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National Institute of
Senior Centers



Your senior millage tax dollars at work!

Engage!

VOLUME 23, ISSUE

August 2023







Flag Day — Thanks to VFW Post 1138 and Jon Moore and "Ala Carte Band"

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

Interim Operations Manager: Jerry Pierce

(Applications are being accepted!)

Program Manager: Toni Solomon toni@monroectr.org

Cooks:

Scott Suttles Esther Thompson
Carol Huffman Susan Stoner

Delanie Guyor

Customer Service Coordinator:

Cheri Braunlich

cheri@monroectr.org

Accounting Clerk: Linda Guyor

linda@monroectr.org

Volunteer Coordinator:

Brenda Lewis

brenda@monroectr.org

Bingo Coordinator:

Lisa Brown

RSVP Director:

Beth Berlin

beth@monroectr.org

RSVP Volunteer Coordinator:

Jo Anne Bray

joanne@monroectr.org

Vision:

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



15275 South Dixie Highway Monroe, MI 48161

734-241-0404



Visit us on-line: www.monroectr.org

Board of Directors

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VICE PRESIDENT:

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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."

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

"Once in a blue moon someone like you comes along."



~ Van Morrison

Did you know that the next Blue Moon occurs on August 30, 2023—and it's a supermoon, too! Blue Moons are rare and happen when there are two full moons in a month. Supermoons are commonly defined as full Moons that occur while the Moon is at its nearest point to Earth. Supermoons are ever-so-slightly closer to Earth than the average full Moon, which technically makes them extra large and bright from Earth's perspective.

All of you are like Blue Moons and Supermoons to me. Members of the Center are those rare individuals who come into your life and make it better just because they're in it. And you're like Supermoons, too. You all shine extra bright and are close to my heart! Thanks for making the Monroe Center so special.

At a time when there seems to be so much name calling and anger in our world, it's heartwarming to see the joy that you bring to one another and the kindness that is extended to one another. Thanks for being examples of good people. We appreciate your care and concern.

The Center is in the final stages of our re-accreditation, and I'm proud to report that our reviewer, Sandy Yost, was highly impressed with the Board, staff, and members. She concurred with us that the Monroe Center IS the place to be for fun, fellowship, and support. It's also the place for great, nutritious-conscious food at affordable prices.

On August 18, we all get to witness some of the Super Stars during our Member Talent Show. The evening begins with supper at 4:15 p.m., followed by an array of individuals entertaining us with their talents. We hope that you'll be able to attend.

~ Sandie

News to Note . . .

- Bingo is on Tuesdays!
 Card sales at 1:30 p.m.
 Sunday Bingo—August 13
- August 2 Birthday
 Celebration during lunch
- August 2 Trivia Night at 5:00 p.m. Prizes!!
- Monday Massages and 1st-Wednesday of the month with JoAnn — 10:00 to 1:00
- **August 10**—at 11:00 Library in Motion Delivery
- August 11 & 12 Rummage Sale
- August 10 Jefferson
 Class Reunion 11:00
- August 10 —Crafts —3:00
- **August 9 Movie —** "Father Stu" 1:30 p.m.
- August 16 Poetry Class with Nancy Jackson at 1pm
- August 18 Talent Show Supper at 4:15 p.m. Show begins at 5:00 p.m. Tickets are \$6.00
- **August 16** Class of '67 Breakfast third Wed.
- Aug. 24—Health Odyssey
 Sponsored by ProMedica.
 Topic: Stroke Awareness
 Register at 734.241.0404
- **August 31** \$2 Soup and Sandwich Day

Please Remember to Scan



Happy August Birthdays

Denise Auten
Louise Bauerschmidt
Madonna Bednarz
Linda L. Boberg
Michael Boron
Lee Bunge
Judy Collingsworth
Karen Collins
Marlene Cunningham
Rose DeSmet
Pasquale DiCarlo
Paula Diehl
Cheryl Doran
Judity Drake
Patricia Drummonds

Judity Drake
Patricia Drummonds
Don Ellerbrock
Donna Elmore
Cynthia Enoch
Rita Ernest
Carol Eshelman
Carolyn Evens
John Falconer

