



NONPROFIT ORGANIZATION  
US POSTAGE PAID  
MONROE, MI  
PERMIT NO. 485

Accredited by   
National Institute of Senior Centers



Your senior millage tax dollars at work!

*Engage!*

**October 2022**

**VOLUME 22, ISSUE 10**

LYNNE JOHNSON WAS NAMED VOLUNTEER OF THE YEAR!  
THANKS FOR OVER 275 HOURS OF SERVICE IN 2021.

Thanks to Bacarella Funeral Home for sponsoring the dinner.



And, thanks to Deb's Floral Designs for providing flower centerpieces.

*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: Michelle Gessner michellegessner@monroectr.org	
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:

Bill Bacarella

Troy Goodnough

Kevin Hemry

Richard Janssens

Diane Kamprath

Hobby Nels

Kassie Kipper

Rob Peven

Sister Janet Ryan, IHM

Jennifer Sell

David Swartout

### IN THIS ISSUE:

### Page

Contacts & Board of Directors	2
From the Director's Desk	3
Birthdays / New Members	4
Thank You's / Memorials	5
Center Activities & News	6—9
Ghost Stories / Health Checks	10
Foods to Eat to Help Arthritis	11
Breast Cancer Awareness Month	12
In the Footsteps of Jesus / RSVP	13
Community Page	14
Ask the Pharmacist	15
Travel News and Notes	16
Advertisers	17—21
Monthly Calendar	22
Evening Meals	23
Monthly Menu	24

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

*"Love... brings to harvest all the loveliest flowers of the soul."*

- Billy Graham

Harvest time. It got me thinking about the saying, "You reap what you sow." *To reap what one sows* is associated with the act of harvesting after planting seeds. The verb *reap* means *to gather a crop*. Meanwhile, *sow* means *to plant seeds*. This saying can be found in the Bible as a metaphor for an individual's action being a cause for their future circumstances. The expression later came to be used outside of religious contexts, often in politics, business, and as general wisdom. The 1820 book *Maternal Solicitude for a Daughter's Best Interest* advises working with diligence, because one cannot reap without the effort of first sowing.

Billy Graham's quote (above), says that love comes when one harvests the loveliest flowers of the soul. When I look around, it seems our Country could use a little more love. Maybe a lot more love.

Starting with our own souls, we all have deep inside us the capacity to show care and concern for one another. Maybe it has sat idle for a while because of some slight, but it's still there. Sometimes we need to look hard to find the good in someone, but I'm confident that there's something. Yet, we haven't walked in someone's shoes. Maybe we don't or can't understand the motivation.

And, we all have our own chapters of our lives that we keep closed. That's okay, especially if we learned something from it and have chosen a different path. That's the beauty of growing older. We have lots of experiences to draw from. And lots of life lessons.

With that knowledge, we get to choose happiness, kindness, and love for one another because we know that we do have a choice. How? By accepting others for who they are. Showing compassion. Being honest. Lending a helping hand. We can make a difference in others' lives. And, as an added benefit, we in turn get to reap what we sow. Thanks for bringing joy to my life.

- Sandie

## News to Note . . .

- **Bingo is on Tuesdays!**  
Card sales at 1:30 p.m.  
**Sunday Bingo is Oct. 9**
- **October 5 — Birthday Celebration** during lunch
- **October 5 — 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
- **October 6** —at 11:00 a.m. Library in Motion Delivery
- **October 12 — Movie** "The Healing Garden" at 1:30
- **Oct. 17 — Wear Gaudy Day**
- **October 19** — Class of '67 Breakfast — third Wed.
- **October 21** — Friday Night Meal 4:15 to 6:00 p.m.
- **October 26 — National Senior Health & Fitness Day** — 8:30 to 1:00 **RSVP for complimentary lunch at 11:30 / speaker at noon**
- **October 27 —Health Odyssey** Sponsored by ProMedica. Topic: Habits for Flu Season. Registration is requested. 734.241.0404
- **October 27** — 1:30 p.m. Book Club "**The Flight Girls**" by Nicole Salagar
- **Oct. 27 — Ghost Stories** at 5:30 p.m. Please RSVP
- **October 31** — \$2 Soup and Sandwich Day

