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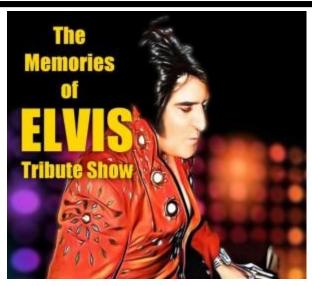


Your senior millage tax dollars at work!

Engage!

VOLUME 23, ISSUE 12

December 2023





STEVE HUNT "ELVIS" TRIBUTE — SATURDAY, DECEMBER 9, 2023
SHOWTIME IS 7:00 P.M. SEATS ARE LIMITED.

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

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 Sue Stoner Esther Thompson Carol Huffman Kitchen Assistants: Val Bezeau Rena Wilson

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

PRESIDENT:

Mark S. Braunlich

VICE PRESIDENT:

Michelle LaVoy

TREASURER:

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SECRETARY:

Peggy Barton

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Richard Janssens

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Jennifer Sell

David Swartout

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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

"Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful."



~ Norman Vincent Peale

Christmas. It has a way of filling our hearts with a sense of goodwill. Maybe all of the tinsel and sparkle brings an atmosphere of excitement and glimmer of hope. It's nice. My wish, however, is that this feeling would extend throughout the entire world. There is just too much unrest. It baffles me. So while we can't change the fighting in the Ukraine or Israel, we can start in our own corner of the world — by showing kindness, by being understanding, and spreading joy. Not just at Christmas time, but the whole year through.

Christmas is also a time for family and friends. As we get older, however, things change. We lose loved ones. Children and grandchildren move away and are busy with their own lives. It's disappointing for sure. Our challenge is to make new traditions and to find ways to bring joy into our own lives, especially at the holidays.

One way is by spending time at our Center. We're open every day — including holidays. Why not join us for Christmas dinner at "our second home." We're here, welcoming all with open arms. Afterall, you *are* family.

At the beginning of the month, we kick off the season with our Holiday Party on December 9. The event starts with social hour at 5:30 p.m., followed by dinner at 6:15 p.m. and then Steve Hunt will perform as "Elvis." Seats are limited, so get your tickets early. It'll be fun.

Then, on the 18th of December, we're having the Center's Christmas Dinner at 11:30 a.m. followed by Jon Moore and Ala Carte leading us in a Christmas sing-a-long. That's a perfect time to get into the holiday spirit.

And most of all, remember to take care of yourselves. Take a little time to reflex and remember — and then join us as we celebrate the holidays and our friendship. You're the best. Merry Christmas!

~ Sandie

News to Note . . .

- Bingo is on Tuesdays!
 Card sales at 1:30 p.m.
 Sunday Bingo—Dec. 10
- Monday Massages and 1st-Wednesday of the month with JoAnn — 10:00 to 1:00
- **Dec. 1** Women's Bible Study 3:00 p.m.
- December 6 Birthday
 Celebration during lunch
- December 7 —at 11:00
 Library in Motion Delivery
- December 9 Holiday Party with "Elvis"



- Dec. 6 —Trivia Night at 5:00 p.m. Prizes!!
- December 13 Movie "Calendar Girls" 1:30 p.m.
- **Dec. 14 —Craft—3**:00 Christmas Cards RSVP
- December 18 Center's Christmas Dinner and Singa-Long with Jon Moore & Ala Carte 11:30 \$5
- Dec. 20 Poetry Class with Nancy Jackson at 1pm
- December 20 MHS Class of '67 Breakfast — 3rd Wed.
- **Dec. 21** —**Health Odyssey**Sponsored by ProMedica.
 Topic: Four Pillars of Health
 Register at 734.241.0404
- **Dec. 25 Christmas** \$8 per person Please RSVP
- **December 31** \$2 Soup and Sandwich

Please Remember to Scan





Happy December Birthdays



Jeff Benore Elizabeth Boitnott Harold (Dean) Bond Nancy Bonk **Betsy Bradley** Bob Bradley Kathy Brancheau Cheri Braunlich Cheryl Brightbill Janet Brindley Ellen Brockway Tammy Burson Louise Carnes **Cheryl Carter Tammy Castiglione** Joyce Collins Luther Conner "96" Jim Cooley

