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National Institute of  
Senior Centers



Your senior millage tax dollars at work!

**December 2022**

*Engage!*

**VOLUME 22, ISSUE 12**

*The “What Abouts”  
are returning to the  
Center on  
December 16  
for an evening of  
entertainment.*

*Tickets are on  
sale now!*



*Leading in services, information, and assistance for  
quality lifestyles and healthy aging.*

**Open 365 Days a Year — Pending Any Covid Restrictions**

**Sun. 10:00 to 2:00 Mon—Thurs. 8:00 to 7:00 Fri 8:00 to 4:00 Sat 8:00 to 2:00**

**NEW** Breakfast 8:00 to **9:45** Lunch 11:00 to 1:00 Supper Mon.—Thurs. 4:15 to 6:00

**Carry-Outs are available. Please call 734.241.0404**

Staff	
Executive Director: Sandie Pierce sandie@monroectr.org	
Operations Manager: Vacant (Applications are being accepted!)	
Program Manager: Toni Solomon toni@monroectr.org	
Cooks: Scott Suttles      Esther Thompson Carol Huffman     Susan Stoner Brenda Lewis      Delanie Guyor	
Customer Service Coordinator: Cheri Braunlich cheri@monroectr.org	
Accounting Clerk: Linda Guyor linda@monroectr.org	
Volunteer Coordinator: Tommie Kruse tommie@monroectr.org	
Bingo Coordinator: Lisa Brown	
RSVP Director: Beth Berlin beth@monroectr.org	
RSVP Volunteer Coordinator: Jo Anne Bray joanne@monroectr.org	



15275 South Dixie Highway  
Monroe, MI 48161  
734-241-0404



Visit us on-line:  
[www.monroectr.org](http://www.monroectr.org)

## Board of Directors

### PRESIDENT:

Mark S. Braunlich

### VICE PRESIDENT:

Michelle LaVoy

### TREASURER:

Jaime McDonald

### SECRETARY:

Peggy Barton

### BOARD MEMBERS:

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Troy Goodnough

Kevin Henry

Richard Janssens

Diane Kamprath

Hobby Nels

Kassie Kipper

Sister Janet Ryan, IHM

Jennifer Sell

David Swartout

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Carry-Out Meals are available.

*"The Monroe Center is the place to be –  
for fun, fellowship, and support."*

### Vision:

*The Monroe Center for Healthy Aging is committed to improving the quality of life and health of older adults in Monroe County.*

Watch **"Off Your Rocker"** on MPACT

Tuesdays at 5pm & Thursdays at 4pm

Comcast: Channel 21 or Charter: Channel 187

You may also watch it on-line at  
<https://www.youtube.com/user/MPACTstudio/videos>



Views and comments expressed in this newsletter are not necessarily the views and comments of the Monroe County Commission on Aging. The Monroe County Commission on Aging is a governmental agency, which funds community senior programming through millage dollars — including the Monroe Center for Healthy Aging. Those receiving services from these programs may have certain personal data shared within the funded agencies, except where HIPPA applies.

## From the Director's Desk

"Christmas is most truly Christmas when we celebrate it by giving the light of love to those who need it most."

- Ruth Carter Stapleton



Let me start by wishing you all a very Merry Christmas and health and happiness in the New Year.

Reflecting back on the past year, I'm so glad that we are back to pre-pandemic attendance, planning activities and offering services. It is heartwarming to welcome you back, and I'm glad to see the smiles and fellowship. You all help make the Center a great place to be and somewhere to be proud of. Here's a few things that come to my mind that I'm proud of.

- ◆ The Center has a dedicated and supportive Board of Directors who provide great oversight and guidance. They are diligent and help ensure we have a balanced budget.
- ◆ The Center is open 365 days a year. We are here on weekends, *holidays*, and four evenings each week.
- ◆ Our meal costs have remained affordable. The last time prices were increased was 2011. No where else can you get a *home-cooked*, nutritious meal for \$3. (As the saying goes, if you like the food, tell others. If not, please *tell us*.)
- ◆ ProMedica sponsors 12 health education programs a year. What a great place to get information! Especially if you actually listen to the speaker. Just saying.
- ◆ There are four different exercise programs offered — five days a week. Plus we have terrific exercise equipment.
- ◆ Staff work diligently to create new programs, like Trivia, Bible Study, Single's Mixer, Pamper Event, and The Walk with Jesus Program. We appreciate you're making room in our limited space for the programs and participants.

The dedicated, caring, and hard-working staff are the backbone to all of this. They show up and make sure that you are cared for. That the tables are set up. That the food is ready. I am extremely grateful for the excellent team that we have.

In closing, I want to share a quote that a friend gave me to ponder recently. It's by Brene Brown: "*At the end of the day, at the end of the week, at the end of my life, I want to be able to say that I contributed more than I criticized.*" Let's all do our best to remember how fortunate we are to have the Center, each other, and all of the blessings in our lives. Thanks for the joy you add to my life.