**Please Remember to Scan**





# Happy October Birthdays



- |                    |                   |                     |                  |
|--------------------|-------------------|---------------------|------------------|
| Marge Auten        | Pat Diehl         | John Kriska         | Larry Rutledge   |
| Mary Anne Bair     | Barbara Dietz     | Christine Kyko      | Fred Sacks       |
| Raymond Bak        | Loraine Durrant   | Bea Lajiness        | Nancy Savage     |
| George Boberg      | Sharon Eby        | William Lay         | Al Schnorberger  |
| Irene Bond         | Carrie Everett    | Val Mainziner       | Victor Siech     |
| Laura Bores        | Mark Farris       | Fred Marsee         | Sandra Smith     |
| Ken Brooks         | Pat Fields        | Sharon Mays         | Mary Ann Soleau  |
| Cecelia Bubnes     | Tim Fortner       | Diane Mesteller     | Ken Swartz       |
| David Burgard      | Linda Foshag      | JoAnn Mieden        | Rose Marie Swatz |
| Tonia Burkey       | William R. Fritts | Carlene Miller      | Sarah Tennyson   |
| Valeria Campbell   | Glenda Gentner    | Ruby Minton         | Esther Thomspen  |
| Margaret Campione  | Domenic Greco     | Dolores Mitchell    | Rosemary Vajcner |
| Beverly Castellese | Janie Groven      | Patrick Muhleck     | Ron Van Dorn     |
| Marie Conte        | Mary Hall         | Mary Penley         | Lynn Weeman      |
| Marney Cooley      | Eugene Haman      | Jonnie Pratt        | Thomas R. Weeman |
| Donalda Cupp       | Juanita Hatcher   | Arnold Reaume       | Herman Weller    |
| Betty Curley       | Steve Howerton    | Jim Reaume          | Craig Wiley      |
| Dorothy D'Haene    | Ruth Huston       | Mary Rhoades        | Joe Wise         |
|                    | Mark Johnson      | Dennis Richardville | James Wiseman    |

## Birthday Celebrations are Back!

The Birthday Celebration is October 5. We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a birthday in October enjoy a complimentary meal on October 5. Thanks to Hickory Ridge for sponsoring.

## Happy September Birthdays



## WELCOME new members

- Linda Brehmer
- David and Kim Brooks
- Carol Dykstra
- Chuck Gerweck
- David Hehl
- Mary Jagutis
- Sharon Kimling
- Barbara Kroh
- Fred Marsee
- Gregory Navarre
- Morris Newman
- Eileen Posadny
- Robert and Joanna Russ
- Mark and Linda Spenso
- Roseanna Steart
- Kim Tornquist
- Sharon Williams
- Ken and Beth Wonsowski





Thanks to the Community Foundation of Monroe County for awarding the Center \$4,440 toward the purchase of a Vulcan stacking convection oven.

We are grateful.



## Recent Donations

Earl and Bernice Freimark — matching funds for the new convection ovens.

Nancy Kirwen and Jane Karau — in honor of Nancy's 86th birthday.

*Thank You*

in memory of Donna Jones

in memory of Rose Terrasi-Kolakowski

in memory of Geraldine Scholl

Janice Thoma

The August Rummage and Bakeless BakeSale



Raised \$2,301.07

Kudos to the Hard-Working Volunteers and their Leader,  
Lois Knegendorf!



Thanks to Monroe County Community College for sponsoring the September Birthday Cake.



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



With sympathy ...



Frank Wolfe (08/09/22)

Arlene Walsh (08/21/22)

Doug Thoma (08/30/22)

## Cheri's Quote of the Month

There is a child in  
Everyone of us who is  
Still a Trick-or-Treater  
Looking for a brightly-  
Lit front porch.

~ Robert Brault

*Deep in our hearts  
You'll always stay.  
Loved and missed  
Everyday.*

# October 2022

## “What’s Going On” at-a-Glance

### Fall Craft — October 13

with Brenda at 3:00 p.m.  
Please sign up at the Front Desk.

### Friday Night Evening Meal

Friday, October 21  
4:15 to 6:00 p.m.  
Baked Cod—French Fries, Coleslaw

Monroe Ford Retirees  
Monday, October 3 at 8:30 and 11:30



### Bingo is held on Tuesdays

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

### Sunday Bingo is October 9

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



### HOSTED BY BETH & PATTI

Wednesday, October 5  
5:00 to 6:30 p.m.

Free of charge.  
Prizes Awarded!



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

## Health Odyssey

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

**October 27, 2022**

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

Topic: Health Habits to Prepare for the  
Influenza Season

**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>

### October Movie October 12<sup>th</sup> — 1:30



*“The Healing Garden”*  
(Not Rated)

An aging military chaplain and a young girl from a broken home join forces to plant a miracle garden touched by God. The Healing Garden is a faith-based film, laced with warmth and comedy. It celebrates the healing of families and communities through faith.



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. Or learn how.  
Fridays at **12:00**

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.**

## Halloween Festivities

Monday, October 31  
11:30 a.m.

Come in costume!  
Prizes Awarded.