Grace Falster

Donna Fazekas Sharon Friedline Bev Gerber Flora Gootee Maxine Gowman Roy Guy **Evelyn Harmon Barbara Harness** David Hehl Timothy Hirabayashi Lisa Hovater Margorie Hotchkiss Louella Howerton Johnnie Jones Carol Kamprath Brenda Keenan Mark Kipf Jo Anne Klootwyk Nancy Kirwen Mary Kohler Janice Kraus

Tom Labo Lynette Langland **Audrey Lazette** Debbie Lentz Clara Lloyd Frank Lowe Michelle Lucarelli Robert McDonald Pat McPhail Terri Meadows Leon Merkle Carol Miller John Morris **Margaret Morrison** Nick Mushisky Elaine Mushung Cindy Nolan

Marsha Oberleiter

Tammy Perez

Janice Reaume

Donna Reaume

Ken Phillips

Rosemary Satkowski Pat Schassberger Loretta Scheich Joyce St. Bernard Jack Sturn Anita Thompson Bonnie Thompson Susan Trondson Joann Trouten Brenda Turnbull Ron Turner Fatima Vangel Vernon VanWasshenova Sr. Joselyn Weeman **Nancy Wortinger** Nancy Younglove Cindy Zak

Harry Redford Frank Regan

Joanna Russ

Vicky Sacks

Barbara Sampsl

Birthday Celebration!

The Birthday Celebration is August 2. We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a birthday in August enjoy a complimentary meal on Wednesday, August 2.

Thanks to Merkle Funeral Home for sponsoring the birthday cake in August.

Happy July Birthdays!

Andrea Labo



WELCOME new members

Sherry Beaubiene

Dan Burt

Mark Flotow

Rolland Hatfield

Annette Kinsey

Margret Mackey

Dean Mink

Judy Peterson

Wanda Rice

Cindy Yonovich

Recent Donations

Nancy Thompson Marie Baehr

in memory of Ken Brancheau

Mary Ann Brancheau

in memory of Jack Hemry

Mark & Cheri Braunlich

Happy Birthday, Jack Hemry (8/1)

Chris Frayer Kevin Hemry Nancy Ellison Lisa Brown

Thanks to Everyone who Supported "Duck Burger" Night at the Center on July 7, 2023

It was a great night of fun, food, fellowship and music!

We served 190 burgers and made \$1,140 on this fundraiser.

W.

Amazing!

The 50/50 Raffles at Bingo raised \$552.50 in June!

Thanks to Mikey, Val, and Debbie for selling tickets and to the **buyers!**

Cheri's Quote of the Month

If you are reading this,

I wish you a day
filled with kind people,
lots of smiles, and
unexpected blessings.

Monthly "Poets Society"

with Nancy Jackson

Wednesday, August 16

at 1:30 p.m.

In this class, participants will discuss and learn how to write poetry.

Please sign up at the Front Desk.

Thanks to

IHM Senior Living Community

for sponsoring the July Birthday Cake.



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



With sympathy ...

Lillian Ellison (6/21/23)

Deep in our hearts you'll aways stay
loved and missed everyday

Thanks to Dee Mitchell, Lisa Brown and the EnhanceFitness® class members for donating bottled water!



AUGUST 2023 "What's Going On" at-a-Glance

Monroe Ford Retirees — Monday, August 7 at 8:30 and 11:30

B-I-N-G-O

Bingo is held on Tuesdays

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

Sunday Bingo is August 13

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

Health Odyssey

◆ PROMEDICA

MONROE REGIONAL

HOSPITAL

August 24, 2022

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

Topic: **Stroke Awareness** by Julie Shawver, ProMedica Toledo Hospital Stroke Coordinator and PA

- ⇒ Signs and Symptoms of Stroke
 - \Rightarrow Importance of Calling 9-1-1
 - ⇒ Risk Factors for Stroke
- \Rightarrow What to Expect in the Hospital

RSVP Requested: 734.241.0404

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

Please respect others by listening. Side talking makes it difficult to hear.

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

HOSTED BY BETH & PATTI

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

TRIVIA NIGHT

Free of charge.

Prizes Awarded!