- Sandie

## News to Note . . .

- **Bingo is on Tuesdays!**  
Card sales at 1:30 p.m.  
**Sunday Bingo is Dec. 11**
- **December 3 — Pamper Day**
- **December 7 — Birthday Celebration** during lunch
- **December 7 — Trivia Night** at 5:00 p.m. Prizes!!
- **Monday Massages and 1st-Wednesday of the month—** with JoAnn — 10:00 to 1:00
- **Thursdays** at 9:00 a.m. — **Brain Aerobics** w/Tommie
- **December 8 — Crafts**
- **December 8** —at 11:00  
Library in Motion Delivery
- **December 14 — Movie**  
"Smoky Mt. Christmas" 1:30
- **December 15 —Health Odyssey** Sponsored by ProMedica. Topic: Normal Aging Registration is requested. 734.241.0404
- **December 16—Holiday Celebration** with the What Abouts 5:30 social hour
- **December 21** — Class of '67 Breakfast — third Wed.
- **December 19** — Center's Christmas Dinner at 11:30 a.m. Cost is \$5.00 **Please RSVP.**
- **December 25** Christmas Dinner — 11:00 to 1:00  
Cost is \$8.00 RSVP by December 19. 241-0404
- **December 30** — \$2 Soup and Sandwich

**Please Remember  
to Scan**





# Happy December Birthdays

*Happy Birthday!*

Kevin Baker	Susan Denman	Ken Lemerand	Ethel Sebolt
Jimmie Bates	Deborah Dennis	Sam Liparoto	Marjorie Sieb
Elizabeth Boitnott	Ruth Drexler	Loren Lohmeyer	Janice Simmons
Harold (Dean) Bond	Jerry Eichbauer	Carol Merta	Peggy Smith
Nancy Bonk	Georgia Fultz	Gilbert Micheles	Beatrice Stevens
Betsy Bradley	Mary Dolores Gagne	Mary Mink	Betty Stroud
Bob Bradley	Chuck Gerweck	Tim Murphy	Rosemary Sutton
Kathy Brancheau	Andrea Gorman	Charles Mushung	JoAnn Terrasi
Cheri Braunlich	Brenda Gray	David Neal	Carol Thompson
Cheryl Brightbill	Lorena Guthrie	Morris Newman	Steve Thompson
Janet Brindley	Richard Harper	Richard Opolski	Valerie Tolbert
Ellen Brockway	Paulette G. Hawley	Janet Pavlat	Joyce Uden
Judy Byerley	Yvonne Heckel	Henry L. Portillo	Roy Valentine
Jerrie Campbell	Kevin Henry	David Poulson	O. Jane Van Bell
Louise Carnes	Carol Huffman	Alfreda Pugh	Sandy Wagenhauser
Cheryl Carter	Johnny Hunt	Brenda Ramos	Nancy J. Waltz
Claudia Cavin	Chester Juszcyk	Phyllis Rhoades	Wendy Waltz
Joyce Collins	Verle Knapp	James Richey	Jim Wohlgamuth
Luther Conner	Janet Knight	Denise Rumble	Charlene Wolfe
Jim Cooley	Diane La Plante	Jim Ryland	Joan Wolfe
Paula Coon	Shirley Langerman	(Irene) Nancy Savage	Bridget York

## Birthday Celebrations are Back!

The Birthday Celebration is December 7. We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a birthday in December enjoy a complimentary meal on Wednesday, December 7.

## WELCOME new members

Theresa Ashwood  
Angela Elmer  
Joseph and Ruthanne Elmer  
Mary Dolores Gagne  
Annie Loughridge  
David Swartout

Dues for 2023  
remain \$20 for people  
who are 55+ and Monroe  
County residents



## National Senior Health and Fitness Day – October 26, 2022

Karen Toellen, Certified Personal Trainer, was our keynote speaker who talked about the benefits of moving. You can watch her presentation on YouTube at:

[https://www.youtube.com/watch?v=JYnLswX\\_XR0](https://www.youtube.com/watch?v=JYnLswX_XR0)

## Recent Donations

Ben Kern  
Fran Ingels  
JoAnn Kunich  
Rosanna Metcalf  
Margaret Auten

*Thank You*

in memory of Janet Henderson  
Mable Kehres Resident Association

in memory of Dolores Besier  
Nancy Waltz

in memory of Helen Henegar  
Steve & Bonnie Thompson

## Rummage & Bakeless Bake Sale

on November 10<sup>th</sup> and 11<sup>th</sup>

raised \$2,850.50

Thanks for your support!

## Cheri's Quote of the Month

*May*

***Peace*** *be your gift*

***At Christmas***

***And your***

***Blessing***

***all year through.***



## THANKS TO

# L A Z BOY®

*Live life Comfortably.®*

for sponsoring the Center's  
re-accreditation from the  
National Council on Aging.

Accredited by   
National Institute of  
Senior Centers

Thanks to Humana  
for sponsoring  
the November Birthday Cake.

# Humana®

Memorial Leaves are available  
for \$10 each. Order at the  
Front Desk or see Linda Guyor.



With sympathy ...



Helen Henegar 10/13/22

Allen Mieden – 10/15/22

Dolores Besier – 10/21/22

Sandra Smith – 11/04/22

*Deep in our hearts  
you'll always stay,  
Love and missed  
Everyday.*

# December 2022

## “What’s Going On” at-a-Glance

**Holiday Craft —  
December 8 — 3:00 p.m.**

Please sign up at the Front Desk.

**Christmas Day Dinner**  
December 25 — 11:00 to 1:00  
Cost is \$8 per person  
**Please RSVP by December 19.**

Monroe Ford Retirees Monday,  
December 5 at 8:30 and 11:30

## Trivia Night

**HOSTED BY BETH & PATTI**

Wednesday, December 7

5:00 to 6:30 p.m.

**Free of charge.**

Prizes Awarded!



Get a Team Together —  
limit of four people per team. Ages

## Bingo

**Bingo is held on Tuesdays**

Card Sales at 1:00. Bingo at 1:30

**Sunday Bingo is December 11**

Card Sales at 1:30. Bingo at 2:00

## December Movie

**December 14<sup>th</sup> — 1:30**



*“Smoky Mountain  
Christmas”*

A country singer (Dolly Parton) and a mountain man (Lee Majors) rescue seven runaway orphans from a sheriff and a witch (Anita Morris)

Complimentary popcorn.