Enjoy some musical entertainment by Rena Wilson

**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 picture 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.

## MONROE CENTER BOOK CLUB



October 27 — 1:30

*"The Flight Girls"*  
by Noelle Salazar

Shining a light on a little-known piece of history, *The Flight Girls* is a sweeping portrayal of women's fearlessness, love, and the power of friendship to make us soar. 1941. Audrey Coltrane has always wanted to fly. She implored her father to teach her at the little airfield back home in Texas and then signed up to train military pilots in Hawaii when the war in Europe began. One fateful day, she gets caught in the air over Pearl Harbor just as the bombs begin to fall, and suddenly, nowhere feels safe.

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

Brain Aerobics  
with Tommie

Thursday Mornings at 9:00 a.m.



## **CENTER PARKING IS AVAILABLE**

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

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

## **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 provided, and you are able to keep the first rosary you make for yourself.

## **Wear Something Gaudy Day**

This "holiday" is celebrated on October 17

*Wear Something Gaudy Day* is your chance to really stick out in a crowd. The word "gaudy" refers to something bright, cheap, showy, outlandish, or otherwise not in good taste.

Have a little fun on this day. For just one day, forego fashion and style. Look for something to wear that's really wild and wacky, and will stick out like a sore thumb wherever you go. If you don't have anything like this in your wardrobe, perhaps a friend does.

Note: If you're always garbed in gaudy attire, this is your day to look like everyone else!

Wear something gaudy  
and receive \$1 off of lunch  
on Monday, October 17.



# NATIONAL SENIOR HEALTH & FITNESS DAY

Wednesday, October 26

8:30 a.m. to 1:00 p.m.

National Senior Health & Fitness Day is celebrated each year in May and October. This year, the focus of National Senior Health & Fitness Day is on the importance of regular physical activity.

The Monroe Center is participating in this National campaign. We hope that you will be able to attend. Our day includes:

- 8:30 to 11:00 Sara Calabrese, Personal Trainer, will be in the Exercise Room to show you the machines — **especially the Balance Machine!**
- 8:30 to 8:50 Demonstration of the Center's Chair Yoga class
- 9:00 to 9:45 Movin' and Groovin' by Jo Lynn
- 9:00 to 11:00 Blood Pressure and Blood Sugar Checks by Gena from IHM
- 10:00 to 11:00 EnhanceFitness by the YMCA
- 11:05 to 11:20 Demonstration on the Center's Balance Exercise class
- 11:30 to Noon Complimentary Lunch — **Please RSVP 734.241.0404**
- Noon to 1:00 Keynote Speaker is Karen Toellen, Certified Personal Trainer, with over 30 years of experience working with older adults. Ms. Toellen will help erase the negative connotation of the word, "exercise," talk about fun ways to get moving, explain the physical, as well as mental benefits of being active, and answer questions you have.

Thanks to DTE Energy for sponsoring this event!



# GHOST STORIES & HALLOWEEN FUN

Thursday, Oct. 27 from 5:30 to 7 p.m.

Join us outside (weather permitting) around a firepit to share real or imagined ghost stories. Please bring your stories to share, read a short story or recite a scary poem. Everyone will get a chance to share. Seasonal treats will be provided. Dress in layers. If the weather is too cold or wet, we will move inside.

RSVP by Monday, Oct. 24

734.241.0404

## Pinochle Winners

August 12 — Cindy Prusaitis

August 15 — Cindy Prusaitis

August 17 — Pat LaRoy

August 22 — Mary Rhoades

August 27 — Luther Conner

August 29 — Gary Miller

August 31 — Al Miller

September 3 — Cindy Prusaitis

September 5 — Luther Conner

Sept. 7 — Renee Schweitzer

Sept. 10 & 11 — Gary Miller

September 12 — Pat LaRoy

## Save the Date!

Friday, November 4

Singles Mixer — your place to get to know one another.

Refreshments provided.

Monroe County Community College Ranked No. 1 in Michigan by WalletHub, a personal finance website. Congratulations!

I AM MCCC



LIVE UNITED



United Way of Monroe / Lenawee Counties

## HEALTH CHECKS ARE RETURNING!

THURSDAY, OCTOBER 6, 2022

FROM 8:00 A.M. TO NOON

AT HERITAGE BAPTIST CHURCH

THURSDAY, NOVEMBER 3, 2022

AT CARLETON UNITED METHODIST CHURCH



# Best Foods To Reduce Arthritis Symptoms

by HealthLifeGuru Staff

May 5, 2022

Arthritis is a common condition that affects millions of people. It can cause pain, inflammation, and other symptoms. While there is no cure for arthritis, there are many things you can do to reduce your symptoms. One of the best ways to do this is by eating the right foods.

## Salmon

Salmon is one of the healthiest foods out there, and it is also one of the best things that you can eat when you are struggling with arthritis. This nutrient-rich fish is high in omega-3 fatty acids and protein. In fact, many studies have found that salmon has a positive impact on arthritis symptoms including pain, stiffness, and reduced function.