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



August Movie

"Father Stu" August 9, 2023

Based on a true story, *Father Stu* is an unflinchingly honest, funny

and uplifting story about finding purpose in a most unexpected place. After surviving a terrible motorcycle accident, Stuart Long wonders if he can use his second chance to help others find their way. Stuart pursues his vocation with courage and compassion.

Rated PG 13 Complimentary popcorn.

August Craft — Diamond Art August 10 — 3:00 p.m.

Please sign up at the Front Desk.

Calling All Crafters!

Fridays **now** at **12:00 noon.**

Join the group of people who are getting together to knit, crochet or *do other handiworks*. Make a dishcloth, scarf, or afghan. Beginning tutoring is offered for knitting and crocheting. Bring your own supplies. If you have questions, call Maxine at the Center on Friday mornings.

Also, donations of yarn are needed for baby blankets, hats, and other items that are donated to those 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

Drumming and Yoga with Betsy or Kathy Fridays 8:45 to 9:45

Women's Bible Study led by Toni and Shanna Friday, August 4, 2023 at 3:00 p.m.

Men's Bible Study — 9:00 a.m. On Hold until the Fall.



Friday Night Meal and Talent Show!

Friday, August 18

4:15 — Meal 5:00 — Talent Show

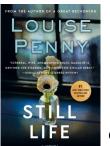
Tickets are \$6.00 per person

Chicken Bruschetta
Normandy Blend Vegetables
Caesar Salad Dinner Roll Dessert



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

MONROE CENTER BOOK CLUB



Thursday, August 24 at 1:30 p.m.

"Still Life" by Louise Penny

Chief Inspector Armand Gamache and his team of investigators are called to

the scene of a suspicious death in a rural village south of Montreal and yet a world away.

September Selection:
"The One Hundred Years of Lennial and Margot" by Marianne Cronin

Brain Aerobics

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

THINGS TO KNOW:

- The first row outside of the Center is reserved for guests of the Center. The Monroe Center reserves the right to tow cars that are in violation.
- Please remember that the Center is scent free.
- As of April 1, Gift Certificates may be used for food purchases or Bingo only.

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.



"Supplying our Future" Backpacks for Kids in Monroe County

Donations are being collected at the Center for the annual Backpack Program.

Items needed:

- Pencils - Markers

- Lined Paper - Glue Sticks

- Crayons - Pens

- Scissors - Pencil Sharpeners

- Rulers - Spiral Notebooks

Backpacks will be distributed on Friday,
August 18 and Saturday, August 19
Call the Salvation Army for more information.
734.241.0440

Calling ALL Shoppers!

Rummage Sale

Friday, August 11 8:00 a.m. to 4:00 p.m.

Saturday, August 12 8:00 a.m. to 1:00 p.m.

Donations are accepted.

Please no clothes.

Want to volunteer?
See Brenda.

DENTAL CONCERNS?

THE ORCHARD EAST COMMUNITY HEALTH
HUB **DENTAL CLINIC**

PROVIDES
SERVICES FOR THE INSURED
AND UNINSURED.

OPPORTUNITY CENTER
120 EASTCHESTER STREET
MONROE, MI 48161

CALL FOR MORE DETAILS AND TO SCHEDULE AN EVALUATION.

734.241.2775 EXT. 244







Thursday, August 31, 2023 10:00 a.m. to 1:00 p.m. at LaRoys Hall

10:00 Visit Sponsor and Vendor Tables

11:00 Sheriff Troy Goodnough—Common Senior Scams

11:25 Home Safety

11:50 Lunch

12:15 Safety and Scam Discussion Panel

12:50 Basket Raffle Drawing

Registration Required by August 18 with Monroe County Commission on Aging Call: 734-240-3290 or Email: MCCOA@monroemi.org Please include names and contact information.



















LIVE UNITED



United Way of Monroe / Lenawee Counties

Poker Games

1st and 3rd Thursdays at 10:00 a.m. (See Kevin)

Save the Date!

Lunch and Learn — Sept. 18

What is Pain and How Do I Treat It?

By Dr. Emily Neal, PT
Owner of
Courageous Rehab and Wellness



Diabetes and Nutrition Services

For each patient, we customize a plan to meet your specific diabetes and/or nutrition health goals and needs.

