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Your senior millage tax dollars at work!

November 2022

Engage!

VOLUME 22, ISSUE 11

Thanks to McMullin Dental Care for sponsoring the Center's steak roast and to the amazing volunteers!



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***

## Board of Directors

### PRESIDENT:

Mark S. Braunlich

### VICE PRESIDENT:

Michelle LaVoy

### TREASURER:

Jaime McDonald

### SECRETARY:

Peggy Barton

### BOARD MEMBERS:

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Jennifer Sell

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Carry-Out Meals are available.  
Call 734.241.0404

***"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

*"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."*

~ John F. Kennedy

My words this month are taken from an article by Michael Soika, "Seven Tasks to Heal the World." He writes: "As we stand witness to the violence and the protests across the country, we are forced to ask: 'What is at the heart of the matter?' Possibly no one has an answer to that question, but he asserts that until we acknowledge our own culpability, there is little hope for a lasting solution. The change we seek will only come when we see a change of heart in a sufficient number of people to tip the balance toward peace, community, and respect for each other." Soika identifies seven actions that we all can take to heal our own hearts and the hearts of others with whom we are connected.

**Listen Deeply.** Listen deeply to those we meet and to the stirrings within our own souls. When we commit to listening deeply, we commit to honoring the dignity and value of others. We start with the belief that we can learn something from others.

**Act Justly.** To act justly means to follow the *Golden Rule*: That we do unto others as we would want others to do unto us and that there is an integrity between what we believe on the inside and how we act on the outside.

**Trust God.** Trusting God means that ultimately we believe good will prevail over evil. God is active within the world, speaking to and through each person, and we must each act to bring that guidance to fruition, person by person and day by day.

**Be Sorry.** No matter what the situation or confrontation, we played a role in its development. We need to say the words out loud to the person who is the focus of our attention. If we take this in a broader context, from the personal to the societal, we can say "I'm sorry" for the social ills causing our country pain. In this instance, there is no one to say "I'm sorry" to, but the action of saying it helps to create a personal conversion of heart.

**Ask for Forgiveness.** Just as we need to say "I'm sorry," we must also ask for forgiveness and mean it. On a societal level, forgive me for not speaking out against injustice. Forgive me for seeking to protect my way of life at the expense of others.

**Say Thank You.** Sincerely saying "thank you" honors the gift that we are given, and it honors the person who provided the gift. Saying "thank you" acknowledges that we are who we are today due to the multitude of gifts we have received from others. And for these gifts, we should give thanks.

**Say I Love You.** Sometimes saying "I love you" is difficult to do. We learn that we should love others as we love ourselves. Perhaps, the first person we need to say "I love you" to is ourselves. Much of the pain in the world is born from a pain deep within our own hearts. One way to heal a broken heart is to open our arms and our hearts and demonstrate our love.

I love this message. And I offer my very best to each of you for health, happiness, peace, and a wonderful Thanksgiving.

- Sandie

## News to Note . . .

- **Bingo is on Tuesdays!**  
Card sales at 1:30 p.m.  
**Sunday Bingo is Nov. 13**
- **November 2 — Birthday Celebration** during lunch
- **November 2 — 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
- **November 4— Social Mixer** 3:00 p.m. Cost is \$5
- **November 7 & 10—Crafts**
- **November 10—**at 11:00 Library in Motion Delivery
- **November 9 — Movie** "Rescued by Ruby" at 1:30
- **November 16 —** Class of '67 Breakfast — third Wed.
- **November 18 —** Center's Thanksgiving Dinner at 11:30 a.m. Cost is \$5.00 Please RSVP.
- **November 17 —Health Odyssey** Sponsored by ProMedica. Topic: COPD. Registration is requested. 734.241.0404
- **November 24** Thanksgiving Dinner — 11:00 to 1:00 Cost is \$8.00 RSVP by November 18 241-0404
- **November 30 —** \$2 Soup and Sandwich Day