Paula Coon

Susan Denman

Concetta "Tina" Duvall Jerry Eichbauer "71" Georgia Fultz Mary Dolores Gagne Cindy Girard Andrea Gorman Lorena Guthrie Richard Harper Yvonne Heckel Kevin Hemry "67" Pat Hemry Jim Hudson Carol Huffman Joaquina "Jackie" lacopelli Jay Jondro Verle Knapp Janet Knight Diane La Plante Ken Lemerand Donald Lezaotte Sam Liparoto

Kurtis Livingston Loren Lohmeyer Carol Merta Gilbert Micheles Kenneth Muir Tim Murphy Charles Mushung David Neal Morris Newman Richard Opolski "80" Janet Pavlat Roxanne Pfund Bonnie Pillarelli Henry L. Portillo David Poulson Alfreda Pugh Phyllis Rhoades James Ritchey Harold Russeau Jim Ryland

(Irene) Nancy Savage Steve Scott Ethel Sebolt "91" Janice Simmons **Darcy Simmons** Stan Simmons Beatrice Stevens **Betty Stroud** Deborah Dennis-Sucura Rosemary Sutton JoAnne Terrasi Carol Thompson Valerie Tolbert Joyce Uden Roy Valentine O. Jane Van Belle Nancy J. Waltz Wendy Waltz Carol Wiley Jim Wohlgamuth

Birthday Celebration! — December 6

We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a birthday in December enjoy a complimentary meal on Wednesday, Dec. 6.

Thanks to United Health Care for sponsoring the cake.



November Birthday Celebration Attendees

Recent Donations

in memory of Shirley Rousselo

Beth Berlin



Monroe Community Credit Union

Quarterly Employee Donation

Community Foundation of Monroe County

Matter of Balance Master Training
Know Your Four Numbers Health Fairs

MI Non-Profit Relief Fund

National Council on Aging

Vaccination Initiative



Dee Mitchell

Donation of Bottle Water

New Members

James Crawford
Mark Devenney
Jim and Dru Hudson
Kathryn Marlow
Jill McBee
Kenneth Muir
Larry and Linda Poore
Adele Stommel
Carol Wiley



Cheri's Quote of the Month



The greatest gift is not found in a store, it is in the heart of true friends!

Report on the 50/50 Raffles at Bingo



\$552.50 in June \$478.50 in July \$599.50 in August \$600 in September \$676 in October



for a total to date of \$2,906.50!!

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

Thanks to **United Health** for sponsoring the November Birthday Cake.



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



With sympathy ...

Shirley Rousselo 10/14/2023
Ruth Drexler 10/19/2023
Robert J. Vaciner 10/20/23





"At the end of the day, at the end of the week, at the end of my life, I want to be able to say that I contributed more than I criticized."

Brene Brown



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

Monroe Ford Retirees — Monday, December 4 at 8:30 and 11:30



Bingo is held on Tuesdays

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

Sunday Bingo is December 10

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

◆ PROMEDICA

MONROE REGIONAL

HOSPITAL

Health Fair / Health Odyssey

December 21, 2023

9:30 to 11:30 a.m. — Know Your Four Numbers (Remember to fast) / Health Education

11:30 a.m. Lunch

12:00 Program

Topic: Four Pillars of Health
by Dr. Emily Neal

RSVP Requested: 734.241.0404

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

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

HOSTED BY BETH & PATTI

Wednesday, December 6th 5:00 to 6:30 p.m.



Free of charge.

Prizes Awarded!

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



December 13th Movie — 1:30 "Calendar Girls"



Based on a true story, 11 middle-aged Englishwomen pose nude for their annual Women's Institute calendar as a fund-raiser for the local

hospital. Chris (Helen Mirren) gets the idea to raise money for the hospital after Annie's (Julie Walters) husband dies of leukemia. The calendar is a little different in that each woman is posing behind a different task that the Women's Institute teaches their members. Before they know it, the calendar is a big hit in England with tremendous sales. Eventually, they are flown to American to be interviewed by Jay Leno. The calendar has made almost a million dollars for the local hospital.

Rated PG 13 Complimentary popcorn.

Craft — Christmas Cards December 14 — 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



led by Toni Solomon
Friday, December 1, 2023 at 3:00 p.m.