## Garlic

Garlic is a powerhouse when it comes to reducing arthritis symptoms. Allicin, garlic's main active compound, has been shown to block inflammation-causing enzymes. Furthermore, garlic contains high levels of antioxidants, which help to scavenge harmful toxins that can worsen joint pain. In addition, garlic is a natural source of sulfur, a mineral that plays an important role in joint health.

## Broccoli

There is no doubt that broccoli is one of the best foods for reducing arthritis symptoms. This nutrient-rich vegetable is loaded with anti-inflammatory compounds, which can help to soothe the pain and swelling associated with this condition. In addition, broccoli contains high amounts of glucoraphanin, a compound that has been shown to boost cartilage health. And because it works from the inside out, eating more broccoli can help to protect your joints by providing them with the building blocks they need to function properly.

## Berries

Berries are widely recognized as some of the most nutritious foods on the planet. They are packed with antioxidants, vitamins, and minerals that promote optimal health and help to protect against a variety of diseases. Perhaps surprisingly, however, one of their

key benefits is in reducing arthritis symptoms. Berries contain anti-inflammatory compounds that help to soothe painful or swollen joints, making them a powerful ally for anyone experiencing joint pain.

## Walnuts

Walnuts are a nutritional powerhouse, and they've been shown to offer a number of health benefits. One of the most impressive is their ability to reduce arthritis symptoms. Studies have shown that eating a handful of walnuts per day can help to reduce inflammation and pain in the joints. In addition, walnuts are an excellent source of omega-3 fatty acids, which are known for their anti-inflammatory properties. They're also a good source of magnesium, which is essential for bone health. Walnuts also contain copper and vitamin E, both of which are important for joint health. Next time you're reaching for a snack between meals, consider grabbing a handful of walnuts instead!

## Spinach

Spinach has long been touted as a superfood, and for good reason. Not only is it packed with essential vitamins and minerals, but it also contains powerful plant compounds that have numerous health benefits. Perhaps one of the most important of these is its ability to reduce the symptoms of arthritis. Studies have shown that consuming spinach on a regular basis can help to prevent joint inflammation and reduce pain, making it a great choice for anyone suffering from arthritis. Additionally, because spinach is rich in protein and fiber, it can also help to keep your body strong and energized throughout the day.

## Conclusion

There is no doubt that arthritis can be a debilitating condition, but thankfully there are plenty of foods that can help to reduce its symptoms. Garlic, walnuts, broccoli, berries, and spinach are all excellent choices for anyone looking to manage their arthritis pain and inflammation. Not only are they packed with nutrients that support joint health, but they also taste great. So if you're looking for a natural way to reduce your arthritis symptoms, be sure to add these foods to your diet.

There are things you should know to understand what breast cancer is, know your chances for getting it, and how to find it early. Finding breast cancer early is critical because when it is found early, it is easier to treat. Read to learn more about the common symptoms of breast cancer and the best way many women find breast cancer early.

## What is breast cancer?

Breast cancer is the second most common cancer among women, after skin cancer. It is a disease in which cells in the breast grow out of control.

Cancer cells can also spread, or *metastasize*, to other parts of the body.



## What symptoms should I look for?

Some warning signs of breast cancer are:

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or shape of the breast.
- Pain in the breast.

These symptoms can happen with other conditions that are not cancer. If you notice any of these symptoms, talk to your health care provider right away.

## Here are some things you can do to reduce your chance of getting breast cancer:

- Keep a healthy weight.
- Engage in regular physical activity.
- Don't drink alcohol, or limit alcoholic drinks to no more than one per day.



To learn more about breast cancer, visit [www.cdc.gov/cancer/breast/](http://www.cdc.gov/cancer/breast/).



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. Breast Cancer was chosen for the Month of October.

# *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.



**Library in Motion**

**Monroe County  
Library in Motion  
Pick-Up**

**October 6 — 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

**SAVE THE DATE** **October 8, 2022**

**Walk to End Alzheimer's® –  
Monroe County**



Talk with Beth Berlin or Sandie Pierce if you'd like to walk with us in this year's Walk to End Alzheimer's.

**Support Services**

- Jackie Drouillard can answer your **Medicare** and insurance questions. Please call for an appointment: 734.241.0404
- **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 — October 27 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” — Thyroid Medications

with Jennifer Sell, RPh, Director of Pharmacy Services

ProMedica Monroe Regional Hospital



Hypothyroidism is a common type of thyroid dysfunction which affects about 2% of the U.S. population. This number could be much higher due to the number of people who are unaware that they have this condition. Common symptoms of hypothyroidism can include dry skin, fatigue, forgetfulness, thinning hair and weight gain. While a person may have these symptoms, hypothyroidism can only be positively diagnosed by performing a blood test to determine the level of thyroid hormones present in one's system.