**Please Remember  
to Scan**



# Happy November Birthdays

Linda Allen	Betty Faunt	Brenda Lewis	Polly Rayner
Mary Ann Barbier	Anna Mae Fleeman	Debra Linday	Denise Roberts
Susie Bates	Gary Follbaum	Jacqueline Long	Anna V. "Ginny" Rohn
Jeff Beuman	Eddie Fortner	Ginger Mason	Val Roman
Don Beilman	Pat Franklin	Ken Masserant	Kathryn Russell
Beth Berlin	Katheryn Fraser	Carolyn McAllister	Bandy Sanders
Eugene Bezeau	Patrick Frayer	Jean McManaway	Bonnie Shinevar
Shirley Bitz	Polly Fredericks	Henry Mehall	Julie Siech
Linda Boberg	Rose Harris	Susan Miller	Linda Spenoso
Marge Bonner	Debra Heath	Art Mininni	Judy Spolarich
Annett Breeding	Helen Henegar	Jeanette Mlynek	Roseanna Stewart
David L. Bryant	Charles Huston	Larry Montague	Sue Stoner
Alyce Castellese	Gene Jenkins	Bill Neboyskey	Bonnie Sype
Tony Castiglione	James Jones	Hobby Nels	Sandy Tedora
Donna Cherba	Sharon Kimling	Cheryl Nobel	Charlotte VanWasshenova
Kay Coombe	Sandy Kraus	Isaac Owens	Marlene Voelker
Bob D'Haene	Mary E. Krueger	Pam Palmer	Sharon Williams
John Diehl	Jo Ann "Mikey" Kunich	Jim Patterson	Shirley Wyatt
Gregory Dutkewych	Ruby Lanni	Carol Piedmonte	David Zak
Sally Essary	Jane Lathan	Jerry Pierce	Jean Zochowski
	Lynn Leininger	Jan Ravary	

## Birthday Celebrations are Back!

The Birthday Celebration is November 2. We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a birthday in November enjoy a complimentary meal on November 2. Thanks to **Humana** for sponsoring.

## Happy October Birthdays



## New Members!

Mary Ball  
 Jackie Bunch  
 Ashley and Charlene Calkins  
 Alyce Castellese  
 Karen Collins  
 Sandra Estep  
 Terri Meadows  
 Marce Negretz  
 Phyllis Rhoades

Dues for 2023  
 remain \$20 for 55+  
 and MC residents

## Recent Donations

Rose Kern  
Earl & Bernice Freimark  
Fran Ingels

### in memory of Herb Meyer

Mariann Meyer

### in memory of Julian Vanisacker

David Vanisacker

Thanks to Dee Mitchell and  
Jo Ann "Mikey" Kunich for donating water.

## Holiday Celebration and Holiday Raffle Baskets Friday, December 16

The What Abouts are  
returning for an evening of roast beef  
dinner and music.

Tickets go on sale Nov. 4  
\$15 if purchased by December 5.  
\$18 after December 6. Limited to 84.

***Sponsored by First Merchants***

## Donations and Shoppers! are requested for the **Rummage & Bakeless Bake Sale**

November 10<sup>th</sup> and 11<sup>th</sup>  
Sale starts at 8:00 a.m.

Thanks to Hickory Ridge  
for sponsoring  
the October Birthday Cake.



Ciena Healthcare Managed Facility

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

With sympathy ...

Patrick Sonoras (09/23/22)  
Nistor Potcova, Jr. (09/26/22)  
Opal Cawood (09/27/22)  
Alice Ford (09/30/22)  
Janet Henderson (10/05/22)

## Cheri's Quote of the Month

***Happy Thanksgiving!***

***Remember to set your scales  
back ten pounds  
this weekend.***

# November 2022

## “What’s Going On” at-a-Glance

### Fall Craft — 3:00 p.m.

Christmas Cards—November 7  
Fall Craft — November 10  
Please sign up at the Front Desk.

### Thanksgiving Day Dinner

November 24 — 11:00 to 1:00  
Cost is \$8 per person  
Please RSVP by November 18.

Monroe Ford Retirees  
Monday, Nov. 7 at 8:30 and 11:30

### Trivia Night

**HOSTED BY BETH & PATTI**

Wednesday, November 2  
5:00 to 6:30 p.m.

**Free of charge.**

Prizes Awarded!

Get a Team Together — limit of four people  
per team. Ages 12+

### Bingo is held on Tuesdays

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

### Sunday Bingo is November 13

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

### November Movie

**November 9<sup>th</sup> — 1:30**

### “Rescued by Ruby”



*Rescued by Ruby* is a 2022 American biographical drama film directed by Katt Shea. Its story follows a state trooper named Dan, who dreams of joining the K-9 search and rescue team of the state police, however has been unsuccessful in doing so until he befriends a shelter dog named Ruby. The film is based on a true story.

### Health Odyssey

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

**November 17, 2022**

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

Topic: COPD with Rebecca Fields

**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.

If you can, drop in a  
dollar or two when  
you’re at the Center.

## Calling All Knitters!

Join the group of people who are getting together to knit and crochet. 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 or Nancy 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 — beginning October 22 with Ministers Solomon and Wiley

## ALL SAINTS DAY — NOVEMBER 1

Loss is difficult, and holding and sharing the memories of our loved ones is helpful and so very important. We're looking forward to having this special celebration and invite all of you to be a part. Time will be allotted to share a memory.

