

15275 South Dixie Highway Monroe, MI 48161

Accredited by National Institute of Senior Centers

Monroe County Senior Millage

Your senior millage tax dollars at work!

July 2023

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

Engage!

VOLUME 23, ISSUE 7





Duck Burgers are back on July 7th — in tribute to Sandy Reisig and Betty Williams

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.



Board of Directors

PRESIDENT: Mark S. Braunlich VICE PRESIDENT: Michelle LaVoy TREASURER: Jaime McDonald SECRETARY: Peggy Barton BOARD MEMBERS: Bill Bacarella Troy Goodnough

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15275 South Dixie Highway Monroe, MI 48161

734-241-0404



Visit us on-line: www.monroectr.org

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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 <u>Comcast</u>: Channel 21 or <u>Charter</u>: 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

"America is known as a country that welcomes people to its shores. All kinds of people. "
Ruth Bader Ginsburg

Happy Summer! I hope you're taking the opportunity to enjoy the sunshine. Being outside is a great way to get some Vitamin D — plus connecting with nature seems to help one's spirit. I know it does mine.

Physical activity is one part of healthy aging. Moving keeps our joints working better, helps to keep our heart strong, and strengthens our muscles. Sometimes it can seem like too much work, but the rewards do show up. The Center offers lots of opportunities to stay active. I encourage you to try out one of the classes or ride one of the bikes in the fitness room.

Another part of healthy aging is staying connected. The Center is the perfect place to get together with others and enjoy some great conversation. (Okay, sometimes it may not fit the "great" category, but it's always interesting.)

And you'll be in good company. I'm happy to report that our average daily attendance is back to 2019 levels at 117 people per day. The Month of May hit a high of having an average daily attendance of 127 people. It's so good to have that many people enjoying what we have to offer. We truly are blessed to have a senior center available to us seven days a week! Plus four evenings.

On July 7, we've having a "Duck Burger" Fundraiser. It's from 4:00 to 6:00 p.m. and features the famous duck burger from the Duck Inn that was run by Sandy Reisig, a former member and supporter of the Center. Manny Perez will also be here to provide entertainment. Please join us for a fun night of food and festivities.

Thanks for being you. You are special to us.

~ Sandie

News to Note . . .

- Bingo is on Tuesdays!
 Card sales at 1:30 p.m.
 Sunday Bingo is July 9
- July 5 Birthday Celebration during lunch
- July 5 —Trivia Night at 5:00 p.m. Prizes!!
- Monday Massages and 1st-Wednesday of the month with JoAnn — 10:00 to 1:00
- July 6 —at 11:00 Library in Motion Delivery
- July 7 Duck Burgers & Music with Manny 4:00 to 6:00 p.m. Tickets are \$6
- July 13 Jefferson
 Class Reunion 11:00
- July 13 —Crafts —3:00
- **July 12 Movie "Champions**" — 1:30 (This one is rated PG 13. Caution advised.)
- July 19— Poetry Class with Nancy Jackson at 1pm
- July 19 Class of '67 Breakfast — third Wed.
- July 27 Health Odyssey Sponsored by ProMedica. Topic: Register at 734.241.0404
- July 31 \$2 Soup and Sandwich Day

Please Remember to Scan



Happy June Birthdays

Victoria Badalamenti Carol Baumgartner Sherry Bausman Martha A. Beaudry Michael Bert Keyna Bloom Lillian Butler Veronica Carlson Judith Carr Sybil Clark Linda Coulter Jeanne Crockett Dennis Davidson David Diehl Mary Dobberstein Ruth Dombrowski

Penny Doom Patrick Doran Helen Dowler Joseph Duford Mike Durell Sandra Estepp Ray Frank Earl Freimark **Bernice Freimark** Linda Hance William Hancock, Jr. Johnette Honey Melissa Hug Jill Jewell **Brenda Jones** Diane Kamprath

Ben Kern Reah Kohler Betty Lamb Pat LaRoy Barbara Lazette Eileen Love Don Lutz Marilvn Marshall Nina M. Meier Sandra Molenda Debra Pettis Sandie Pierce Ruth Reinhardt Mary Sancrainte Lee Schmitz Joan Schnorberger Sr. Loretta Schroeder **Terry Short Michelle Spencer** Faye Stromberger Deanna Terrasi Janice Thoma Arley Turner **Richard Vancena** Debra Vanisacker Bari Waltz Iva Weaver Mary Janet Webb Sharon Weller Lena Wilt Jane Wolfenbarger Jackie Yeary, Sr. Craig Young Ron Zeitz

Birthday Celebration!