Hypothyroidism has been traditionally managed by supplementing synthetic versions of the thyroid hormone thyroxine. This medication is available in multiple dosages which are selected and adjusted under the guidance of a physician based on symptom improvement and routine bloodwork testing.

In recent years, there has been some discussion and interest regarding using a more natural approach to treating thyroid disorders including hypothyroidism. Some of the treatments in this approach include the use of a specialized diet, essential oils, herbs and physical therapies such as acupuncture and yoga. It's important to note that there has been limited research done on the use of natural therapies to manage hypothyroidism and substances like essential oils and herbs are not regulated by the FDA for content or purity. Vitamins and supplements have also received some attention as potential treatments for managing thyroid disease, but again, not all of these substances are monitored by the FDA.

After reviewing numerous articles and recommendations from multiple sources, I am providing these tips on the various natural treatments touted to manage hypothyroidism. I believe that most of these items help to address the symptoms of hypothyroidism, which can improve how a person with hypothyroidism feels and functions, but should not be construed as treating or curing hypothyroidism.

**Diet** – A healthy, balanced diet is key for not only hypothyroidism, but for our overall well-being. Eating a wide range of healthy foods is always a good option. Focusing on a single food or food group as a way to treat a medical condition is not healthy nor recommended.

**Essential Oils** – Cedarwood, coconut, grapefruit and lemongrass oils have all received some hype about managing hypothyroidism but none of these claims are supported by research. Using these for aromatherapy however, can help to reduce feelings of fatigue.

**Herbs** – There is some support for the use of herbs for managing hypothyroidism based on their ability to improve thyroid function through hormone regulation. Ashwagandha is a nightshade plant that has been used in Ayurveda practice but it can cause thyrotoxicosis, a severe form of hyperthyroidism. Please consult with your physician prior to incorporating herbs into your diet.

**Physical Treatments** – Acupuncture, meditation and yoga can be great additions to your thyroid treatment regimen. All three of these treatments can reduce stress and increase mindfulness, which can be important for any type of ongoing condition including hypothyroidism.

**Stay well friends!**

~ Jennifer

The Drug Enforcement Administration is hosting a national Drug Take Back on October 29<sup>th</sup>, 2022

## 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

Princes Cruise out of Ft. Lauderdale, Florida  
Explore Falmouth, Jamaica; Cartagena, Columbia;  
Panama Canal; Cristobal, Panama; Limon, Costa Rica;  
Grand Cayman Islands  
\$2,453 to \$3,383 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.

# Bacarella Funeral Home

Traditional Funerals · Cremation · Pre-Planning  
Personalized Services · Monuments and Markers

1201 S. Telegraph · Monroe  
734-241-4600



William A. Bacarella

Dee Maurice

Jeffrey C. Rupp

[www.bacarellafuneralhome.com](http://www.bacarellafuneralhome.com)

*From our family to your family,*  
we welcome you to our home-like,  
comfortable, warm chapels. Your life, your story  
and a loved one's memories.



80 years of excellence at  
*Bacarella*  
FUNERAL HOME

1201 S. Telegraph, Monroe | 734.241.4600 | [bacarellafuneralhome.com](http://bacarellafuneralhome.com)

## IHM Senior Living *Community*

A MEDICARE FIVE-STAR QUALITY FACILITY



We offer short- and long-term rehabilitation, stroke aftercare and follow-up, cardiac and pulmonary care, neurological treatment and therapy, respite stays, home safety and functional assessment and much more.

Residents enjoy private rooms, onsite library, daily religious services and pastoral care, chef-prepared meals and much more.

We accept Medicare, Medicaid, managed/commercial insurances and private pay.

  
IHM Senior  
Living Community

A MINISTRY OF THE IHM SISTERS  
610 W. Elm Ave. • Monroe, MI 48162

*To learn more about our facility  
or to request a tour, call 734-240-9697.*

Thank you to our Sponsors and Advertisers.

Disclaimer - The views and opinions expressed here are solely those of the paid advertiser.

America's Oldest  
Continuously  
Owned Family Business

**"SINCE 1868"**

## **SIEBPLUMBING**

HEATING & AIR CONDITIONING  
ONE STOP SHOP · FREE ESTIMATES ON  
INSTALLATIONS

### **NEED A HANDICAP BATHROOM?**

- Having Trouble Getting Into Bath Tub?
- We Remove The Tub and Install Shower
- Toilet too low—need a higher one?
- Need Grab Bars?