FREE





Accredited Program

MEDICARE WEIGHT LOSS PROGRAM

Dietitian-led free Medicare program for those with a BMI (body mass index) greater than/equal to 30 kg/m2 and Medicare Part B.

Up to 22 visits with dietitian in one year.

You'll need a referral from your physician.

They can fax it to 734-240-1892, provide you with a paper referral or complete an electronic order if they are a ProMedica-affiliated provider.

Questions call 734-240-1813 (Monday-Thursday 8am - 5:30pm)

Submitted by Gary and Audrey Lazette from the Ogemaw Commission on Aging's "Senior Observer"



FOLKS AT HOME

MARY'S PAGE - "21 CHUCKLES"

- 1. When one door closes and another door opens, you are probably in prison.
- 2. To me, "drink responsibly" means don't spill it.
- 3. Age 60 might be the new 40, but 9:00 pm is the new midnight.
- 4. It's the start of a brand-new day, and I'm off like a herd of turtles.
- 5. The older I get, the earlier it gets late.
- 6. When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
- 7. I remember being able to get up without making sound effects.
- 8. I had my patience tested. I'm negative.
- 9. Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
- 10. If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"
- 11. When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing!

- 12. I finally got eight hours of sleep. It took me three days, but whatever.
- 13. I run like the winded.
- 14. I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.
- 15. When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"
- 16. When you do squats, are your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery?
- 17. I don't mean to interrupt people. I just randomly remember things and get really excited.
- 18. When I ask for directions, please don't use words like "east."
- 19. Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.
- 20. Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people cops.
- 21. My luck is like a bald guy who just won a comb."



July 30-August 5, 2023

Michigan's Finest Fair

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.





Pinochle Winners

June 10 — Cindy Prusaitis June 12 — Dee Mitchell June 14 — Richard Genord June 16 — Joan Milam June 17 — Mary Rhoades June 19 — Carol Swartz June 21 —Al Miller June 23 — Cindy Prusaitis June 24 — Luther Conner June 26 — Jean Moore June 28 — Al Miller June 30 — Pat LaRoy July 3 — Gary Miller July 5 — Marlin Worstell July 7 — Al Miller July 8 — Luther Conner July 10 — Al Miller



Thanks to the Monroe Center Board of Directors

Mark S. Braunlich, Bill Bacarella, Sr. Janet Ryan, Peggy Barton, Jaime McDonald,
Diane Kamprath, Jennifer Sell, Hobby Nels, Kassie Nipper, Kevin Hemry,
Troy Goodnough, David Swartout (not pictured Michelle LaVoy **AND Richard Janssens**)

MONROE CENTER TRAVEL

The Center is offering a few trips in 2023 and 2024. See the flyers at the Center for more information or call Maxine at 734.241.0404 on Friday mornings.

Caesar's Casino — July 26, 2023 \$30 per person

\$15 in casino play. Leaving Elevate Church. Passport required.



NEW: Put-In-Bay — August 31, 2023 \$139 per person
Ferry Ride to the Island. Visits to: Heineman Winery, Crystal Cave,
Butterfly House, Antique Car Museum, and Perry's Monument Visitor's Center.
\$15 voucher for lunch.

Alaska Cruise, Land & Rail — Princess Cruises

— June 12 to 22, 2024

Arrive Anchorage. Board a motorcoach for your journey to the Mt. McKinley Lodge and then on to Denali Lodge. Enjoy a scenic rail journey and then return to your ship to Anchorage, Hubbard Glacier, Skagway, and Ketchikan. Rates \$4,855 to \$6,420. Includes airfare from Detroit.

Passport required.

Canada & New England — Royal Caribbean — September 19 to 28, 2024 Depart Baltimore, cruising to Boston, Portland, St. John, and Halifax. Rates are \$1,695 to \$1,795. Includes airfare. Balcony cabins are available upon request. Passport required.

Reefs & Rhythms — Oceania Cruises — December 3 to 13, 2024

Depart Miami, cruising the Straights of Florida to Costa Maya, Belize, Guatemala, Honduras, Costa Rica, Panama, and Colombia. Rates range from \$3,346 to \$5,646. Double occupancy. Includes airfare. Passport required.



Monroe County Library in Motion Pick-Up

August 10 — 11:00 a.m.