The Birthday Celebration is July 5. We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a birthday in June enjoy a complimentary meal on Wednesday, July 5, 2023.

Thanks to IHM Senior Living for sponsoring the cake in July.

Happy June Birthdays!



Connie Barron Janet Bozynski Dennis and Jeanne Crockett Darwyn and Donna Elmore Greg Germain Chris Hebden Sharon Herrera Jim and Lisa Hovater **Brenda Jones** Buddy and Betty Lamb Kurtis Livingston Ida Ludwick **Richard Nagel Rita Nagel** Gene Opfermann **Roxanne Pfund** Ken Phillips John and Pamela Rogers Linda Salisbury Joanne Scheuerman Wayne Smith Mary Beth Walsh

Welcome New Members

Recent Donations

Earl & Bernice Freimark

in memory of Val Mainzinger

Richard, Ann & Megan Brady Andrew & Lisa Barren Pricilla & Gail Hutra Sally Pritchett Deborah Njus Robert Nietubicz Laurie & Nick Vandevelde Tom & Kim Jay Andy & Jean Brancheau Tom & Kathy Szozda Mark & Sally Gruber Philip & Jean Cole ProMedica Monroe

in memory of Steve Thompson Ethel Sebort Jerry & Sandie Pierce

in memory of Jack Hemry Jerry & Sandie Pierce

TALENT SHOW SIGN UP!

WE NEED YOU TO BE IN THE TALENT SHOW ON AUGUST 18!



PLEASE SIGN UP BY JULY 21, 2023

Cheri's Quote of the Month

J ust believe. U plift others. L ove yourself. Y ou got this.

Monthly "Poets Society"

with Nancy Jackson

Wednesday, July 19 at 1:00 p.m.

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

Please sign up at the Front Desk.



Thanks to Vibrant Life Senior Living for sponsoring the June Birthday Cake.

May Rummage Sale raised \$2,732

Thanks for all your support!

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

With sympathy ...

Shirley Kachar — 05/11/2023 Stephen C. Thompson — 05/20/2023 "A man of faith and deeds" — RIP Virginia Oliver — 06/02/2023 Jack "Jackie" Hemry — 06/03/2023

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



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

June Craft —

July 13 — 3:00 p.m.

Please sign up at the Front Desk.

Monroe Ford Retirees — Monday, July 10 at 8:30 and July 3 at 11:30

Bingo is held on Tuesdays

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

Sunday Bingo is July 9

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

Health Odyssey

PROMEDICA MONROE REGIONAL HOSPITAL July 27, 2022

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

Topic: Skin Health (To be confirmed)

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

HOSTED BY BETH & PATTI

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

Trivia Night

Free of charge.

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



June Movie "Champions" July 12 - 1:30

Champions is a 2023 American sports comedy film directed by Bobby Farrelly from a screenplay written by Mark

Rizzo. The film stars Woody Harrelson as a temperamental minor-league basketball coach who after an arrest must coach a team of players with intellectual disabilities as community service. Kaitlin Olson, Ernie Hudson, and Cheech Marin also star.

Rated PG-13 because of a bit of bad language. May not be appropriate for those who are easily offended. Complimentary popcorn.



"Colors Social"

Now on hold until the Fall.

Watch for details.

Calling All Crafters! Fridays **now** at **12:00 noon**.

Join the group of people who are getting togeth-

er 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, Nancy or Kathy Fridays 8:45 to 9:45 (Cancelled for July)

Women's Bible Study led by Toni and Shanna Friday, July 7, 2023 at 3:00 p.m.

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

Friday Night Meal

July 7, 2023 Meal: 4:00 to 6:00

Duck Burgers Cole Slaw / Potato Chips Texas Sheet Cake \$6.00 each

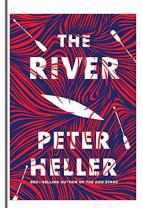


Music by Manny Perez

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

MONROE CENTER BOOK CLUB

Thursday, July 27 at 1:30 p.m.