Men's Bible Study — 9:00 a.m. December 9th — one time only

CENTER'S CHRISTMAS DINNER

Monday,

December 18

Served at 11:30 a.m.

Spiral Ham with Pineapple
Au Gratin Potatoes
Mixed Vegetables / Side Salad / Roll
Dessert

Cost is \$5 — Please RSVP



Sing-a-Long with Jon Moore & Ala Carte at Noon



CHRISTMAS DAY — DEC. 25

Spiral Ham with Pineapple
Au Gratin Potatoes
Mixed Vegetables
Side Salad / Roll
Cheesecake

Dinner is served 11:00 to 1:00 p.m. \$8 per person Please RSVP 734.241.0404 Open to the public.

MONROE CENTER BOOK CLUB

No Book Club in December January: West with Giraffe's" by Lynda Rutledge

NEV

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.



 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.



Holiday Celebration

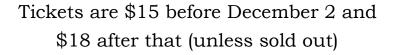
Saturday, December 9, 2023

5:30 — Social

6:15 — Dinner

Pork Medallions, Baked Potato,
Prince Edward Vegetables, Side Salad
Roll, and Apple Cake

7:00 — Elvis Impersonator



Sponsored by Sieb Plumbing and Heating

Let There Be Peace On
Earth, And Let It Begin
With Me. Let There Be
Peace On Earth,
The Peace That Was Meant To Be!

With God As Our Father, Family All Are We. Let Us Walk With Each Other In Perfect Harmony.

Let Peace Begin With Me. Let This Be The Moment Now.

With Every Step I Take, Let This Be My Solemn Vow.

To Take Each Moment, And Live Each Moment, In Peace Eternally.

Let There Be Peace On Earth, And Let It Began With Me.

Save the Date: January 8

Lunch and Learn

with Betsy Bradley

2024 CALENDAR FUNDRAISER "A YEAR WITH FRIENDS"



CALENDARS ARE NOW ON SALE — \$12



CHRISTMAS MEMORY TREE ORNAMENTS

CARDINAL ORNAMENTS ARE ON SALE FOR \$5

TO BE HUNG ON OUR MEMORY TREE

EUCHRE HAS RETURNED TUESDAYS AT 11:00 A.M. FRIENDLY PLAY. JOIN IN!



Pinochle Winners

October 9 — Pat LaRoy

October 11 — Gary Miller

October 13 — Marlin Worstell

October 14 — Luther Conner

October 16 — Dee Mitchell

October 18 — Gene Opferman

October 20 — Luther Conner

October 21 — Al Miller

October 23 — Jean Moore

October 25 — Mary Rhoades

October 27 — Luther Conner

October 28 — Joan Milam

October 30 — Joyce Uden

November 1 — Jean Moore

November 3 — Luther Conner



November 4 — Al Miller

November 6 — Cindy Prusaitis

Friendly Poker Games

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



Monthly "Poets Society"

with Nancy Jackson

Wednesday, December 20 at 1:00 p.m.



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

Medicare Open Enrollment is Ending

Through the Open Enrollment period ending December 7, you can change your plan without penalty. Make sure you check your Annual Notice of Change that should have come to your home last month. It lists changes in your current plan's coverage or cost in 2024.

If you have a Part D (prescription drug coverage) plan or a Medicare Advantage Plan, the Medicare Medicaid Assistance Program (MMAP) is here to help.



MMAP is taking appointments now for a free, unbiased review of your plan to see if you will get the best price and coverage in 2024.

To Schedule an Appointment at the Monroe Center: Call 734.241.0404

- Jackie Drouillard, MMAP December 4 and 7
- Joyce Rober December 1

Social Security News

Social Security and Supplemental Security Income (SSI) benefits for more than 71 million Americans will increase 3.2% in 2024, the Social Security Administration announced October 12. On average, Social Security retirement benefits will increase by more than \$50 per month starting in January.

Also each year, the Medicare Part B premium, deductible, and coinsurance rates are determined according to provisions of the Social Security Act. The standard monthly premium for Medicare Part B enrollees will be \$174.70 for 2024, an increase of \$9.80 from \$164.90 in 2023. The annual deductible for all Medicare Part B beneficiaries will be \$240 in 2024, an increase of \$14 from the annual deductible of \$226 in 2023.