We are asking for you to bring in a picture that we can scan for a PowerPoint. Please include the individual's date of birth and date of death. All pictures will be returned.

Also, you'll be invited to have the name of your loved one placed on a hand-made angel to hang on the memorial tree. The cost is \$5 for angel wings and \$8 for an angel. You're invited to take the ornament home after the event or at the end of the month.

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

## Center's Thanksgiving Dinner

Friday, November 18  
11:30 a.m.

Cost is \$5 per person

Roast Turkey  
Mashed Potatoes/ Gravy  
Green Beans / Stuffing  
Cranberries /Pumpkin Pie

*Thanks to DTE Energy  
volunteers for serving.*

Flu & Covid Shots  
Wednesday, November 2  
8:00 to 11:00 a.m.

**HOMETOWN**  
PHARMACY

## Brain Aerobics

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

## 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.**

## 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.

# FALL

## SENIOR SOCIAL MIXER

SINGLE OLDER ADULTS ARE INVITED TO MEET AND MINGLE AT  
THIS EVENT DESIGNED TO HELP YOU SPARK NEW  
CONNECTIONS AND HAVE SOME FUN. YOU'LL PLAY  
CONVERSATION GAMES TO HELP BREAK THE ICE  
AND MEET NEW PEOPLE.

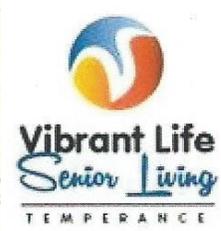
HORS D'OEUVRES & MUSIC

COST: \$5 IN ADVANCE;  
\$6 AT THE DOOR

RSVP BY CALLING THE  
CENTER AT (734) 241-0404



Sponsored by:



## Monroe County Senior Legal Services 2022 Bingo/Raffle Fundraiser!!

VFW Hall 1138 at 400 Jones Ave. Monroe, MI  
(corner of Jones Ave. and La Plaisance Rd.)  
November 19<sup>th</sup>, 2022 at 6pm.  
Doors open at 5:15pm

# BINGO & RAFFLE

**BINGO CARDS**  
License No. V10247

- \$20 for 6 REGULAR cards
- Special Bingo Sheets \$1 each  
(3 cards per sheet)

OPEN TO THE PUBLIC

**RAFFLE TICKETS**  
License No. R64902

\$1 each or 6 for \$5

Advance Raffle Tickets available from our office, or call 734-241-7644  
Raffle held directly after Bingo  
**NEED NOT BE PRESENT TO WIN**

### Raffle Prizes:

- \$599.00 La-Z-Boy Certificate
- Motor City Casino overnight stay and \$100.00
- Home Security System



*Food Purchases  
just \$1*

*Hot dogs  
Nachos  
Pizza  
Drinks*

## Pinochle Winners

Sept. 14 — Kathy Worstell  
Sept. 16 — Cindy Prusaitis  
Sept. 17 — Cindy Prusaitis  
Sept. 19 — Marlin Worstell  
Sept. 21 — Jean Moore  
Sept. 23 — Pat LaRoy  
Sept. 24 — Al Miller  
Sept. 26 — Gary Miller  
Sept. 28 — Jean Moore  
Oct. 1 — Jean Moore  
Oct. 3 — Pat LaRoy  
Oct. 5 — Al Miller  
Oct. 7 — Al Miller  
Oct. 8 — Gary Miller

## Christmas Caroling Anyone?

Put your name on a list at  
the Front Desk if you'd  
like to join us for some  
caroling in December

**LIVE UNITED**



United Way of  
Monroe / Lenawee  
Counties

## HEALTH CHECK

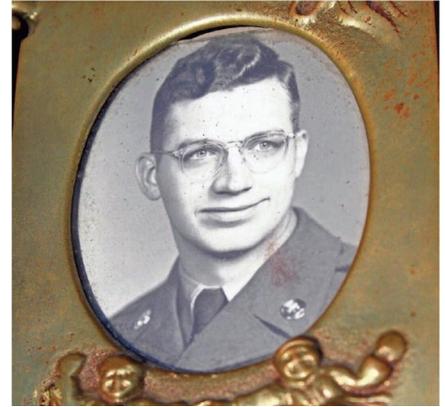
THURSDAY, NOVEMBER 3, 2022  
CARLETON UNITED METHODIST CHURCH  
8:00 A.M. TO NOON

**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 AT 216 NORTH MONROE, MONROE 48162

## HAMAN AMONG HONOR FLIGHT PARTICIPANTS

"I haven't seen so much patriotism in a long time," is the way Gene Haman of Monroe described attending this year's Honor Flight. The 92-year-old Haman was among several Monroe County veterans hosted to a one-day plane trip to the nation's monuments and memorials. Sponsored by Flag City Honor Flight based in Findlay, Ohio, the outing celebrates the brave men and women who served from the WWII, Korean and Vietnam war eras. The longtime Monroe resident was 21 when he was drafted to serve in the army in 1951. He was stationed in Korea and worked as a machinist.