FRENCHTOWN-DIXIE BRANCH LIBRARY EMENTIA PPORT GROUP econd & Fourth Wednesday **OF THE MONTH** From 1:00 pm - 3:00 pm This is an informal, unmoderated support group for current and former caregivers of loved ones with dementia to give voice to their frustrations, concerns and moments of joy during this journey we are on with this disease. Frenchtown-Dixie Branch Library 2881 Nadeau Road, Monroe MI (734) 289-1035 **Drop-In Advice for Laptops, Cell Phones, Tablets** Third Thursday — August 17 - 2:00 to 3:00 p.m.

Frenchtown-Dixie Branch Library

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!

Support Services

- Jackie Drouillard 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 August 24 at 10:00 a.m.



MemoryLane Care Services offers coaching and support groups for caregivers and in-person Adult Day Care for individuals with memory loss. Contact Cheryl Conley at MemoryLane: 2500 North Reynolds Toledo, Ohio 43615 Phone: 419-720-4940 Serves Monroe County!

"ASK THE PHARMACIST" —

with Jennifer Sell, RPh, Director of Pharmacy Services ProMedica Monroe Regional Hospital

ATRIAL FIBRILATION

Avery Oberfeld, University of Michigan PharmD Candidate 2024

Atrial Fibrillation (A-Fib) is a condition where the heart beats irregularly, getting out of the normal rhythm (arrhythmia). A-Fib can, unfortunately, lead to complications such as blood clots, heart failure, stroke and heart attack. The manifestation of A-Fib can show up as episodic, chronic, asymptomatic, or feel as though your heart is racing and pounding through your chest. A-Fib can make you experience faintness, confusion, and fatigue. Although A-Fib is not necessarily lifethreatening, it is important to monitor as it can lead to life-threatening events.

In order to test for A-Fib, your health care team will perform an electrocardiogram (ECG or EKG) which records the electrical signals of your heart. It is read by your healthcare provider to determine any irregularities. There are some helpful gadgets on the market to help keep track of your heart on a day-to-day basis. At-home monitoring devices will not be as accurate as the test performed by health professionals, but they can help you stay on top of your health. The target heart rate for those who are diagnosed with A-Fib is to be less than 110 beats per minute.

Treatment is different for each person depending on their needs and medical history, but typically consists of heart rate control and heart rhythm control. Severe cases of A-Fib may require cardioversion, which is a medical procedure done in the hospital. A few examples of medications that are frequently used in regulating A-Fib are diltiazem, digoxin, and beta-blockers. Given the increased risk of blood clots, people experiencing A-Fib are often prescribed anti-coagulants (blood thinners) to help prevent strokes and heart attacks.

Risk factors for developing A-Fib include

hypertension (high blood pressure), coronary artery disease, and rheumatic valvular disease. Consult your health care team if you feel you may be a risk or are experiencing A-Fib.

Helpful Gadgets

If you use Apple products, you may be familiar with the health tracking features. The Apple Watch is able to take a preliminary ECG and can track A-Fib. If you have a diagnosis of A-Fib, you can use the watch in conjunction with an IPhone to set up the A-Fib history section in the Health Application. This creates a record of A-Fib in your daily life and puts together graphics to show trends.

The EMAY Portable EKG monitor is a compact device that records your health rhythm by pressing your finger on the device. This compact device is easy to carry around and have handy. It is compatible with IPhones, Androids, Windows, and MacBooks. The readings can be easily recorded and sent directly to your physician. This is a great tool to help monitor yourself and keep your healthcare provider informed.

IMMUNIZATION



Fact Sheet

Immunization happens when a person becomes protected against a disease through vaccination. Getting vaccinated is one of the safest and most effective ways of preventing infectious diseases.

Office of Minority Health and Health Equity

What is immunization?

When disease-causing viruses or bacteria (germs) invade the body, our immune systems are activated to attack them. Vaccines work by mimicking these germs so that if you are exposed to the real germ, your immune system is prepared to respond quickly.

Vaccines contain dead and weakened forms of germs or small pieces of germs. Others contain genetic instructions for immune cells to identify germs. Since vaccines do not contain germs in disease-causing forms, they **will not** give you the disease they are designed to prevent.