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.

Member's Corner . . .



Congratulations to Nancy Ellison on her retirement from teaching the EnhanceFitness® class. We'll miss you!



Smiling Faces and Laughter are contagious!

Thanks for the joy you bring!







MONROE CENTER TRAVEL

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

NEW: Caesars Casino — January 23, 2024 — Watch for Details!

Pacific Northwest—Princess Cruises—April 27—May 4, 2024
Depart San Francisco to Victoria, Canada, Vancouver, Canada,
Seattle, and Astoria, Oregon. \$2,826 to \$3,386 per person, double occupancy, Includes roundtrip airfare. Passport required.

Pacific Northwest — Celebrity Cruises — May 4 — 10, 2024
Depart Los Angeles to Catalina Island, San Francisco, and Victoria, British Columbia.
\$2,282 to \$2,871 per person, double occupancy, Includes roundtrip airfare. Passport required.

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 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 per person, double occupancy.

Includes airfare from Detroit. Passport required.

Northern Europe — Norwegian — July 25—Aug. 4, 2024 OR Sept. 5 — 15, 2024 Depart Reykjavik, Iceland, to Akureyri, Norway, Netherlands, Belgium, and London. \$4,717 to \$5,435 per person, double occupancy, Includes roundtrip airfare. 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.

Holiday Raffle — December 9

TICKETS ARE NOW AVAILABLE

FIRST PRIZE — LA-Z-BOY CHAIR OR PRODUCT (VALUED AT \$599.99)

SECOND PRIZE — 5 CU. FOOT CAMO FREEZER

THIRD PRIZE — \$150 CASH



2024 Dues are Now Payable

\$20 for Monroe County residents who are 55 years or older.

\$25 for everyone else.

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





community foundation of monroe county



The Monroe Center was recently awarded a grant from the Community Foundation of Monroe County to expand its "A Matter of Balance" program and to support the Center's "Know Your Four Numbers" initiative. We are grateful for this grant.

Members will be encouraged to join the Matter of Balance program as a way to improve balance and prevent falls.

The Center will also hold four health fairs throughout the year as opportunities for individuals to know their four numbers — blood pressure, blood sugar, cholesterol, and weight.

United Way of Monroe / Lenawee Counties

THE ANNUAL CAMPAIGN IS UNDERWAY!

PLEASE MAIL DONATIONS TO: UNITED WAY OF MONROE COUNTY 216 NORTH MONROE STREET MONROE, MI 48161

"Give One Time for All"





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.

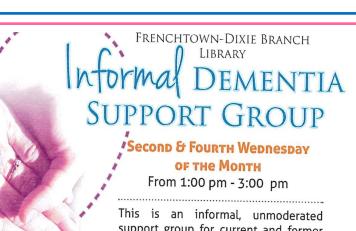
They can fax it to 734-240-1892, provide you with a paper referral or complete an electronic order if they are a ProMedica-affiliated provider.

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



Monroe County Library in Motion Pick-Up

December 7 — 11:30 a.m.



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 — December 21 - 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! For details, call: 419-720-4940

Support Services

- Jackie Drouillard answer your **Medicare** and insurance questions. Please call for an appointment: 734.241.0404 Open Enrollment runs through December 7.
- Monroe County Senior Legal Services can answer your legal questions. Please call for an appointment. 734.241.0404
- **MCOP Resource Advocates** can assist with questions about Medicare, Medicaid, and other issues. Call 734.241.0404 to make an appointment.
- **Blood Pressure Checks** with Gena Craft from IHM December 21 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



AVOIDING WINTER SKIN WOES

Hello friends! I hope that you have been able to enjoy all of the fun things that Fall brings to our region. Of course, Michiganders know that Fall also brings cooler temperatures and leads us into the Winter season.

An important thing to remember as we begin to brave the colder temperatures is to take care of our skin. Our skin is an important barrier that helps to protect our bodies from infection and other threats from the environment. Our skin becomes dry in the winter season because colder air outside and increased indoor heat both lead to our skin losing moisture and oils. When the moisture is lost, the skin can become dry, leading to cracks and breakdown which can allow infection to enter.