## Health Odyssey

 **PROMEDICA**  
**MONROE REGIONAL  
HOSPITAL**

**December 15, 2022**

11:30 a.m. Lunch / 12:00 Program

Topic: Normal Aging with Dr. Lucas

**RSVP Requested: 734.241.0404**

**Registration includes the complimentary  
lunch for those who attend the program.**

**Please respect others by listening.**

After the events, watch presentations on-line at  
<https://www.youtube.com/user/MPACTstudio/videos>



Help us reach our  
Goal of \$1,000 by the  
end of the year.  
(We’re getting close.)  
If you can, drop in a  
dollar or two when  
you’re at the Center.



## Calling All Crafters!

Join the group of people who are getting together to knit, crochet or **do other handiworks**. Fridays **now** at **12:00 noon**.

Also, donations of lighter weight yarn are needed for making baby blankets for the group to donate to moms in need.

## Exercise Classes

Chair Yoga — Tuesdays & Thursdays at 10:15 with Cheri

Balance Class—Mondays and Wednesdays at 3:00 with Sandie



EnhanceFitness®  
Mon.—Wed.—Friday at 10:00

Line Dancing — Mondays at 1:30

Movin' & Groovin' — Mondays and Wednesdays at 9:00 with JoLynn

### Massages with JoAnn

Mondays and the 1st Wednesday of the month from 10:00 to 1:00  
— \$1 per minute



**NEW: Drumming and Yoga with Betsy**  
Fridays 8:45 to 9:45 a.m.

## MONROE CENTER BOOK CLUB

Book Club will not meet in November and December. Back in January, reading *"All the Light We Cannot See"* by Anthony Doerr, and *"Ordinary Grace"* in February.

**NEW**

Men's Bible Study  
Saturdays — 9:00 a.m.  
with Ministers Solomon and Wiley

## ALL SAINTS DAY — NOVEMBER 1



EUCHRE HAS RETURNED  
TUESDAYS AT 11:00 A.M.



## Center's Christmas Dinner

Monday, December 19  
11:30 a.m.

Cost is \$5 per person

**PLEASE RSVP:** 734.241.0404

## Pamper and Vendor Event

Saturday, December 3

8:00 to 2:00

Breakfast is served from 8:00  
until 10:00 ONLY.



## Brain Aerobics

On Hold at the present time.  
Crossword puzzles are available  
daily at the Front Desk.



## St. Mary's Rosary Makers



St. Mary's Rosary  
Makers meet at the  
Monroe Center for Healthy  
Aging on the first Tuesday of  
every month at 9 a.m.

This group is open to everyone.  
Rosaries are sent to the missions.  
Supplies and instructions are pro-  
vided, and you are able to keep the  
first rosary you make for yourself.



## CENTER PARKING IS AVAILABLE

Thanks to the management of  
Mable Kehres, the first row outside of the  
Center is reserved for guests of the center.

Please know that the Monroe Center reserves  
the right to tow cars that are in violation.

Also, please remember that  
**the Center is scent free.**



## Does Anyone Want to Sing Carols?

An indoor/outdoor caroling event  
is planned for the residents of  
Mable Kehres Apartments on  
Wednesday, December 21 at 6  
p.m. All ages are welcomed.  
A minimum of 10 carolers is  
required, so please sign up with  
the front desk. Beth is  
organizing this event and will  
provide additional details to  
those who sign up.

RSVP Deadline: Wednesday,  
December 14th.



## Holiday Celebration

and Holiday Raffle Drawing

Friday, December 16



5:30 p.m. Social Hour  
and pictures with Santa



6:30 p.m. Dinner

7:15 p.m. What Abouts Perform

**Tickets are sold by table.**

\$15 if purchased by December 5.  
\$18 after December 6. Limited to 84.

**Sponsored by First Merchants**



*Charles*  
&  
*Jane*



**Van Belle's  
Celebrate**

**60th Wedding Anniversary**

Chuck and Jane Van Belle celebrated their 60th wedding anniversary on November 3rd. Charles Van Belle married Jane Rankin November 3, 1962 at St. Paul's United Methodist Church of Monroe where they are still members. Mr. And Mrs. Van Belle have two children: Charles (Tori) Van Belle of Perrysburg, Ohio, and Jayne Marie Van Belle of Monroe. They have five grandchildren.



Mr. Van Belle is retired from Ford Motor Company. Mrs. Van Belle is retired from Probate Court of Monroe. The Van Belle's are lifelong residents of Monroe and have spent their retirement years traveling, golfing and are members of the Monroe and Frenchtown Center.

**LIVE UNITED**



United Way of  
Monroe / Lenawee  
Counties

**JOIN US IN A NEW WAY  
TO LIVE UNITED —**

**THE 2022-23 CAMPAIGN  
IS UNDERWAY.**

**GIVE AT UNITEDWAYMLC.ORG** OR SEND A CHECK  
TO THE UNITED WAY OF MONROE/LENAWEE  
AT 216 NORTH MONROE, MONROE 48162



**DENTAL CONCERNS?**

**THE ORCHARD EAST  
COMMUNITY HEALTH HUB  
DENTAL CLINIC IS HERE TO  
SERVE YOU.**

**OPPORTUNITY CENTER  
120 EASTCHESTER STREET  
MONROE, MI 48161**

**SERVICES ARE AVAILABLE FOR  
THE INSURED AND UNINSURED.**

**CALL FOR MORE DETAILS AND  
TO SCHEDULE AN EVALUATION.**

**734.241.2775 EXT. 244**

**PRESENTED BY:**



**community foundation  
of monroe county**



**family  
medical center  
of michigan**

## Members Corner . . .

### ATTENTION TO ALL PARENTS WHO NEED TO TELL THE TRUTH ABOUT SANTA

Son: “Dad, I think I’m old enough now. Is there a Santa Claus?”