"The River" by Peter Heller

... a community book read. National bestseller. Vivid and engaging. A suspenseful tale told with glorious drama and lyrical flair.

August Selection: *"Still Life"* by Louise Penny

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.

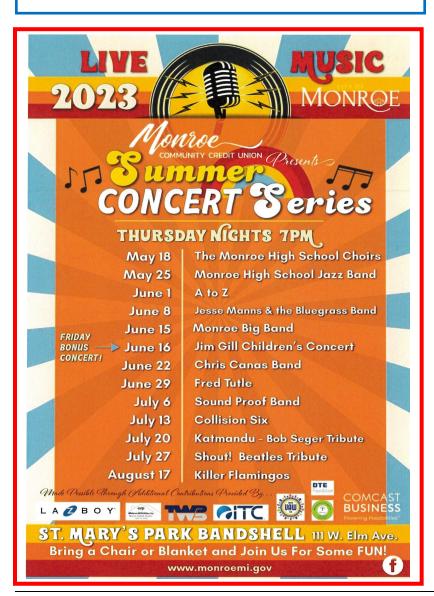
St. Mary's Rosary Makers

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

Second Tuesday in July.



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.



Model A Car Show

Thursday, July 6

5:00 to 7:00 p.m.

Stop by to see a wonderful array of Model A Cars.

Enjoy dinner inside From 4:15 to 6:00 p.m.

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 Ехт. 244





community foundation of monroe county

LIVE UNITED



United Way of Monroe / Lenawee Counties



Save the Date!

Friday, August 11 and Saturday, August 12

Donations are being accepted. No clothes please.

Poker Games

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

Save the Date! MAC Safety Summit — August 18 at LaRoy's Hall Keynote Sheriff Goodnough

Diabetes and Nutrition Services

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

FREE

PROMEDICA MONROE REGIONAL Dietiti HOSPITAL



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)



July 30-August 5, 2023

Michigan's Finest Fair

Adults \$7.00 Children 6-12: \$4.00 Age 5 & under with parents: Free Merchant Buildings Open: 10:00am – 10:00pm

> Sunday, July 31 Gates Open – 10:00am – 11:00pm Combine Derby at 7:00 p.m.

Monday, August 1 Gates Open — 9:00am—11:00p, Veterans' Day

> MIDWAY Opens at 3:00pm UNLIMITED RIDES! Until 10:00pm with PAY ONE PRICE Wristband – \$30.00 Per Person Individual Ride Tickets also Available

> > Tuesday, August 2 — Kids' Day Demolition Derby

Wednesday, August 3 — Senior Citizens Day — \$2.00 until 5:00 pm Rodeo in Grandstand

Thursday, August 4 — Ladies' Day — \$2.00 until 3:00 pm Tractor Pulling in Grandstand

Friday, August 5 — Monster Truck Show at 7:00 pm in Grandstand Dueling Pianos at 7:30 and 9:30 pm

Saturday, August 6 — Tesla wsg / Firehouse Concert in Grandstand at 8:00 pm





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.



We'll have the Home Games on the BIG Screen on:

July 6, 2023 — Oakland July 27, 2023 — Los Angeles Angels August 10 — Minnesota Augus 31 — New York Yankees September 14 — Cincinnati

Pinochle Winners

May 8 — Pat LaRoy May 10 — Jean Moore May 12 — Mary Rhoades May 13 — Dee Mitchell May 15 — Renee Schweitzer May 17 — Luther Conner May 19 — Gary Miller May 20 — Cindy Prusaitis May 22 — Dee Mitchell May 24 — Al Miller May 26 — Cindy Prusaitis May 27 — Cindy Prusaitis May 29 — Gary Miller May 31 — Cindy Prusaitis June 2 — Cindy Prusaitis June 3 — Mike Strube June 5 — Mary Rhoades June 7 — Luther Conner

Today's Quote:

Me: Your shoes are on the wrong feet.

Four Year old:

Me:

Four Year old:

Me:

4 Year Old: I don't have any other feet.

Me: Fair enough.