To keep our skin at its best through the winter months, here are some tips that can be easily added to our routines:

- While it may be tempting to take a long, hot shower to warm up from the chilly temperatures, prolonged exposure to hot water and over-washing can be damaging to our skin. **Keep showers between 5 and 10 minutes.**
- Moisturizing your skin is important, but **WHEN you moisturize is more important**. Most dermatologists recommend patting dry after a shower and applying a moisturizer right away.
- Use lotions and creams that are **fragrance-free** to help reduce skin irritation.
- **Stay hydrated!** Make sure your intake of water doesn't decrease in the winter months.
- Start a winter skin care routine early predicting when the temperature will drop and starting these things early will help to prevent dry, irritated skin.
- **Add a humidifier** to your home to add moisture back to the air. Aim for a humidity level of 30 to 50 percent.



Remember the sunscreen! Not only will sunscreen protect you from the UV rays that are still present in the winter months, it's another way to add a moisturizer to your winter skin care regimen.

Stay healthy and well!

~ Jennifer

ACKNOWLEDGING GRIEF AND CELEBRATING THE HOLIDAYS AFTER A LOSS

reprinted from

Franklin Park® Senior Living, San Antonio https://www.franklinpark.org/blog/first-christmas-after-loss-of-loved-one

Even in the best of times, the holiday season can be stressful and exhausting. There are parties to attend, gifts to buy, trips to plan, and cookies to make. As a result, many people experience at least some level of stress during the holidays. However, if you're experiencing a recent loss, these feelings of stress can be exemplified, and others can emerge as well.

Celebrating the holidays after the loss of a loved one can be extremely sad, especially when it's the first Christmas, birthday, anniversary, etc. These are supposed to be times of joy and togetherness, but all you can think about is their absence, and how this year will be different. And yes, it will be different, but different doesn't have to mean *bad*. There are still meaningful ways to celebrate the holidays while honoring your loved one.

Listen to Your Feelings

Losing someone you love is hard, and it brings up many difficult emotions. The holidays tend to amplify these emotions, magnifying your feelings of loss, sadness, and loneliness. One of the most important things you can do during this time is to be kind and gentle to yourself. Allow yourself time to grieve, to process whatever emotion you might be feeling. You know yourself best, so cater to your own needs and feelings.

If you don't want to go to that holiday party, don't. On the other hand, if you want to go and have fun and laugh, that's okay too. Any emotion you're feeling is valid and should be recognized and acknowledged. However, if you can, you should try to avoid hunkering down in your house by yourself. After all, your family members are most likely dealing with grief too, and it can help to spend time together and comfort each other.

Make Their Favorite Meal

One of the best parts about celebrating the holidays is all the delicious food. And the food is often more than just food; it's a special way of connecting with and spending time with those you love. After the loss of a loved one, though, the dinner table might seem empty or quiet. An easy way to honor your loved one is to make sure their favorite meal is a part of the holiday feast, even if it's not considered a "holiday" food. If their favorite food was tacos, add some to the menu; if they loved root beer floats, serve those! A meaningful part of the holidays is to learn how to make new traditions that you can look forward to each year.

Donate or Volunteer in Their Honor

Some research suggests that "doing good" can decrease important to remember, though, that with time, family stress and lift your spirits—the ultimate win-win situation. To honor your loved one, considering donating time or money in one, the holidays can be a time of joy and celebration.

their name. Choose a cause they were passionate about, whether it's children, veterans, or the environment.

Share Stories About Them

Losing someone special is heartbreaking, but there can be some sweetness in the sadness. Taking some time to share fun and meaningful stories about your loved one can be a great way to keep their memory alive and honor them. Your grandmother is someone's mother, or maybe someone's aunt or godmother, and each of you had unique memories and experiences with her. Sharing and listening to stories can make you smile, cry, and see your loved one through someone else's eyes. It can also be a great way to share with those who never got the chance to meet them.

Continue Traditions

Traditions and rituals are a large part of the holiday season, but the first holiday, especially the first Christmas, after the loss of a loved one can leave you feeling less than festive or joyful. Your yearly traditions and routines may only amplify your grief, reminding you that this year, putting up a tree, mailing out cards, and watching festive movies will look a little different. You might even feel the need to abandon these traditions, feeling guilty for enjoying the season.