Haman and his unit were positioned 30 miles behind combat lines. Their responsibility was to keep the light aircrafts maintained so that helicopters could fly for observation. "When we arrived in Korea, everything had been destroyed by war," the Korean War vet said. "I used to tell people the country was behind us in civilization by 50 years." Haman recalls walking the countryside and marveling at the way the Korean homes were built from mud, and the methods the villagers used to thresh rice, the process of separating the grain from the straw.



**Haman, 92, of Monroe, was among several Monroe County veterans participating in this year's Honor Flight.**

After serving two years in the service, Haman returned home, married and raised a family. He worked as a machinist with the Ford Motor Company for 36 years.

He said he was excited to be a part of this year's Honor Flight. He was escorted by Justin Ward, a volunteer with the program. "We spent the afternoon seeing the different monuments. The Korean Veterans War Memorial was very moving to see all those killed in action," he said.

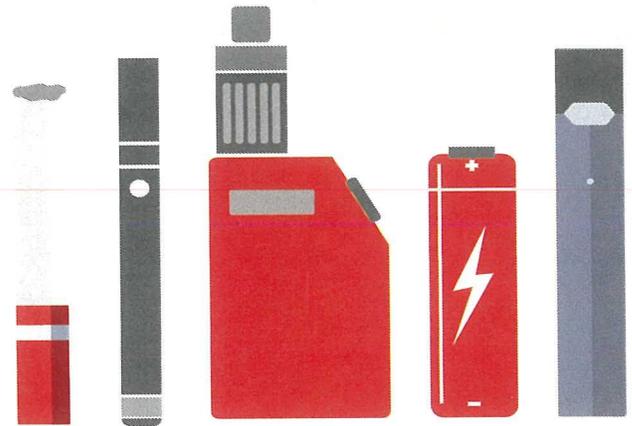
At the end of the event, the veterans returned to a band playing as close to 1,000 people gathered in an airport hangar clapping and cheering. Many held hand-written signs with the words "Thank You."

The veterans were also gifted with letters from friends and family, a book on the "Forgotten War," a DVD on the Tomb of the Unknown Soldier, a Honor Flight souvenir coin, a crocheted blanket, and more. "One of the nicest things to see was all the people welcoming us back," Haman said. "I haven't seen that much enthusiasm in honoring the vets in a long time."

### Did you know?

If you need to withdraw the Required Minimum Distribution from your IRA or other retirement account, you can direct part of the distribution directly to a charity of your choice. That amount is then tax free. Ask your tax advisor for details.

# Truth About Vaping, Smoking And Nicotine



## OVERVIEW

Nicotine is a dangerous and highly addictive chemical. Nicotine in any form is a major risk factor for cardiovascular disease.

Adolescent and teen vaping increases are at epidemic levels. More than 1-in-4 high school students use e-cigarettes. For context, 1-in-4 have used e-cigarettes at least once in the past month while 1-in-5 use them daily.

There are many unfounded beliefs that vaping is safer than combustible cigarettes. As with cigarettes, there is predatory marketing towards youth with e-cigarettes and flavored vape products.

Both vaping and smoking cigarettes are related to an increased susceptibility to and severity to COVID-19. Vaping and smoking increase the risk of transmitting COVID-19.

The American Heart Association is focused on the tobacco endgame -- putting an end to tobacco use and nicotine addiction in this country.

Cigarettes are made from the dried and cured leaves of the tobacco plant. Nicotine is the key addictive drug in tobacco. Like heroin and cocaine, nicotine changes the way the brain works and causes cravings for more nicotine.

Research shows that cigarette smoke contains more than 7,000 chemicals, many of which are harmful toxins, such as:

- **Carbon monoxide** - as what comes out of car exhausts
- **Lead, mercury, chromium and cadmium** -toxic metals
- **Hydrogen cyanide** - used in gas chambers
- **Ammonia** — increases the nicotine hit
- **Polonium 210** — a radioactive substance

Some of the toxins in cigarette affect the mouth, throat and lungs, while others travel in the bloodstream throughout the body. The longer a person smokes, and the more often they smoke, the greater their risk of developing diseases such as lung cancer.

## FACTS

Nicotine is a highly addictive substance that can reshape chemical patterns in your brain.