Dad: “Ok, I agree that you’re old enough. But before I tell you, I have a question for you. You see, the “truth” is a dangerous gift. Once you know something, you can’t *unknow* it. Once you know the truth about Santa Claus, you will never understand and relate to him as you do now. So my question is: Are you sure you want to know?”

Son: (Brief pause) “Yes I want to know.”

Dad: “Ok, I’ll tell you: Yes, there IS a Santa Claus.”

Son: “Really?? But, I thought ...”

Dad: “Yes, really, but he’s not an old man with a beard in a red suit. That’s just what we tell kids. You see, kids are too young to understand the true nature of Santa Claus, so we explain it to them in a way that they can understand. The truth about Santa Claus is that he’s not a person at all; he’s an idea. Think of all those presents Santa gave you over the years. I actually bought them myself. I watched you open them. And did it bother me that you didn’t thank me? Of course not! In fact, it gave me great pleasure.”

“You see, Santa Claus is the *idea of giving for the sake of giving*, without thought of thanks or acknowledgment. When I saw that woman collapse on the subway last week and called for help, I knew that she’d never know that it was me who summoned the ambulance. I was being Santa Claus when I did that.”

Son: “Oh.”

Dad: “So now that you know, you’re part of it. You have to **be** Santa Claus now. That means you can never tell a young kid the secret, and you have to help us select Santa presents for them. And most importantly, you have to look for opportunities to help people. Got it?”

Son: “Got it. Help each other and be kind.”

### Pinochle Winners

Oct. 10 — Cindy Prusaitis

Oct. 12 — Mary Rhoades

Oct. 14 — Cindy Prusaitis

Oct. 17 — Pat LaRoy

Oct. 19 — Jean Moore

Oct. 21 — Gary Miller

Oct. 24 — Renee Schweitzer

Oct. 26 — Who Knows?

Oct. 28 — Luther Conner

Oct. 30 — Luther Conner

Nov. 2 — Cindy Prusaitis

Nov. 4 — Cindy Prusaitis

Nov. 5 — Luther Conner

Nov. 7 — Renee Schweitzer

Nov. 9 — Pat LaRoy

Nov. 11 — Cindy Prusaitis

Nov. 14 — Gary Miller



# *In The Footsteps of Jesus*

A virtual journey presented by the author,  
Jean-Pierre Isbouts



Join us Thursday evenings for this 6-part series  
about the life of Jesus of Nazareth.

Thursdays 6 p.m. - 7 p.m.      November 3 - December 15

The Gospels of the New Testament describe the life of Jesus of Nazareth, from his birth in Bethlehem and his travels through Galilee, to his trial and death in Jerusalem. *In the Footsteps of Jesus* goes even deeper into the story of Jesus' life by following his path through the Holy Land on richly detailed maps and bringing each pivotal place to life through the latest archaeological and historical discoveries. Breathtaking photography and unique period artifacts complement fascinating text and specially created maps by National Geographic cartographers.

*In the Footsteps of Jesus* not only illustrates the stories of Jesus's life, but also the characters and events that shaped his journey and ultimately made him one of the most famous figures the world has ever known. This compelling and beautiful series traces Jesus's path from Bethlehem to Nazareth; throughout his "mission triangle" of Lower Galilee and into the Decapolis; and ultimately on his journey to Jerusalem, the Garden of Gethsemane and Golgotha.

RSVP Monroe County



**RSVP** is a volunteer network for people 55 and over. Use the skills and talents you've learned over the years (or develop new ones) while serving in a variety of volunteer activities right here in Monroe County.

If you would like to volunteer with us, call Beth or Jo Anne at 241-0408.

VETERANS  
SERVICES FAIR



Thanks to  
Family Medical Center  
Agua Dolce, and Subway of  
Lambertville & Temperance  
for helping make the Veterans  
Fair a great success!



## MONROE CENTER TRAVEL

The Center is again offering a few trips in 2022 and 2023.  
ers at the Center for more information

See the fly-

or call Maxine at 734.241.0404 on Friday mornings.

**It's Back — Caesars Windsor Special! One Day Only.** Caesar's Windsor is finally back. No restrictions to cross the border. No more app to download. No vaccine requirement. No proof of negative COVID test. Crossing the border is like before the pandemic — Passport or Enhanced License is required. **Caesar's Windsor** has all the table games and slots you could ask for. All in a smoke-free environment.

Receive five to six hours of free time to gamble and receive \$15 in casino incentive.

**Depart Monday, January 30, 2023 for only \$30 per person.**

**Hawaii**— March 11 through 18, 2023

Cruise out of Honolulu, Oahu Explore Kahului, Maui; Hilo and Kona, Hawaii;  
and Nawiliwili, Kauai \$5,342 to \$5,971 per person

**Holy Lands & Aegean Majesty** (Jerusalem to Rome) —

October 5 through 17, 2023

Includes roundtrip airfare to Jerusalem and 11 nights with Oceania Cruises on the Oceania Nautrica — stopping in Limassol, Cyprus; Rhodes, Greece; Ephesus, Turkey; Athens, Greece; Santorini, Greece; Sicily, Naples, and Rome, Italy.

\$4,198 to \$7,998 per person. Final payment is due June 6, 2023.

**Alaska** — on the Celebrity Solstice

8 days and 7 nights — May 12 through 19, 2023

Depart Seattle, Washington, cruising to Ketchikan, Juneau, Skagway, and the Alaska Inside Passage, then to Victoria British Columbia, and returning to Seattle.

Rates are \$2,623 to \$3,861 per person, double occupancy,  
and includes round trip air fare from Detroit.