MONROE CENTER TRAVEL

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

NEW: Belterra Casino — July 23 and 24, 2023 \$199 double occupancy. \$67 in casino incentives. Leaving I-75 Monroe Exit

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

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

Alaska — on the Celebrity Solstice — 8 days and 7 nights — September 8—15, 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 \$2,960 to \$3,610, double occupancy; includes airfare from Detroit.

Holy Lands & Aegean Majesty (Jerusalem to Rome) -

October 6 through 17, 2023 Includes roundtrip airfare to Jerusalem and 11 nights with Oceania Cruises on the Oceania Nautica — 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.

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 \$3,377 per person, double occupancy,

and includes round trip air fair from Detroit. Passport required.



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 July 27 at 10:00 a.m.

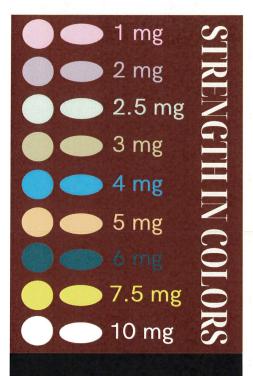


MemoryLane Care Services offers coaching and support groups for caregivers and in-person Adult Day Care for individuals with memory loss. Contact Cheryl Conley at MemoryLane: 2500 North Reynolds Toledo, Ohio 43615 Phone: 419-720-4940 Serves Monroe County!

"Ask the Pharmacist" —

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





Dietary Interactions with Warfarin

While taking warfarin, it is extremely important to pay attention to your diet. Foods high in vitamin K such as leafy greens (i.e. broccoli, spinach, kale, lettuce) can cause a decreased therapeutic effect of warfarin. It is important to maintain the same amount of the vitamin K foods in your diet on a day to day basis. A consistent diet helps your warfarin remain at a stable effectiveness. Dietary changes can cause warfarin levels to change in your body, making your blood too thick or too thin.

Avoid alcoholic beverages, cranberry juice, and grapefruit juice while taking warfarin. If you do choose to drink alcohol, do not exceed 1-2 drinks per day.

WARFARIN*The Warrior*

Avery Oberfeld, University of Michigan PharmD Candidate 2024

Warfarin, also sold under the brand names of Coumadin and Jantoven, is a medication used as a blood thinner to prevent clotting. This anticoagulant's history dates back to the 1930's, as there was a phenomena happening with cows across the country. Cows were snacking on a spoiled clover hay, which contained the chemical coumarin, making the clovers smell sweet. The cows were unable to coagulate properly leading to bloody milk and deaths. As scientists investigated the situation, they found that coumarin in combination with certain molds that grow from spoiled clover hay was the chemical causing the bleeding issue among the cows. This lead to the creation of the commonly used medication, warfarin.

OH

Chemistry of Warfarin

Warfarin is a vitamin K

reductase inhibitor, which

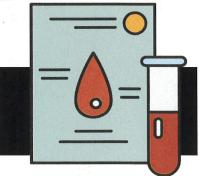
effects the natural clotting cascade within the body and

stops clotting from occurring.

As a blood thinner, warfarin has become a dependable option as it is proven to work and relatively inexpensive compared to other oral anticoagulants. Warfarin takes approximately five days to start working optimally and can be reversed by large doses of vitamin K. This medication can be somewhat sensitive and needs to be monitored frequently to ensure patients' blood stays within goal range of viscosity. There are many factors that can

change the effectiveness of warfarin, including diet and other medications.

Always check with your health care team to make sure other medications, including over-the-counter and supplements, do not have interactions with warfarin. If you experience any major bleeding, serious falls, signs of stroke or clots, or any other serious symptoms or changes, call 911 or go to the emergency room to seek medical attention



What is an INR?

The international normalized ration (INR) test is utilized to monitor the time it takes for blood to clot. With a prick of a finger and a small drop of blood, your health care provider will be able to know how well warfarin is working and if any adjustments should be made.

JUNE 2023

Electronic Smoking Devices (ESDs) & Smokefree Laws

RIGHTS FOUNDATION no-smoke.org/smokefree-threats/electronic-cigarettes/

What Are Electronic Smoking Devices (ESDs)?

AMERICAN Nonsmokers'

Electronic smoking devices, often called **e-cigarettes** or **vape pens**, heat and aerosolize a liquid that contains a cocktail of ingredients, including flavorings and varying levels of nicotine. **Using these devices is called vaping**.