Nicotine can cause an increase in blood pressure, heart rate, flow of blood to the heart and a narrowing of the arteries. Nicotine may also contribute to the hardening of the arterial walls, which in turn, may lead to a heart attack.

E-cigarette vaping was found to release various potentially dangerous chemicals. <sup>1)</sup> E-cigarette and vape juice is known to contain lead, nickel and chromium. These are known as toxic, heavy metals.

Combustible products (cigarettes), smokeless tobacco and e-cigarettes all contain nicotine.

Nicotine, especially at such high doses, use is known to cause: irritability, mood swings, anxiety, impulsivity, learning difficulties.

One JUUL pod = Nicotine in one pack of cigarettes (typically 20 cigarettes).

"Juuling" is a common used term describing the use of e-cigarettes and vaping <sup>1)</sup> Altria (formerly Philip Morris) owns 35% of JUUL.

In addition to the direct threat to lung health, smoking and vaping increase the risk of transmitting COVID-19. Bringing fingers to the mouth, sharing e-cigarettes with others and emitting large aerosol clouds all increase the risk of transmission.



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. Lung Cancer was chosen for the Month of November



# 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.

## VETERANS SERVICES FAIR



Monday, November 7th

10:00 AM - 2:00 PM

Bedford Veterans Center ~ 8020 Lewis Ave



**Food!**  
**Door Prizes!**



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.



## Monroe County Library in Motion Pick-Up

**November 10 — 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

## Medicare Part B Premium & Deductible

On September 27, 2022, the Centers for Medicare & Medicaid Services (CMS) released the 2023 premiums, deductibles, and coinsurance amounts for the Medicare Part A and Part B programs, and the 2023 Medicare Part D income-related monthly adjustment amounts.

Medicare Part B covers physician services, outpatient hospital services, certain home health services, durable medical equipment, and certain other medical and health services not covered by Medicare Part A.

Each year the Medicare Part B premium, deductible, and coinsurance rates are determined according to the Social Security Act. The standard monthly premium for Medicare Part B enrollees will be \$164.90 for 2023, a decrease of \$5.20 from \$170.10 in 2022. The annual deductible for all Medicare Part B beneficiaries is \$226 in 2023, a decrease of \$7 from the annual deductible of \$233 in 2022. (Don't spend it all in one place!)

## 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 — November 17 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!



## **“ASK THE PHARMACIST” — THE COMMON COLD EDITION**

with Jennifer Sell, RPh, Director of Pharmacy Services

ProMedica Monroe Regional Hospital

As we delve deeper into the fall and winter seasons, instances of the common cold will start to increase drastically. The common cold is most often caused by viruses affecting the upper respiratory tract. The common cold typically lasts 7-10 days, in which illness can feel draining and drawn-out. Usual symptoms of the common cold include headache, fever, sore throat, congestion, fatigue, sneezing, and cough. Because the common cold is most often caused by viruses, there is no curative treatment. However, non-pharmacologic measures and over-the-counter use of medications for symptom management is recommended.

There are preventative measures that, while not eliminating the occurrence of the common cold entirely, they may decrease the duration of illness and severity of symptoms. These methods include building up the immune system in order to fight off the viruses. Aside from staying hydrated and getting enough sleep, taking supplements such as Vitamin C, Echinacea, and Zinc may help with symptom onset and duration. Vitamin C may help if taken as a preventative measure, while taking Echinacea and Zinc within a day or so of onset of symptoms may hasten recovery and improve symptom intensity.

In terms of non-pharmacologic strategies to mitigate the illness, staying hydrated by drinking plenty of water, juice, or warm tea with honey will aid by loosening mucus. It's important to avoid caffeinated beverages such as coffee during sickness, as they cause dehydration thus worsening congestion. Also, moist air can also help loosen mucus. This can be done by using a humidifier. Above all, get plenty of rest through the duration of illness.

As far as over-the-counter pharmacologic relief for adults, choice of medication depends on the symptom. For headache and fever, use a pain reliever/anti-pyretic such as acetaminophen or ibuprofen. For congestion, consider using intranasal saline nasal spray or decongestant medications such as phenylephrine. For cough, consider using cough drops, throat sprays, or antitussives such as dextromethorphan. For any of these supplements and medications, it is important to talk with a local pharmacist or doctor first and to read the medication label to ensure the medication is taken as directed.

### Key Takeaways:

- There isn't a curative treatment for the common cold; remedies used for the common cold help mitigate signs and symptoms.
- Vitamin C, Echinacea, and Zinc may help with symptom intensity and duration if taken prior to symptom onset.
- Non-medication recommendations include staying hydrated, using a humidifier, and plenty of rest.
- Medication recommendations target the symptoms experienced from the illness. Be sure to talk with a local doctor or pharmacist to determine what is best for your symptoms.