**Canada & New England** — on Royal Caribbean's

Vision of the Seas — 10 days and 9 nights —

September 28 through October 7, 2023

Depart Baltimore, Maryland, cruising to Boston, Massachusetts, Portland, Maine, Bar Harbor, Maine, Halifax, Nova Scotia, and Saint John, New Brunswick, returning to Baltimore, Maryland.

Rates are \$2,357 to \$3,337 per person, double occupancy,  
And includes round trip air fair from Detroit.



## Monroe County Library in Motion Pick-Up

**December 8 — 11:00 a.m.**

You are invited to Virtual  
Caregiver Coffee with  
MemoryLane Staff

Would you like to talk to other caregivers about their experiences? Join us for Virtual Coffee with MemoryLane Staff Wednesdays at 2 pm without having to leave home.

This is your chance to talk with other caregivers and to share insights, advice, and encouragement. The discussion will provide practical tips and resources that provide support and assistance.

**You may choose video-conference or phone.**

Bring your own coffee!

For details, call: 419-720-4940

## Social Security Announces 8.7% Benefit Increase for 2023

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 8.7 percent in 2023. On average, Social Security benefits will increase by more than \$140 per month starting in January. Increased payments to SSI beneficiaries will begin on December 30, 2022.

The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics. "This year's substantial Social Security cost-of-living adjustment is the first time in over a decade that Medicare premiums are not rising and shows that we can provide more support to older Americans who count on the benefits they have earned," Acting Commissioner Kilolo Kijakazi said.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$160,200 from \$147,000.

## Support Services

- Jackie Drouillard and Joyce Rober can answer your **Medicare** and insurance questions. Please call for an appointment: 734.241.0404 **Open enrollment runs through December 7.**
- **Monroe County Senior Legal Services** can answer your legal questions. Please call for an appointment. 734.241.0404
- **MCOP Resource Advocates** can assist with questions about Medicare, Medicaid, and other issues. Call 734.241.0404 to make an appointment.
- **Blood Pressure Checks** with Gena Craft from IHM — December 22 at 10:00 a.m.
- **Memory Lane Care Services** offers coaching and support groups for caregivers and in-person Adult Day Care for individuals with memory loss. Contact Cheryl Conley at Memory Lane: 2500 North Reynolds Toledo, Ohio 43615 Phone: 419-720-4940 Serves Monroe County!



## Safe Sleep

Sleep related deaths are the leading cause of death among infants 1 month to 1 year of age. Sleep related deaths are those where the sleep environment (blankets, pillows, people, pets) likely contributed to the death. These deaths are not Sudden Infant Death Syndrome (SIDS). **Most sleep related deaths are preventable.** What's considered safe for a baby's sleep environment has changed over time, so education on the latest data research and findings is important.

Here are some basics when it comes to providing a safe sleep environment for infants:

- Babies should sleep where you can see and hear them (in the same room as the adult). Share the room — not a bed.
- Babies should be placed on their backs (supine position).
- Babies should be placed in a crib, portable crib, bassinet, and pack 'n play (play yard) with only a firm fitted mattress and tightly fitted sheet.
- Firm surfaces should be flat and non-inclined, to reduce the risk of suffocation or wedging/entrapment.
- No pillows, blankets, comforters, stuffed animals or other objects should be in the baby's sleep area (other objects may include headbands and pacifier with straps).
- Many caregivers worry about a baby being too cold, but the risk of overheating is serious. Use a wearable blanket to keep baby warm, without adding blankets or hats in the sleep area.
- The American Academy of Pediatrics recognizes breastfeeding as a major way to prevent SIDS. Breastfeed if possible.
- Do not smoke or let anyone else smoke near baby.

Supervised tummy time is important and recommended daily because it strengthens babies' muscles, helping them gain more control over pushing themselves up and holding up their head.

Some common myths – and the combatting facts – associated with infant sleeping practices:

**Myth:** Babies who sleep on their backs will choke if they spit up or vomit during sleep.

**Fact:** Babies automatically cough up or swallow fluid that they spit up or vomit – it's a reflex to keep the airway clear. In fact, babies who sleep on the backs might clean these fluids better because of the way the body is built.

**Myth:** If parents sleep with their babies in the same bed, they will hear any problems and be able to prevent them from happening.

**Fact:** Because SIDS occurs with no warning or symptoms, it is unlikely that any adult will hear a problem and prevents SIDS from occurring. Sleeping with a baby in an adult bed increases the risk of suffocation and other sleep-related causes of infant death.

Other things that SIDS is **not**:

- SIDS is not the same as suffocation and is not caused by suffocation.
- SIDS is not caused by vaccines, immunizations, or shots.
- SIDS is not contagious.
- SIDS is not the result of neglect or child abuse.
- SIDS is not caused by cribs.
- SIDS is not caused by vomiting or choking.
- SIDS is not completely preventable, but there are ways to reduce the risk.

**Resources:** Consumer Product Safety Commission <https://www.cpsc.gov/>

Local organizations throughout the U.S. help provide low-cost or free cribs or play yards for families with financial constraints. In Monroe County, we have the Child Advocacy Network (CAN) @ [cancouncilmonroe@gmail.com](mailto:cancouncilmonroe@gmail.com)

For more Safe Sleep resources or information, please contact:

Tina Blanchard, Child Care Network, Quality Improvement Specialist / Family Support Specialist  
(734)243-7451 [tblanchard@childcarenetwork.org](mailto:tblanchard@childcarenetwork.org)



The **Monroe County Building Healthy Communities Coalition** is a collaborative workgroup with representatives from health and human services agencies across the county focused on improving the health and wellbeing of residents. Each month, as part of the Community Health Improvement Plan the group selects a focus area. Safe Sleep was chosen for the Month of December.