**RESIDENTIAL · COMMERCIAL · INDUSTRIAL**

**24 HR EMERGENCY SERVICE**

**NEW INSTALLATION**

**REMODELING · REPAIRS**

**734.241.8898**

# Beaumont

## BEAUMONT, TRENTON

Compassionate, extraordinary care every day

**Beaumont, Trenton** is a 193-bed acute care teaching hospital that sponsors nine university-affiliated residency programs. **Beaumont, Trenton** provides comprehensive medical and surgical care, including an intensive care unit, as well as all private beds.

### LEADERSHIP

Christine Stesney-Ridenour, President

Dr. Jonathan Kaper, Chief Medical Officer

Sue Schulz, RN, Chief Nursing Officer

### LOCATION

5450 Fort Street

Trenton, MI 48184

734-671-3800



FOR MORE INFORMATION  
VISIT [beaumont.org](http://beaumont.org)

Monroe County's  
Only Full Service  
Funeral Provider

734.384.5185



**MERKLE**  
FUNERAL SERVICE  
& FLORAL EXPRESSIONS

North Monroe Dundee South Monroe Erie  
visit us on the web at [merklefs.com](http://merklefs.com)

Thank you to our Sponsors and Advertisers.

Disclaimer - The views and opinions expressed here are solely those of the paid advertiser.



# PROMEDICA MONROE REGIONAL HOSPITAL

**YOUR HEALTH. OUR MISSION.**

**Offering Pace-Setting Health Care in Monroe, MI**

**Thanks to ProMedica Monroe Regional Hospital  
for sponsoring the Health Odyssey Program.**



15649 South Telegraph Road Monroe, MI 48161 734.344.7331

Brookdale senior living communities are designed to be cozy, like a personal home, while still offering some great amenities to help make life a little more enjoyable. Amenities vary across locations, but here are some examples of the amenities you could be enjoying today:

- Pet-friendly housing
- On-site café
- Arts & crafts
- Courtyard & garden

**1605 FREDERICKS DR, MONROE, MI 48162**  
**734.241.5700**



Thank you to our Sponsors and Advertisers.

Disclaimer - The views and opinions expressed here are solely those of the paid advertiser.

# Mable H. Kehres

 A ROSE COMMUNITY

## Now Accepting Applications

### 1 & 2 Bedroom Apts.

- Cable Ready
- Social Activities
- Pet Friendly
- Elderly admission preference

(734) 241-6222 TTY 711  
mablehkehres.com



# Frenchtown Place

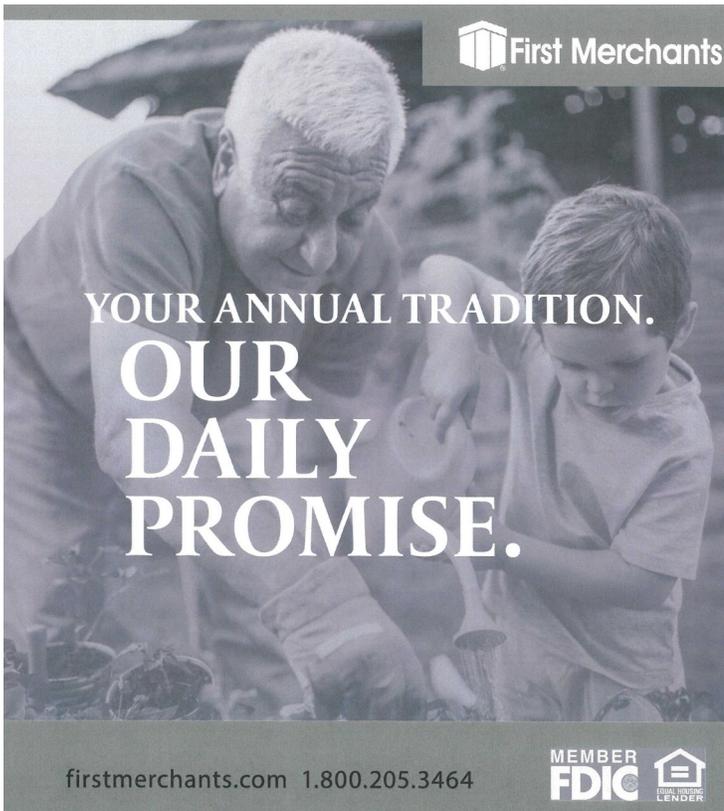
 A ROSE COMMUNITY

## 1 BDR from \$600\*

- Deposit FREE w/Rhino!\*
- Utilities Included
- Pet Friendly
- Elderly admission preference

\* Qualified applicants on market-rate 12 mo. lease. Contact us for details.