Most vaccines are given as an injection (shot). Side effects are usually mild, such as redness or soreness where the shot was given or a low-grade fever.



Why is immunization important?

Getting vaccinated is one of the most effective ways of preventing infectious diseases, disabilities, and deaths. In the United States, routine childhood vaccines prevent many diseases, and immunization has reduced the occurrence of most vaccine-preventable diseases by over 95%.

Adults need vaccines too, even if you got all your childhood shots. The protection for some shots can wear off over time, and as you get older you may be at risk for diseases like shingles. All adults should get a yearly flu shot and other vaccines based on age, job, lifestyle, travel, or health conditions.

Getting vaccinated also helps decrease the spread of diseases to other people. When enough people are vaccinated against a disease, it is more difficult for that disease to spread and cause an outbreak. People with serious allergies or weakened immune systems who can't get vaccinated will also gain some protection from getting sick (known as community or herd immunity).

Are vaccines safe?

Vaccines are one of the safest ways to protect against many infections. Every vaccine is safety tested before it's approved by the FDA and recommended for use by the Centers for Disease Control and Prevention (CDC). Vaccine manufacturers test each vaccine lot for identity, purity, strength, and sterility before they are released for use. The FDA and the CDC also monitor the safety of vaccines in infants, children, and adults after they come to market.

In the event of a public health emergency, the FDA may issue an Emergency Use Authorization (EUA) to facilitate the availability and the use of a vaccine. An EUA requires an FDA review of data on the quality and consistency of the vaccine product and a review of data collected from studies with people who volunteer to take the vaccine.

Where can I learn more?

To see if you or a family member should be immunized, review the immunization schedules at https://www.cdc.gov/vaccines/schedules.

Fall Flu and Covid-19 Shots

The Monroe Center is participating in NCOA's Vaccine Initiative this Fall. Watch for details and please plan to get your shots through the Center!



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. Immunizations was chosen for the Month of August.



health**essentials**

March 8, 2023 Nutrition

Is Red Dye 40 Safe?

Do you notice your kiddo gets hyper after eating a cookie coated with bright red frosting and rainbow sprinkles? It's natural to assume that sugar is the culprit, but research suggests some of the blame belongs to artificial food dyes like Red Dye 40.

So, WHAT IS RED DYE 40? Red Dye 40 is made from petroleum and contains benzene, a known cancer-causing substance. While it is approved by the U.S. Food and Drug Administration (FDA) for use in foods and drinks, some countries say there's enough evidence to justify banning them. (United Kingdom and Switzerland)

FOODS THAT CONTAIN RED FOOD DYE

Red Dye 40 is one of the most popular color additives. Foods that come in a package are processed and almost always contain food dyes like Red Dye 40. It's best to read the labels to look for Red Dye 40, which can also be listed as:

- Red 40
- Red 40 Lake
- FD&C Red No. 40
- FD&C Red No. 40 Aluminum Lake

Foods that commonly include Red Dye 40:

- Cakes and frosting
- Pastries
- Cereals
- · Candy and gum
- Yogurt
- Puddings
- Gelatins
- Ice cream
- Popsicles
- Soda
- Sports drink
- Energy drinks

- Protein powders
- Chips and salty snack foods
- Child medications (liquid cough syrups or chewable tablets) may contain food dyes

RED DYE 40 SIDE EFFECTS

Registered dietitian Julia Zumpano, RD, LD, highlights the possible risks associated with Red Dye 40 foods, noting that it is difficult to determine the exact cause of certain side effects because red dye is typically used in conjunction with other food.

But some studies have linked artificial food dyes like Red Dye 40 to hyperactivity, including ADHA. And other studies show an improvement in behavior and attention once the dyes were eliminated. Side effects in adults and children may include:

- Hyperactivity, including ADHD
- Behavioral changes like irritability and depression
- Allergic reaction
- Hives and asthma
- Sneezing
- Watery eyes
- Skin irritation
- Migraines

HOW TO KNOW IF YOU OR YOUR CHILD OR GRANDCHILD HAS A RED DYE ALLERGY

You can screen for Red Dye 40 intolerance at home. "Try cutting out all foods with Red Dye 40 for a week or two," says Zumpano. "Hopefully, you'll notice an improvement in behavior. But you might not realize how the dye affects your kids until you begin to reintroduce foods and see their reactions."