# ***How to Break a Sugar Addiction***

by Ziggy Social April 6, 2022

Almost everyone enjoys sugary treats from time to time. However, some people may have more trouble avoiding it than others. Sugar addiction is a real thing. You might not think it's a big deal, but if you're always reaching for chocolate or ice cream, you might be addicted to sugar and reach for it, especially when you're feeling down. That's not good news for your health. Consuming too much sugar can lead to health problems such as obesity and diabetes and other conditions.

## **Start Slowly**

Anyone who has tried to give up sugar knows that it can be a real challenge. Sugar is addictive, and cravings can be intense. It is possible to break the habit by taking things slowly and making small changes. An excellent place to start is cutting back on sugary drinks like sodas and juices. Replace them with water or unsweetened tea. You can also limit the amount of sugar you add to coffee and cereal. And, when you're hungry, opt for a piece of fruit.

## **Eat More Fiber**

If you're struggling to break a sugar addiction, you may want to consider increasing your fiber intake. Fiber is a type of carbohydrate that the body cannot digest, so it helps to slow down the digestion of other kinds of carbohydrates. Slowing down the digestion of carbohydrates can help regulate blood sugar levels and prevent spikes in insulin. In addition, fiber helps to promote satiety or a feeling of fullness. As a result, you are less likely to crave sugary snacks between meals. Foods high in fiber include fruits, vegetables, whole grains, and legumes.

## **Drink Plenty of Water**

When it comes to kicking a sugar addiction, one of the best things you can do is make sure you're drinking enough water. That's because water helps to flush out the sugar from your system, and it helps reduce cravings. If you're trying to break a sugar addiction, try to drink at least eight glasses of water. In addition to helping with cravings, water will also help reduce the symptoms of withdrawal, such as headaches and fatigue.

## **Eat Regular Meals**

Sugar is everywhere, and it can be challenging to resist the temptation to indulge. However, some steps you can take to make the process a little easier. One of them is to make sure that you eat regular meals. When you go too long without eating, your blood sugar levels drop, and you become more vulnerable to cravings. Therefore, it is essential to eat three healthy meals every day and to include some protein and healthy fats in each one.

## **Stock Up On Fruit**

Sugar is a substance that is present in many foods, including fruit. Fruit contains fructose, which is a type of sugar. However, it also has fiber, vitamins, and minerals. These nutrients help balance the sugar content and make it a healthier choice. And since fruit is sweet, it can help satisfy a sweet tooth without the negative consequences of sugar.

## **Get Enough Sleep**

While sugar may seem like a quick and easy energy source, the crash that comes afterward can leave you feeling tired, irritable, and craving more sugar. When breaking a sugar addiction, getting enough sleep is crucial. When you're well-rested, you're less likely to crave sugary snacks to boost your energy levels. Additionally, sleep helps to regulate hormones that control hunger and appetite. When you're well-rested, you're more likely to make wise choices regarding food.

## **Don't Feel Guilty If You Slip Up**

Trying to break a sugar addiction can be a frustrating and challenging process. You may slip up from time to time, and that's okay. What's important is that you don't beat yourself up about it. Remind yourself of the benefits of eating less sugar.

## **Conclusion**

Giving up sugar can be challenging, but it's worth it for your health. Like any addiction, breaking a sugar addiction takes time and dedication. But with patience and perseverance, *you can do it!* If you are struggling and can't seem to do it independently, it may be beneficial to seek professional help.



# A Guide to The Minerals We Need

by HealthLifeGuru Staff September 6, 2022

Minerals are essential for human health. They are necessary for the growth and development of bones, teeth, and hair. In addition, minerals play a role in nerve function, muscle contraction, and energy production. While getting the recommended daily allowance of minerals is vital, most people don't know which minerals they need or how to get them.

## The Difference Between Vitamins and Minerals

Vitamins and minerals are both essential nutrients that play important roles in the body. However, they are not the same thing. Vitamins are organic compounds that are needed in small amounts to support various bodily functions. Minerals, on the other hand, are inorganic elements that your body requires for many different processes. You can find both vitamins and minerals in food, but they are also available in supplement form. Getting the right balance of vitamins and minerals is essential for good health.

## The Minerals You Need Daily

While there are technically over 20 different minerals that the human body needs, there is only a handful that you need to consume on a daily basis. These essential minerals include calcium, phosphorus, potassium, sodium, chloride, and magnesium. Let's take a closer look at each one:

### Calcium

Calcium is an essential mineral found in many foods. It is necessary for the development and maintenance of strong bones and teeth. In addition, calcium helps to regulate muscle contractions, including heartbeats. It also can lower blood pressure and reduce your risk of colorectal cancer. Calcium also plays a vital role in preventing and treating osteoporosis.

### Phosphorus

Phosphorus helps build strong bones and teeth and is involved in cell growth, muscle contraction, and nerve function. The body only needs a small amount of it each day, and for most people, the best way to get enough phosphorus is to eat a balanced diet that includes plenty of fruits, vegetables, and whole grains.

### Potassium

Everyone knows that you need to eat your vegetables, but few know why. Vegetables are an essential part of a balanced diet, and one of the reasons they are so good for us is because they contain potassium. Potassium is a mineral that helps to regulate blood pressure and heart function. It also allows the body to use carbohydrates and proteins effectively. Most people need around 4,700 mg of potassium per day. Bananas, sweet potatoes, beans, and spinach are all excellent sources of potassium.

### Sodium

Though you have probably heard someone say to limit your sodium intake, it is an essential nutrient that your body needs to function properly. Sodium helps to regulate blood pressure, fluid levels, and the distribution of electrolytes throughout the body. Most people get the sodium they need from dietary sources such as salt, but it can also be found in some medications and supplements. While it is crucial to get enough sodium, it is also possible to have too much. Too much sodium can lead to high blood pressure, fluid retention, and other health problems.