(734) 241-8500 TTY 711  
frenchtownplace.com



 First Merchants

YOUR ANNUAL TRADITION.  
**OUR DAILY PROMISE.**

firstmerchants.com 1.800.205.3464

MEMBER FDIC 

**Maria T. McMullin, DDS**  
McMullin Dental Care

**(734) 241-5115**

116 Cole Rd. Monroe 48162

[www.McMullinDentalCare.com](http://www.McMullinDentalCare.com)

# A Sneak Peek at Hickory Ridge's New Addition!



Ciena Healthcare Managed Facility



For more information, please contact the Admissions Department at 734.206.8200

Hickory Ridge of Temperance is proud to announce our new addition, featuring:

- 16 private suites
- Private bathroom and shower
- Flat Screen smart TV
- Private phone in each suite

951 Hickory Creek Drive, Temperance, MI 48182  
P 734.206.8200  
[hickoryridgeoftemperance.com](http://hickoryridgeoftemperance.com)



## FOUNTAIN VIEW OF MONROE



### Services:

- Around the Clock nursing care
- E-stim/ultra sound therapy
- Pain Management
- Physical, Occupational, and Speech Therapy
- Wound Care Management
- Dietary and Nutritional Services
- Medication Administration



- Hospice
- IV Therapy
- Respite Care
- Tube Feeding

### Amenities:

- Beautician/Barber Shop
- Cable TV / In-Room Phones
- Individual Heating and Cooling Units for each room
- On-Site Activities
- Private dining room for family gatherings
- Religious / non-denominational services
- Transportation to nearby appointments
- Visiting pets are welcome



Five-Star Quality Rated  
by Centers for Medicare and Medicaid Services

1971 North Monroe Street  
Monroe MI 48162  
**Phone:** 734-243-8800  
**Fax:** 734-243-8835  
**Website:** [cienafacilities.com](http://cienafacilities.com)

Thank you to our Sponsors and Advertisers.

Disclaimer - The views and opinions expressed here are solely those of the paid advertiser.

2	Sunday Dinner 11 a.m. to 1 p.m.	3 8:30 Ford Hourly Retirees 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Messages with JoAnn 11:30 Ford Retirees 12:00 Pinochle 1:30 Dancing 3:00 Balance	4 MCOP Support Services 9:00 Rosary Makers 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers 7:00 Coin Club	5 <b>BirthDay Dinner</b> 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10-1 Messages w/ JoAnn 12:00 Pinochle 3:00 Balance 5:00 Trivia	6 Medicare with Jackie by appointment 9:00 Brain Aerobics 10:15 Chair Yoga 11:00 <b>Library in Motion</b>	7 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	8 Breakfast 8:00 to 1:00 <b>Noon Meal 11:00 to 1:00</b> 11:00 Pinochle
9	Bingo <b>Cards 1:30 Play at 2:00</b> Sunday Dinner 11 a.m. to 1 p.m.	10 <b>Canasta</b> 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10-1 Messages w/ JoAnn 12:00 Pinochle 1:30 Line Dancing 3:00 Balance	11 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	12 <b>Monroe Senior Legal</b> 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 1:30 "The Healing Garden" 3:00 Balance	13 Medicare with Jackie by appointment 9:00 Brain Aerobics 10:15 Chair Yoga 3:00 Halloween Craft	14 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	15 Breakfast 8:00 to 1:00 <b>Noon Meal 11:00 to 1:00</b> 11:00 Pinochle
16	Sunday Dinner 11 a.m. to 1 p.m.	17 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Messages with JoAnn 12:00 Pinochle 1:30 Dancing / 3:00 Balance <b>Wear Something Gaudy Day</b>	18 MCOP Support Services 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	19 8:30 Class of '67 BK 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	20 Medicare with Jackie by appointment 9:00 Brain Aerobics 10:15 Chair Yoga	21 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 4:15 <b>Evening Meal</b>	22 Breakfast 8:00 to 1:00 <b>Noon Meal 11:00 to 1:00</b> 11:00 Pinochle Men's Bible Study
23	Sunday Dinner 11 a.m. to 1 p.m.	24 <b>Canasta</b> 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Messages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance	25 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	26 <b>Sr. Health &amp; Fitness Day</b> <b>Monroe Senior Legal</b> 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	27 Medicare with Jackie by appointment 9:00 Brain Aerobics 10:00 Blood Pressure 10:15 Chair Yoga 11:30 <b>Health Odyssey</b> 1:30 Book Club 5:30 Ghost Stories	28 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	29 Breakfast 8:00 to 1:00 <b>Noon Meal 11:00 to 1:00</b> 11:00 Pinochle Men's Bible Study
30	Sunday Dinner 11 a.m. to 1 p.m. \$6 Special	31 <b>Canasta / \$2 Soup</b> 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Messages with JoAnn 12:00 Pinochle 1:30 Dancing / 3:00 Balance <b>Halloween Costume Fun!</b>					