You can still uphold and even enjoy these traditions, though. Yes, they may look a little different, but if your favorite part of the season was decorating cookies or going caroling, there's no reason you can't still do them and find small ways to honor your loved one like making their favorite recipe or singing their favorite song.

Maintain a Healthy Routine

While the holidays are certainly a time for delicious food and packed social calendars, it's essential to take care of yourself, too, especially after losing a loved one. You don't have to avoid your favorite holiday food, but over-indulging on sugar and heavy comfort food can give you headaches, fatigue, and stomachaches. On top of that, going to too many social events can leave you feeling drained. It's important to take care of yourself during this time, finding a healthy balance of enjoying holiday treats and events and sticking to a routine of eating well and getting enough physical activity. Maintaining a semblance of routine and wellness can help you avoid exacerbating your feelings of sadness and grief.

Find Comfort During the Holidays

There's no denying that the first Christmas, or any holiday, after the loss of a loved one is full of difficult emotions. It's important to remember, though, that with time, family and friends, and special ways to remember and honor your loved one, the holidays can be a time of joy and celebration.



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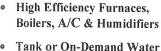
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	5	
Monroe	Center	for Healthy Aging



Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle	8:00 to 1:00 Noon Meal 11:00 to 1:00 9:00 Men's Bible 11:00 Pinochle Holiday Party	16 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle	23 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 9:00 Men's Bible 11:00 Pinochle	30 Breakfast 8:00 to 1:00
1 Medicare with Joyce 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 3:00 Women's Bible Study	8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	15 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	29 8:45 Cardi-Yo 10:00 Enhance®Fitness
734.241.0404	by appointment 10:15 Chair Yoga 10:00 Poker Game 11:30 Library in Motion 7:00 Model A Car Group	14 Medicare with Jackie by appointment 10:15 Chair Yoga 3:00 Craft—Christmas Cards	 21 Medicare with Jackie by appointment 10:15 Chair Yoga 9:30 Health Fair 11:30 Health Odyssey 10:00 Poker Game 	28 Medicare with Jackie by appointment 10:15 Chair Yoga
ner	9:00 Movin' &Groovin' 10:00 Enhance®Fitness 10.1 Massages w/JoAnn- 12:00 Pinochle 3:00 Balance 5:00 Trivia w/Beth & Patti	13 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 1:30 Movie: "Calendar Girls" 3:00 Balance	20 Class of '67 Breakfast 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 1:30 Poetry Class 3:00 Balance	27 Monroe Senior Legal 9:00 Movin' & Groovin'
THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAM	9:00 Rosary Makers 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers 7:00 Coin Club	MCOP Support Services 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	19 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	26 MCOP Support Services 10:15 Chair Yoga

11:00 to 1:00

12:00 Knit / Crochet 12:30 Hand & Foot 11:30 Pinochle

Noon Meal

10:00 Enhance®Fitness

11:00 Euchre 1:30 Bingo

1:30 Dancing / 3:00 Balance

Christmas Dinner

Sunday

Dinner

25

24

11:00 to 1:00

10—1 Massages with JoAnn

12:00 Pinochle

11:30 Center's Christmas and sing-a-long with Jon

9:00 Movin' & Groovin'

10:00 Enhance®Fitness

Sunday

Dinner

11 a.m. to 1 p.m.

18 Newsletter Crew

17

12:00 Pinochle Balance

3:00

6:00 Woodcarvers

Center closes at 2:00 p.m.

Please RSVP

to 1 p.m.

11 a.m.

10 1 Massages with JoAnn

12:00 Pinochle

to 1 p.m.

11 a.m.

1:30 Dancing 3:00 Balance

9:00 Movin' & Groovin' 10:00 Enhance®Fitness

Dinner

Sunday

Medicare with Jackie

Ford Retirees

4

 $^{\circ}$

10—1 Massages with JoAnn

12:00 Pinochle

1:30 Dancing 3:00 Balance

to 1 p.m.