~ Written by: Ashley Sayyae, PharmD Candidate

## MONROE CENTER TRAVEL

The Center is again offering a few trips in 2022 and 2023.

See the flyers at the Center for more information

or call Maxine at 734.241.0404 on Friday mornings.

### **New York Shopping Spree** — November 25 through 27, 2022

Spend 12 hours of shopping in New York City. Visit the Garment District, China Town, Times Square, The Jersey Garden Outlet Mall, and more! \$169 pp Deposit required.

### **Panama Canal** — November 3 through 13, 2022

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

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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

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### **Canada & New England** — on Royal Caribbean's Vision of the Seas

10 days and 9 nights — September 28 through October 7, 2023

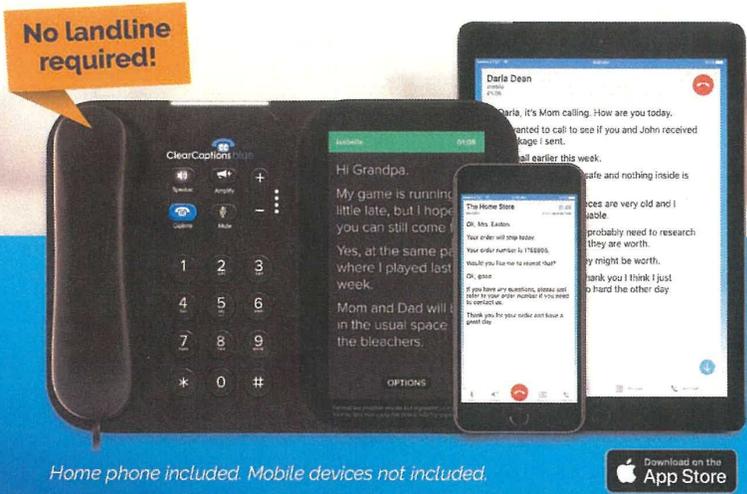
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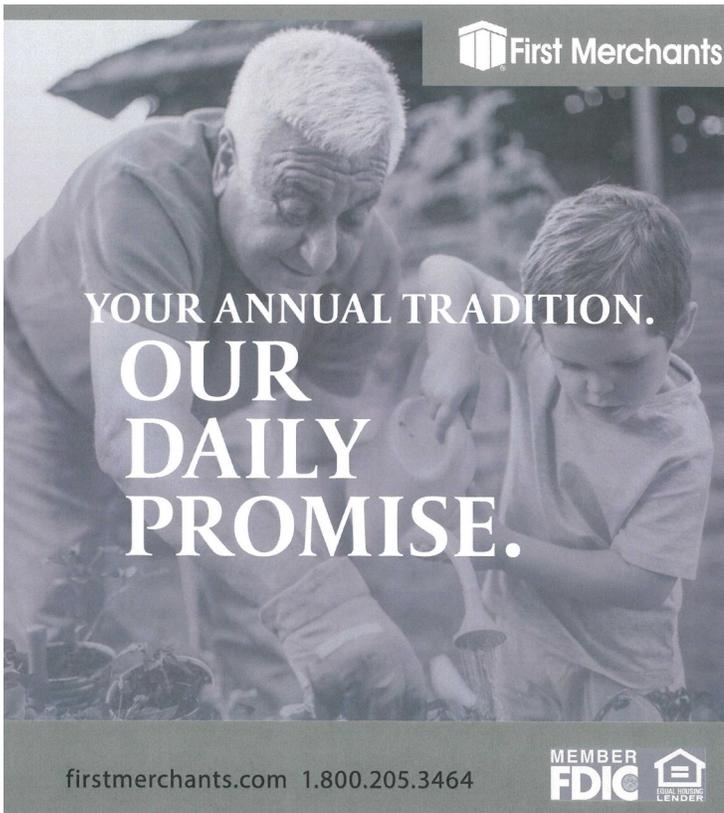
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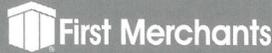
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# November 2022

