental health challenges. The organization is working to reduce suicides in young adults by providing programming and a holistically focused center that promotes well-

ness, healing, self-worth, and resilience. Garrett's Space's Wellness Group started

young adults gather for a support group with their peers and movement, breathing, and mindfulness activities. Through

vidual support.

The KnightFest event on August 4 promises to be a festive evening. "We know that the Knight Foundation wants to make a real difference for those struggling with their mental health in our community and we're honored that they've chosen Garrett's Space to be the beneficiary of this event," says Scott Halpert, co-founder and president of Garrett's Space. "We are delighted that the community is coming together to support our important work," added Julie Halpert. "We want our organization to be an asset to the community that offers a beacon of hope for the many young people who are struggling with their mental health."

Tickets to the KnightFest can be purchased here: <https://www.eventbrite.com/e/the-knightfest-tickets-251490764647>

Yoga at the Big House is nearly sold out, so get your tickets today at this link:

<https://www.eventbrite.com/e/yoga-at-the-big-house-tickets-302851626367>

If you or someone you know could benefit from our Wellness Group, you can find more information here: <https://www.garrettspace.org/wellness-program>

For more information on Garrett's Space, head to <https://www.garrettspace.org/>

Please consider attending these events to support this important work. Together, we can make a difference and help prevent suicides among young people that are taking a huge toll on our residents. ■



Yoga in the Big House to benefit Garrett's Space

virtually last year. It provides a new much-needed support option free of charge where

its wellness programming and future residential center, Garrett's Space is creating a supportive environment where participants can gain connections, engage in healing activities, and feel better about themselves and their lives. The residential center will be in a tranquil setting immersed in nature with walking paths and wooded areas where our participants will engage in holistic activities such as meditation, yoga, healthy cooking, art, music, exercise, and journaling in addition to receiving group and indi-

For all the variety, one can count on certain programs being offered regularly. Every semester Elderwise plans field trips to art exhibits, plays, and natural areas. And during each semester participants can stay abreast of the current political scene in one or both extremely popular Elderwise forums: Taking Apart the News with media specialist Al Chambers, and a panel discussion of recent political developments, including legislation and elections, featuring Professors Jeffrey Bernstein and Michael Homel, and County Clerk Larry Kestenbaum.

Aside from field trips, for the past three semesters all classes met online, thanks to Zoom. In fall 2022, health conditions allowing, we will offer both in-person and distance learning. With the resumption of in-person classes, Elderwise will once again offer refreshments, available before class and during the midway break, that offer an opportunity for social interaction among participants and between participants and instructors.

Committed to remaining affordable for seniors, we charge a modest tuition of \$10 per two-hour class for members and \$15 for non-members. Optional membership costs \$30 per year.

Here are some of the 50 classes coming this fall: The Fifties in America, The Hansa League, Three 20th-Century African Poets, The Birth of Planets, Alzheimer's in 2022, Travel Adventures in Israel and Egypt, A Tale of Two Countries: Nazi Germany and the Communist Soviet Union, and A Catcher in the Hall of Fame: Rickie Ferrell and the Detroit Tigers.

The Elderwise catalog for Fall 2022 will be available in the first week of August at our website, www.elderwiselearning.org. While we encourage online enrollment, we accept registration and payment by mail and are happy to send a print version of the catalog upon request.

Elderwise classroom location and contact information:

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For seniors, learning is serious fun

Leonore Gerstein, Elderwise instructor

"I'm busier now than I was when I worked" is a phrase we hear often from retired people, perhaps even popping out of our own mouths in response to tedious questions about our newfound leisure. For people in their sixth decade and better who intend to stay socially involved and mentally sharp (that is, most retirees), the claim is not mere hyperbole. As if abhorring a vacuum, a retiree's days fill up at an astonishing pace. Mindful of tikkun olam (to mend a broken world), we volunteer generously in our communities, and with pent-up curiosity, we seek ways to bring learning for its own sake into our lives, preferably in the company of peers.

Fortunately, Washtenaw County offers a variety of service and learning opportunities for all stages in life. Among these, Elderwise (www.elderwiselearning.org) is one of the non-degree settings geared toward seniors. A small-scale nonprofit organization, Elderwise has over 30 years of experience providing intellectual enrichment in an informal, welcoming setting to people over 55. The retired Eastern Michigan faculty members who established Elderwise insisted on its independence from any parent organization. Starting out as a handful of discussion groups, Elderwise has grown steadily and now offers around 50 courses to nearly 300 participants each semester.

Aside from our talented part-time administrative coordinator, Elderwise relies

entirely on volunteers for teaching and administrative tasks. Aiming to encourage and satisfy the interests of a diverse public, we are committed to offering instructional content that is accurate, rich, and current. To expand knowledge in familiar fields while enticing learners with slightly more recondite information as well, each semester offers a roster of entirely new courses. In a class on health or science, the instructor presents the latest findings in empirical data or therapeutics. In the humanities, new and veteran instructors surprise us with artistic, cultural, and historical topics never presented at Elderwise.

The Elderwise calendar consists of three 12-week semesters, running from September through June. Each term offers approximately 50 courses, nearly all meeting for two hours (movies and field trips being the exception). Most classes meet for a single two-hour session, while others convene at the same time over several weeks. To accommodate participants whose curiosity and time have no limits, the schedule allows a participant to enroll in every class, as no two meet simultaneously. Courses appeal to an array of interests: science and technology, nature and the environment, health, literature, music and the arts, hobbies, history, travel, culture, and politics. In most classes the instructor encourages participation by entertaining questions throughout. Class size depends on the nature of the material.