### Chloride

Chloride is an essential electrolyte that helps to regulate fluid balance in the body. It is found in high concentrations in the blood and is necessary for the proper function of many organs, including the kidneys, liver, and pancreas. Most people get plenty of chloride from their diet, since you can get it in various foods, including table salt, meat, poultry, and seafood. However, certain medical conditions can cause chloride levels to become imbalanced, leading to serious health problems. For example, dehydration can cause chloride levels to drop too low, while kidney disease can cause them to rise too high. That is why it is crucial to maintain a healthy chloride level by eating a balanced diet and drinking plenty of fluids.

### Magnesium

You might not think of magnesium as being an essential nutrient, but it plays a vital role in your health. This mineral is involved in over 300 biochemical reactions in your body, including energy production, muscle contractions, and nerve function. It's also necessary for the formation of DNA and RNA. Magnesium is found naturally in some foods, including leafy green vegetables, nuts, and seeds. You can also get it through supplements. Unfortunately, many people don't get enough magnesium. This can lead to problems such as anxiety, joint pain, migraines, and sleep difficulties. If you think you might be deficient in magnesium, talk to your doctor about taking a supplement. Getting enough of this essential nutrient is crucial for maintaining your health and well-being.

## Be Aware of The Minerals You Need

Minerals are essential nutrients that your body needs to function properly. These six minerals are especially important for maintaining your health. Be sure to include them in your diet by eating plenty of fruits, vegetables, and whole grains. If you think you might be deficient in any of these nutrients, talk to your doctor about getting tested and taking supplements. The last thing you want is for your health to suffer because you're not getting the minerals you need.

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# December



2022

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<p>4</p> <p>Sunday Dinner 11 a.m. to 1 p.m.</p>	<p>5 8:30 Ford Hourly Retirees 9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 10—1 Messages with JoAnn 11:30 Ford Retirees 12:00 Pinochle 1:30 Dancing 3:00 Balance</p>	<p>6 9:00 Rosary Makers 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers 7:00 Coin Club</p>	<p>7 <b>Birthday Dinner</b> 9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 10-1 Messages w/ JoAnn 12:00 Pinochle 3:00 Balance 5:00 Trivia</p>	<p>8 Medicare with Jackie by appointment 10:15 Chair Yoga 6:00 <i>In the Footsteps</i> 7:00 p.m. <b>Model A</b></p>	<p>1 Medicare with Jackie by appointment 10:15 Chair Yoga 6:00 <i>In the Footsteps</i> 7:00 p.m. <b>Model A</b></p>	<p>9 8:45 Card-i-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand &amp; Foot 12:00 Knit / Crochet</p>	<p>10 Breakfast 8:00 to 1:00 <b>Noon Meal 11:00 to 1:00</b> 11:00 Pinochle Mens Bible Study</p>	<p>11 Bingo <b>Cards 1:30 Play at 2:00</b> Sunday Dinner 11 a.m. to 1 p.m.</p>	<p>12 <b>Canasta</b> 9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 10-1 Messages w/ JoAnn 12:00 Pinochle 1:30 Line Dancing 3:00 Balance</p>	<p>15 Medicare with Jackie by appointment 10:15 Chair Yoga 11:30 Health Odyssey on "Normal Aging" Please RSVP 6:00 In the Footsteps</p>	<p>16 8:45 Card-i-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand &amp; Foot 12:00 Knit / Crochet</p>	<p>17 Breakfast 8:00 to 1:00 <b>Noon Meal 11:00 to 1:00</b> 11:00 Pinochle Men's Bible Study</p>	<p>21 8:30 Class of '67 BK 9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance 6:00 Caroling</p>	<p>22 Medicare with Jackie by appointment 10:15 Chair Yoga</p>	<p>2 8:45 Card-i-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand &amp; Foot 12:00 Knit / Crochet</p>	<p>3 Pamper Day Breakfast 8:00 to 10:00 <b>Noon Meal 11:00 to 1:00</b> 11:00 Pinochle Mens Bible Study</p>	<p>13 <b>MCOP Support Services</b> 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers</p>	<p>14 <b>Monroe Senior Legal</b> 9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 1:30 Movie "Smoky Mountain Christmas" 3:00 Balance</p>	<p>15 Medicare with Jackie by appointment 10:15 Chair Yoga 11:30 Health Odyssey on "Normal Aging" Please RSVP 6:00 In the Footsteps</p>	<p>23 <b>11:30 Pinochle</b> Center closes at 2:00 p.m.</p>	<p>24 Breakfast 8:00 to 1:00 <b>Noon Meal 11:00 to 1:00</b> 11:00 Pinochle</p>	<p>25 <b>Christmas Dinner</b> 11 a.m. to 1 p.m.</p>	<p>26 <b>Canasta</b> 9:00 Movin' &amp; Groovin' 10—1 Messages with JoAnn 11:30 Pinochle Center closes at 2:00 p.m.</p>	<p>27 <b>MCOP Support Services</b> 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers</p>	<p>29 Medicare with Jackie by appointment 10:15 Chair Yoga</p>	<p>30 <b>11:30 Pinochle</b> Center closes at 2:00 p.m.</p>	<p>31 Breakfast 8:00 to 1:00 <b>Noon Meal 11:00 to 1:00</b> 11:00 Pinochle</p>
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# December