2022

OCTOBER

**Friday Night  
Meal is on  
October 21  
4:15 to 6:00**

# October

## Evening Meals

**2022**

**Baked Cod, Fries  
and Coleslaw**

**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>
3 Hearty Beef Stew Biscuit Cottage Cheese	4 Taco Salad Fruit	5 Hot Turkey Sandwich with Mashed Potatoes Vegetable Cranberries	6 Egg, Bacon, Cheese, and Hashbrown Casserole Fruit
10 Ham AuGratin Potatoes Vegetable	11 Hamburger Steak in Mushroom Gravy Mashed Potatoes Green Beans	12 National Gumbo Day Chicken Gumbo Soup with Biscuits Applesauce	13 Tacos Corn Casserole Refried Beans
17 Baked Potato Bar with Chili, Cheese, Broccoli Fruit	18 Chop Suey with Rice Egg Rolls Chow Mein Noodles	19 French Toast with Apple or Peach Topping Sausage	20 Hamburger and Cheese Casserole Side Salad
24 Macaroni & Cheese Sloppy Joes Fruit	25 Porcupine Balls with Ground Turkey & Gravy over Noodles Side Salad	26 Zucchini Boats 1/2 Baked Sweet Potato Fruit	27 Cauliflower Chowder Ham Salad Sandwich Pineapple
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

**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**

2	Spiral Ham with pineapple Au Gratin Potatoes Cauliflower 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.	3	<b>Ford Retirees</b> Cornflake Chicken Rice Pilaf Glazed Carrots 880 cal. 23g fat 127carb 12g- fiber 47g sugar 40g pro 1,211 mg sod.	4	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	5	<b>Birthday Dinner</b> Chicken Bruschetta Red Skin Potatoes Mixed Vegetables Birthday Cake & Ice Cream 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.	6	Chili with ground turkey Dinner Roll Broccoli Salad 766 calories; 36 g fat; 2,726 mg sodium. 53 g carbohy- drates; 34.7 g protein	7	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	8	Breakfast 8:00 to 1:00 <b>Noon Meal</b> <b>11:00 to 1:00</b>
9	<b>Bingo</b> Roast Beef or Salmon Red Skin Potatoes Cauliflower / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 4.1g pro 1,117 mg sod	10	Beef Stroganoff Side Salad Fresh Fruit 679 cal. 40g fat 48.2 carb 30g pro. 658 mg sod.	11	Omelet Casserole Biscuit (One) and Gravy Banana	12	Baked Salmon Red Skin Potatoes Cauliflower 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	13	Chicken Noodle Casserole Green Peas Fruit 717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g protein 948mg sodium	14	Turkey Burgers with Sautéed Onions Sweet Potato Fries Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	15	Breakfast 8:00 to 1:00 <b>Noon Meal</b> <b>11:00 to 1:00</b>
16	Pork Roast /Chicken Mashed Potatoes Normandy Veggies Fruit 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	17	Wear Something Gaudy Chicken Enchiladas Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	18	Spinach Lasagna Roll-Ups Green Beans Garlic Bread Side Salad 616 cal. 26g fat 41 carb 7g fiber 2g sugar 32g protein 757mg sod	19	<b>Class of '67 Breakfast</b> Chicken Ala King with Peas & Carrots over Homemade Biscuits Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	20	Pork Chops w/Sauerkraut Mashed Potatoes Broccoli Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	21	Salsa Meat Loaf Mashed Potatoes Mixed Vegetables 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.	22	Breakfast 8:00 to 1:00 <b>Noon Meal</b> <b>11:00 to 1:00</b>
23	Chicken Cordon Bleu Sweet Potatoes Green Beans Cranberries 600 cal 26g fat 75 carb 12g fiber 10g sugar 39g protein 1,713 sod	24	USA Wild Caught Cod Country Potatoes Spinach 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium	25	Pineapple Ham Spinach or Broccoli Quiche Cottage Cheese 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.	26	<b>Health &amp; Fitness</b> Marinated Chicken Breast Baked Potato Peas / Fruit 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod	27	<b>Health Odyssey</b> Pork Roast Mashed Potatoes Normandy Veggies Salad / Grilled Apples 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium (No other options today)	28	Liver and Onions or Salisbury Steak Mashed Potatoes Green Beans 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.	29	Breakfast 8:00 to 1:00 <b>Noon Meal</b> <b>11:00 to 1:00</b>
30	<b>\$6 Special</b> BBQ Ribs or Chicken Mashed Potatoes Normandy Veggies Dessert	31	<b>Soup &amp; Sandwich \$2</b> Chicken with Rice or Tomato Soup Sloppy Turkey Joes or Grilled Cheese Sandwich Dessert (No other options today)	<b>October 2022</b>				 <b>734.241.0404</b>					

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.