"I recommend minimizing all artificial food dyes in your diets," reiterates Zumpano. "And, if there is a cancer risk in your family, I could encourage you to be even more vigilant in avoiding artificial dyes."



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\$0 Per 1	Monroe Center for Healthy Aging 734-241-0404	1 9:00 10:15 11:00 1:30 6:00	19:00 Rosary Makers 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers 7:00 Coin Club	2 Birthday Dinner 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 10-1 Massages w/ JoAnn 12:00 Pinochle 3:00 Balance 5:00 Trivia	3 Medicare with Jackie by appointment 10:15 Chair Yoga 10:00 Poker Game 7:00 Model A Car Group	4 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
6 Sunday Dinner 11 a.m. to 1 p.m.	7 Ford Retirees 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance	8 мсо 10:15 11:00 1:30 6:00	8 MCOP Support Services 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	9 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 1:30 Movie: "Father Stu" 3:00 Balance	10 Medicare with Jackie by appointment 10:15 Chair Yoga 11:00 Library in Motion 11:00 Jefferson Class Reunion / Lunch 3:00 Craft	11 Rummage Sale 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	Rummage Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
13 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	14 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance	15 10:15 11:00 1:30 6:00	.5 0:15 Chair Yoga 1:00 Euchre 1:30 Bingo 6:00 Woodcarvers	16 Class of '67 Breakfast 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 1:30 Poetry Class 3:00 Balance	17 Medicare with Jackie by appointment 10:15 Chair Yoga 10:00 Poker Game	18 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	19 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
20 Sunday Dinner 11 a.m. to 1 p.m.	21 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10—1 Massages with JoAnn 12:00 Pinochle 3:00 Balance	22 MCOP 10:15 11:00 1:30 6:00	MCOP Support Services 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	23 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance	24 Medicare with Jackie by appointment 10:15 Chair Yoga 11:30 Health Odyssey Please RSVP 241.0404 1:30 Book Club	8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	26 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
\$6 Special Sunday Dinner 11 a.m. to 1 p.m.	28 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle 3:00 Balance	29 10:15 11:00 1:30 6:00	:9 10:15 Chair Yoga 1:00 Euchre 1:30 Bingo 6:00 Woodcarvers	30 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	31 Medicare with Jackie by appointment 10:15 Chair Yoga Soup & Sandwich \$2	Augus 2023	12 23



2023

Evening Meals

Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thursday
31 BLT Sandwiches Chick Pea Salad Corn on the Cob	August 1 Macaroni and Cheese Ham Steak Vegetable	Country Casserole Side Salad Fruit	3 Turkey Burger Pasta Salad Vegetable
Breakfast Pizza Banana	Turkey Rueben Veggie Chips Applesauce	Baked Potato Bar with Chili, Cheese, Broccoli / Fruit	Sloppy Joes Potato Salad Fresh Fruit
Hamburger Steaks with Mushroom Mashed Potato with Gravy / Vegetable	Boiled Dinner— Ham Potatoes, Carrots, and Cabbage Corn on the Cob	16 Hot Turkey Sandwich Mashed Potatoes Vegetable	French Toast with Cherry or Blueberry Banana
21 Grilled Chicken over Rice Chick Pea Salad Fruit	22 Stuffed Zucchini Boats Cottage Cheese Peaches	23 Chicken Legs Stuffing Vegetable	24 Salmon Patties with White Sauce and Peas Mashed Potatoes Fruit
28 Tomato Basil Soup Grilled Ham & Cheese Sandwich	29 Island Meatballs over Pasta Side Salad Vegetable	30 Chicken Caesar Wraps Veggie Chips Fresh Fruit	31 Chicken Fajitas Brown Rice Pilaf Stewed Tomatoes