<p><b>6</b></p> <p>Sunday Dinner 11 a.m. to 1 p.m.</p>	<p><b>7</b> 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 / <b>Card Craft</b></p>	<p><b>1</b> MCOP Support Services 9:00 Rosary Makers 10:15 Chair Yoga 11:00 <b>Euchre</b> 1:30 Bingo 6:00 Woodcarvers <b>7:00 Coin Club</b></p>	<p><b>2</b> <b>BirthDay Dinner</b> 8:00 <b>Flu &amp; Covid Shots</b> 9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 10-1 Messages w/ JoAnn 12:00 Pinochle 3:00 Balance 5:00 <b>Trivia</b></p>	<p><b>3</b> Medicare with Jackie by appointment 9:00—Brain-Aerobics 10:15 Chair Yoga</p>	<p><b>4</b> 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand &amp; Foot 12:00 Knit / Crochet <b>3:00 Mixer Social</b> (Tickets required)</p>	<p><b>5</b> Breakfast 8:00 to 1:00 <b>Noon Meal</b> <b>11:00 to 1:00</b> 11:00 Pinochle Mens Bible Study</p>
<p><b>13</b> Bingo <b>Cards 1:30</b> <b>Play at 2:00</b> Sunday Dinner 11 a.m. to 1 p.m.</p>	<p><b>14</b> <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><b>15</b> MCOP Support Services 10:15 Chair Yoga 11:00 <b>Euchre</b> 1:30 Bingo 6:00 Woodcarvers</p>	<p><b>16</b> 8:30 Class of '67 BK 9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance</p>	<p><b>17</b> Medicare with Jackie by appointment 9:00—Brain-Aerobics 10:15 Chair Yoga 11:00 <b>Library in Motion</b> 3:00 <b>Fall Craft</b></p>	<p><b>11</b> <b>Rummage Sale</b> 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand &amp; Foot 12:00 Knit / Crochet</p>	<p><b>12</b> Breakfast 8:00 to 1:00 <b>Noon Meal</b> <b>11:00 to 1:00</b> 11:00 Pinochle Mens Bible Study</p>
<p><b>20</b> Sunday Dinner 11 a.m. to 1 p.m.</p>	<p><b>21</b> <b>Newsletter Crew</b> 9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 10—1 Messages with JoAnn 12:00 Pinochle 1:30 Dancing /3:00 Balance</p>	<p><b>22</b> 10:15 Chair Yoga 11:00 <b>Euchre</b> 1:30 Bingo 6:00 Woodcarvers</p>	<p><b>23</b> Monroe Senior Legal 9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance</p>	<p><b>18</b> 8:45 Cardi-Yo 10:00 Enhance®Fitness <b>11:30 Thanksgiving Meal</b> 11:30 Pinochle 12:30 Hand &amp; Foot 12:00 Knit / Crochet <b>No Evening Meal</b></p>	<p><b>25</b> <b>11:30 Pinochle</b> Center closes at 2:00 p.m.</p>	<p><b>19</b> Breakfast 8:00 to 1:00 <b>Noon Meal</b> <b>11:00 to 1:00</b> 11:00 Pinochle Men's Bible Study</p>
<p><b>27</b> Sunday Dinner 11 a.m. to 1 p.m. Baked Potato Bar</p>	<p><b>28</b> <b>Canasta</b> 9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 10—1 Messages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance</p>	<p><b>29</b> 10:15 Chair Yoga 11:00 <b>Euchre</b> 1:30 Bingo 6:00 Woodcarvers</p>	<p><b>30</b> Soup &amp; Sandwich Day 9:00 Movin' &amp; Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance</p>	<p><b>24</b> <b>Thanksgiving Day</b> <b>Dinner served 11:00 to 1:00 p.m.</b> <b>RSVP Required</b> (Center closes at 2 pm)</p>	<p><b>26</b> Breakfast 8:00 to 1:00 <b>Noon Meal</b> <b>11:00 to 1:00</b> 11:00 Pinochle Mens Bible Study</p>	<p><b>26</b> Breakfast 8:00 to 1:00 <b>Noon Meal</b> <b>11:00 to 1:00</b> 11:00 Pinochle Mens Bible Study</p>
<p><b>27</b> Sunday Dinner 11 a.m. to 1 p.m. Baked Potato Bar</p>	<p><b>December 1</b> Medicare with Jackie by appointment 9:00—Brain-Aerobics 10:15 Chair Yoga</p>	<p><b>December 1</b> Medicare with Jackie by appointment 9:00—Brain-Aerobics 10:15 Chair Yoga</p>	 <p><b>734.241.0404</b></p>			