## Evening Meals

2022

Served 4:15 to 6:00 pm

Main Choice: \$3.00 Eat-In or Carry Out

Monday	Tuesday	Wednesday	Thursday
28 Bean Soup Corn Bread Oatmeal Raisin Cookie	29 Chicken Thighs Broccoli Pasta Fruit	30 Russian or Blueberry Pancakes Sausage Fruit	December 1 Ground Turkey Island Meatballs Brown and Wild Rice Stir Fry Vegetables
5 Waffles with Cherry or Peach Topping Sausage	6 Mostaccioli Side Salad Garlic Bread	7 Loaded Baked Potato Casserole Applesauce	8 Pulled Pork Sandwich Baked Beans with Hot Dogs / Veggie Chips
12 Nacho & Cheese Supreme Corn Casserole	13 Salmon Patties with White Sauce and Peas Pears	14 Sloppy Joe Pizza Side Salad	15 Creamy Potato and Hamburger Soup Multi-Grain Bread
19 Split Pea and Ham Soup Grilled Cheese	20 Hamburger Steak with Mushroom Gravy Mashed Potato Vegetable	21 Southern Omelet Biscuit and Gravy Fruit	22 Macaroni & Cheese Baked Fish Broccoli Salad
26 No Evening Meal Center closes at 2:00 p.m.	27 Honey Mustard Chicken Breast Country Potatoes Green Beans	28 BLT Sandwich French Fries Cottage Cheese	29 Chicken Thighs Mashed Potatoes Vegetable

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**Milk Shakes: Vanilla, Chocolate, Caramel or Strawberry: One Size \$2.00**

**Thursday is Sundae Night: \$2.00**



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# December

2022

<p><b>4</b> Roast Beef or Salmon Red Skin Potatoes Cauliflower / Peas 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p><b>5 Ford Retirees</b> Shrimp and Snap Peas with linguini pasta Celery Salad 403 cal. 7.7g fat 47g carbs 25g prot. 130gm sodium .5g sugar 3.8g fiber</p>	<p><b>6</b> Stuffed Peppers w/ Turkey Mashed Potatoes Stewed Tomatoes Fruit Cocktail 665 cal. 23g fat 59 carb 52g protein</p>	<p><b>7 Birthday Dinner</b> Grilled Chicken Breast over a bed of lettuce and egg Fruit / Multi-Grain Bread Birthday Cake &amp; Ice Cream 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro (No hamburgers today)</p>	<p><b>8</b> Baked Salmon Red Skin Potatoes Asparagus 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>
<p><b>11 Bingo</b> Pork Roast /Chicken Mashed Potatoes Green Beans Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p><b>12</b> Sweet &amp; Sour Pork Angel Hair Noodles Stir Fry Vegetables Applesauce 600 cal. 8g fat 94 carb 9g fiber 24g sugar 25g pro. 904mg sod.</p>	<p><b>13</b> Broccoli or Onion and Mushroom Quiche Sausage Patty Hash Browns Banana 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium</p>	<p><b>14</b> Beef Tips Over Noodles Harvard Beets Fruit 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod.</p>	<p><b>15 Health Odyssey</b> Open Faced Turkey Sandwich Mashed Potatoes Green Beans Cranberries / Fruit RSVP 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot. 1,278 mg sod. (No other options today)</p>
<p><b>18 \$6 Special</b> BBQ Ribs or Chicken Baked Potatoes Normandy Veggies Dessert 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod. (No other options today)</p>	<p><b>19 Center's Christmas served at 11:30 — \$5.00</b> Spiral Ham w/pineapple Au Gratin Potatoes Cauliflower / Salad Cheesecake RSVP 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod. (No other options today)</p>	<p><b>20</b> Chicken or Beef Pot Pie Cottage Cheese with Peaches 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium</p>	<p><b>21 Class of '67 Breakfast</b> Marinated Chicken Breast Baked Potato Peas 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod</p>	<p><b>22</b> Salsa Meat Loaf Mashed Potatoes Asparagus 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.</p>
<p><b>23</b> USA Wild Caught Cod Country Potatoes Mixed Vegetables 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium</p>	<p><b>24</b> Breakfast 8:00 to 1:00 <b>Noon Meal 11:00 to 1:00</b></p>	<p><b>25 Christmas \$8</b> Spiral Ham with pineapple Au Gratin Potatoes Cauliflower / Salad Cheesecake RSVP 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.</p>	<p><b>26</b> Home-Made Pizza (two slices) Tossed Salad Dessert 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.</p>	<p><b>27</b> Tuna Noodle Casserole with Peas Peaches 717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g protein 948mg sodium</p>
<p><b>28</b> Turkey Burgers with Sautéed Onions Sweet Potato Fries Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p><b>29</b> Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p>	<p><b>30 Soup &amp; sandwich \$2</b> Split Pea with Ham or Clam Chowder Soup Chicken Salad or Tuna Salad Sandwich Dessert (No other options today)</p>	<p><b>31 New Year's</b> Breakfast 8:00 to 1:00 <b>Noon Meal 11:00 to 1:00</b></p>	<p><b>3</b> Pamper Day Breakfast 8:00 to 10:00 <b>Noon Meal 11:00 to 1:00</b> No Bible Study</p>
<p><b>2</b> Spaghetti Spinach Garlic Bread / Fruit 518 cal. 1.1g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod</p>	<p><b>1</b> Cornflake Chicken Rice Pilaf Glazed Carrots 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.</p>	<p><b>16</b> BBQ Chicken Sandwich Sweet Potato Wedges Cole Slaw 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar <b>Holiday Party</b></p>	<p><b>17</b> Breakfast 8:00 to 1:00 <b>Noon Meal 11:00 to 1:00</b></p>	<p><b>2</b> Spaghetti Spinach Garlic Bread / Fruit 518 cal. 1.1g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod</p>

Monroe Center meals are open to the public. Chef Salad Option Monday thru Thursday. Betty's Salad on Fridays. Soup, as available. Menus are subject to change.