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

		1	2 Birthday Dinner	3	4	5
			Spiral Ham w/ pineapple Au Gratin Potatoes	Baked Salmon	Stuffed Cabbage	Breakfast 8.00 to 1.00
		(two slices)	Cauliflower Birthday Cake & Ice Cream	Cauliflower	Stewed Tomatoes	Noon Meal
		Fresh Fruit	896 cal. 3g fat 83 carb	500 cal. 15g fat 66 carb	Pears	11:00 to 1:00
		Broccoli Salad	9g fiber 6g sugar 30g pro 1,761mg sod. (No hamburgers today)	4g fiber 10 sugar 31g pro. 869mg sodium	665 cal. 23g fat 59 carb 52g protein	
9	7 Ford Retirees	8	6	10 Jefferson High	11 Rummage Sale	12 Rummage
Roast Turkey Mashed Potatoes Green Beans	Grilled Pork Chops Mashed Potatoes Broccoli	Corn Flake Chicken Mashed Potatoes Mixed Vegetables	USA Wild Caught Cod Brown and Wild Rice	Sloppy Joes Sweet Potato Wedges Baked Reans	BBQ Pork Sandwich Sweet Potato Wedges Celery Salad	Breakfast 8:00 to 1:00
Cranberries 600 cal 26g fat 75 carh	Applesauce	880 cal. 23e fat 127carb	Mixed Vegetables	Watermelon	4 000 to 3 000 to	leeM dooN
12g fiber 10g sugar 39g prot. 1,713 sod.	b83 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	12gfiber 47g sugar 40g pro 1,211 mg sod.	600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium	1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	1,088 cal. 4bg Tat 98 carb 15g fiber 18g sugar	11:00 to 1:00
13 Bingo	14	15	16 Class of '67 Breakfast	17	18	19
Pork Roast /Chicken Mashed Potatoes Green Beans	Chicken Parmesan over Spaghetti Squash Mixed Vegetables	BBQ Chicken Sandwich Veggie Chips Cole Slaw	Sweet & Sour Pork Brown and Wild Rice Stir Fry Vegetables	Chicken Ala King over Biscuits Peas & Carrots	Salsa Meat Loaf Mashed Potatoes Green Beans	Breakfast 8:00 to 1:00
Applesauce 503 cal. 18g fat 65 carb	858cal. 51g fat 65 carb	1.088 cal. 46º fat 98 carb	600 cal. 8g fat 94 carb	Fruit	464 cal. 30g fat 29 carb 15g	
9g fiber 4g sugar 31g pro. 749mg sodium	7g fiber 5g sugar 39g pro. 1,278 mg sod.	15g fiber 18g sugar	og inel 24g sugal 25g pro. 904mg sod.	469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	fiber 12g sugar 30g pro. 369 mg sod.	Noon Meal 11:00 to 1:00
20	21	22	23	24 Health Odyssey	25	26
Roast Beef / Salmon	T_	Grilled Chicken over a	Taco Salad w/ Chips Spanish Rice	Roast Turkey Mashed Sweet Potatoes	Liver & Onions or Salisbury Steak	Breakfast
Red Skin Potatoes Cauliflower / Pears	sauteed Unions French Fries	Bed of Lettuce Cottage Cheese	Refried Beans	Mixed Vegetables	Mashed Potatoes	0000
805 cal. 48 g fat 133	Baked Beans	Fresh Fruit	Stewed lomatoes	Side Salad and Fruit	Green Beans	Noon Meal
carb 10g fiber 20g sugar 41g pro 1,117 mg sod	1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod	906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	838cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod. (No other options today)	656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.	11:00 to 1:00
27 \$6 Special	28	29	30	31 Soup & Sandwich \$2		
BBQ Ribs or Chicken	Lasagna with Turkey Spinach / Side Salad	Chicken, Shrimp and Rice Stew with peas	Pork Chop w/sauerkraut Country Potatoes	Clam Chowder or Bean & Ham Soup	AUGUST	Monroe
Baked Potatoes	Garlic Bread	Cole Slaw	Broccoli	Chicken Salad or Egg)	for Healthy Aging
Normandy Veggies	518 cal. 11g fat 78 carb 10g fiber 25g sugar	728 Cal. 10g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg	Applesauce 683 cal.15g fat 4 carb 12g fiber	Dessert	2023	734.241.0404
Dessell	31g protein 1,122 mg sod	Socialis	4g sugar 27g pro. 1,655mg sod	(No other options today)		

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