9:00 Movin' & Groovin'

Canasta

10 Bingo

10:00 Enhance®Fitness

Play at 2:00 Cards 1:30

Sunday

Dinner

11 a.m.



pecember

2023

Evening Meals

Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thursday
27	28	29	30
Chicken Legs	Tuna Melt	Spaghetti with	BBQ Chicken Sandwich
Cauliflower Au Gratin	Cucumber Salad	Turkey Meatballs	Cole Slaw
Cottage Cheese with Fruit	Veggie Chips	Side Salad / Bread	Baked Beans
4	5	6	7
Chili	Open Faced Turkey	Beef Stew	Turkey Lasagna
Corn Bread	Sandwich / Potatoes	Biscuit	Garlic Bread
Fruit	Vegetable	Cottage Cheese	Side Salad
11	12	13	14
Potato Soup	Baked Chicken	Tacos	Cabbage Roll Casserole
Grilled Cheese	Country Potatoes	Refried Beans	Dinner Roll
Fruit	Vegetable	Corn Casserole	Cottage Cheese
18	19	20	21
Baked Potato Bar	Philly Cheese Steak	Mostaccioli	Vegetable Soup
with Chili, Cheese,	French Fries	Garlic Bread	Grilled Cheese
and Broccoli	Cole Slaw	Side Salad	Fruit
25	26	27	28
Christmas	Southern Breakfast	Hamburger Gravy	Chicken Thighs
	Casserole	over Potatoes	Macaroni and Cheese
(No Evening Meal)	Banana	Vegetable	Three Bean Salad

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

Thursday is Sundae Night: \$2.00

2 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	9 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	16 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	23 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	30 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
1 Turkey Burgers with Sautéed Onions Sweet Potato Fries 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	S Chicken Bruschetta Red Skin Potatoes Peas 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.	Liver & Onions or Salisbury Steak Mashed Potatoes Corn 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.	Salsa Meat Loaf Mashed Potatoes Mixed Vegetables 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.	29 BBQ Pork Sandwich Veggie Chips Cole Slaw 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar
2023	7 USA Wild Caught Cod Country Potatoes Broccoli 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodi- um	14 BBQ Chicken Sandwich Sweet Potato Wedges Baked Beans 1,088 cal. 46g fat 98 carb	21 Health Odyssey Marinated Chicken Breast Sweet Potato / Peas Side Salad / Fruit 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod (No other options today)	Ground Turkey Chili Multi-Grain Bread Cottage Cheese 666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbohydrates;
mber	6 Birthday Dinner Corn Flake Chicken Mashed Potatoes Mixed Vegetables Birthday Cake & Ice Cream 880 cal. 23g fat 127carb 112gfiber 47g sugar 40g pro 1,211 mg sod. (No hamburgers today)	13 Sloppy Joes with Ground Beef and Lentils French Fries Cole Slaw 1,088 cal. 46g fat 98 carb	20 Class of '67 Breakfast Pork Chops w/sauerkraut Country Potatoes Broccoli / Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	Chicken Ala King with Peas & Carrots over Biscuits Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod
Decen	5 Russian or Blueberry Pancakes Sausage Fresh Oranges & Bananas	12 Egg Casserole Hashbrowns Sausage Banana	Spaghetti w/ Meat Balls Spinach Side Salad / Garlic Bread 518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod	26 Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod
	4 Ford Retirees Sweet & Sour Pork Brown and Wild Rice Stir Fry Vegetables Fruit 600 cal. 8g fat 94 carb 9g fiber 24g sugar 25g protein 904 mg sod.	Baked Salmon Brown and Wild Rice Cauliflower 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro.	18 Holiday Dinner \$5 Spiral Ham w/pineapple Au Gratin Potatoes Mixed Vegetables Side Salad / Roll Dessert Please RSVP 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.	25 Christmas \$8 Spiral Ham w/pineapple Au Gratin Potatoes Green Beans Side Salad / Roll Cheesecake Please RSVP 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.
Monroe Center for Healthy Aying	Roast Beef / Chicken Red Skin Potatoes Cauliflower / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	10 Bingo Lasagna Side Salad Garlic Bread Green Beans Dessert (included) 616 cal. 26g fat 41 carb 7g fiber 32g prot. 757mg sod	Pork Roast / Cod Mashed Potatoes Corn Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	24 Roast Turkey Mashed Potatoes Gravy / Fruit Green Beans 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.

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.