# November Evening Meals

**2022**

**Served 4:15 to 6:00 pm**

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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
October 31 Ham and Bowtie Pasta Casserole Fruit	November 1 Homemade Pizza (Veggie or Pepperoni) Side Salad	2 Chicken & Dumplings Cooked Carrots Fruit	3 Stuffed Pepper Soup Grilled Cheese Cole Slaw
7 Lasagna Side Salad Garlic Bread	8 Applebutter Pork Dressing/ Green Beans Baked Apples	9 Monte Cristo Sandwich Pea Salad Cottage Cheese	10 Chicken Broccoli Casserole Applesauce
14 Baked Potato Bar with Chili, Cheese Broccoli. / Fruit	15 Baked Rubeen Casserole Cottage Cheese & Fruit	16 Southern Omelet Biscuit and Gravy Fruit	17 Hamburger Gravy over Mashed Potatoes Vegetables
21 Macaroni & Cheese Sloppy Joes Fruit	22 Red Bean, Fresh Mozzarella Salad Multi-Grain Bread Fruit	23 Easy Mexican Casserole Corn Casserole Chips and Salsa	24 Thanksgiving Day No Evening Meal
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

**Monroe Center meals are open to the public. Menu subject to change. 734-241-0404**

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

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

# November 2022

<p><b>1</b></p> <p>Ranch Chicken Country Potatoes Brussels Sprouts 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.</p>	<p><b>2 Birthday Dinner</b></p> <p>Open Faced Roast Beef Sandwich Mashed Potatoes Green Beans Birthday Cake &amp; Ice Cream 600 cal 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 sod.</p>	<p><b>3</b></p> <p>Chicken Fettuccini Carrots Cole Slaw 791 cal. 44g fat 46 carbs. 53g protein 723mg sodium</p>	<p><b>4</b></p> <p>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>5</b></p> <p>Breakfast 8:00 to 1:00 <b>Noon Meal</b> <b>11:00 to 1:00</b></p>
<p><b>6</b></p> <p>Fall Back!</p> <p>Roast Beef or Salmon Red Skin Potatoes Cauliflower / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p><b>7 Ford Retirees</b></p> <p>Chicken Bruschetta Red Skin Potatoes Mixed Vegetables 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.</p>	<p><b>8</b></p> <p>French Toast Casserole Sausage Fruit 766 calories; 36 g fat; 2,726 mg sodium. 53 g carbohy- drates; 34.7 g protein</p>	<p><b>10 Rummage Sale</b></p> <p>Stuffed Peppers Mashed Potatoes Stewed Tomatoes Pears 665 cal. 23g fat 59 carb 52g protein</p>	<p><b>11 Rummage Sale</b></p> <p>BBQ Pork Sandwich Sweet Potato Wedges Green Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>
<p><b>13 Bingo</b></p> <p>Pork Roast /Chicken Mashed Potatoes Normandy Veggies Fruit 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p><b>14</b></p> <p>Swiss Steak Mashed Potatoes Green Beans 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.</p>	<p><b>15</b></p> <p>Baked Salmon Red Skin Potatoes Cauliflower 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p><b>16 Class of '67 Breakfast</b></p> <p>Beef Stroganoff Side Salad Fresh Fruit 679 cal. 40g fat 48.2 carb 30g pro. 658 mg sod.</p>	<p><b>17 Health Odyssey</b></p> <p>Marinated Chicken Breast Baked Potato / Pea Pods Side Salad / Fruit 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod (No other options today)</p>
<p><b>20</b></p> <p>Spiral Ham w/ pineapple Au Gratin Potatoes Cauliflower 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.</p>	<p><b>21</b></p> <p>Pork Chops &amp; Sauerkraut Mashed Potatoes Broccoli Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p><b>22</b></p> <p>Breakfast Burrito Corn Casserole Fruit 596 cal. 18g fat 61carb 4g fiber 10g sugar 28g protein 1,289mg sod</p>	<p><b>23</b></p> <p>USA Wild Caught Cod Country Potatoes Spinach 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium</p>	<p><b>24 Thanksgiving</b></p> <p>Roast Turkey Mashed Potatoes Stuffing Reserve Green Beans by Cranberries 11/18/22 Pumpkin Pie <b>\$8.00</b></p>
<p><b>27</b></p> <p>Baked Potato Bar With Turkey Chili, Broccoli, Cheese Side Salad Unrolled Pumpkin Roll 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.</p>	<p><b>28</b></p> <p>Salsa Meat Loaf Mashed Potatoes Mixed Vegetables 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.</p>	<p><b>28</b></p> <p>Pepper Steak over Brown and Wild Rice Stir Fry Vegetables Fruit 596 cal. 18g fat 61carb 4g fiber 10g sugar 28g protein 1,289mg sod</p>	<p><b>25</b></p> <p>Turkey Ala King with Peas &amp; Carrots over Homemade Biscuits Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.</p>	<p><b>26</b></p> <p>Breakfast 8:00 to 1:00 <b>Noon Meal</b> <b>11:00 to 1:00</b></p>



734.241.0404

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.