The metal or plastic devices contain a cartridge filled with a liquid that is vaporized by a battery-powered heating element. The aerosol is inhaled by the user when they draw on the device, as they would a regular cigarette. The user then exhales secondhand aerosol, which includes chemicals and other pollutants.

Most electronic smoking devices contain nicotine, and some companies claim to sell nicotine-free cartridges. They come in a wide variety of shapes, sizes, flavors, and nicotine levels. These are not one uniform product but hundreds of different products. It should be noted that youth and adults are also using these devices to vape marijuana, hash oil, and other substances.

The design and look of these devices evolves quickly, so policy makers, parents, and communities need to be aware of the products and their impact on smokefree air.

Disposable & rechargeable "cig-alike" device:

Disposable hookah pen-style device:

What Is JUUL?

Juul is the top-selling e-cigarette brand in the U.S., and it is very popular among youth and young adults. Juuls are high-tech devices: they look like thumb drives, charge in USB ports, use replaceable "pods" filled with flavored nicotine liquid, and are easy to use discreetly. Using a Juul is often called "juuling."

A Truth Initiative study found that 63% ofJuul users don't know that Juul always contains nicotine.

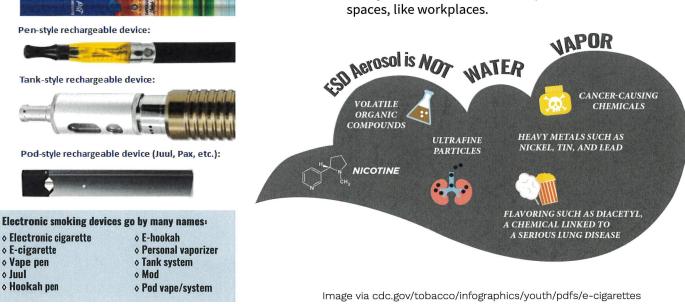
In fact, one Juul pod contains as much nicotine as a pack of cigarettes.

Image: CDC infographic, 2018

ESD Aerosol Is Not Water Vapor

Supporters claim that electronic

smoking devices release "nothing but water vapor." However, the "smoke" you see is NOT a "vapor": it is a chemical aerosol containing substances and toxins like those in the graphic from the U.S. Centers for Disease Control and Prevention (CDC). The aerosol (incorrectly called vapor) contains nicotine, hazardous ultrafine particles that lodge deeply in the lungs, and chemicals and toxins known to cause lung disease and cancer. This is why it is not safe to use these products in smokefree spaces, like workplaces.





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. Vaping Awareness was chosen for the Month of July.



healthessentials December 1, 2020 Nutri

AVOID THE HIDDEN DANGERS OF HIGH FRUCTOSE CORN SYRUP

WHY AND HOW TO KEEP THIS SWEETENER OUT OF YOUR DIET

High fructose corn syrup has crept into more of our foods over the last few decades. Compared with regular sugar, it's cheaper and sweeter, and is more quickly absorbed into our body. But eating too much high fructose corn syrup can lead to insulin resistance, obesity, Type 2 diabetes and high blood pressure. Functional medicine expert Mark Hyman, MD, explains the many ill effects of high fructose corn syrup, and offers strategies to avoid it.

FAT PRODUCTION FACTORY FOR YOUR BODY

Fructose was initially thought to be a better choice due to its low glycemic index. But only your liver cells can process fructose, and that's where the problems begin. "Fructose goes straight to your liver and starts a fat production factory," Dr. Hyman says. "It triggers the production of triglycerides and cholesterol." He explains that it's actually the sugar not the fat — that causes the most trouble for our cholesterol.

What's even worse, Dr. Hyman notes, is high doses of fructose "punch little holes in the intestinal lining, causing what we call a leaky gut." He explains that this allows foreign food proteins and bacterial proteins to enter into the bloodstream which triggers inflammation, makes us gain weight and causes Type 2 diabetes.

INCREASES APPETITE, PROMOTES OBESITY

Studies show that high fructose corn syrup increases your appetite and promotes obesity more than regular sugar. "High fructose corn syrup also contributes to diabetes, inflammation, high triglycerides and something we call non-alcoholic fatty liver disease," says Dr. Hyman, adding that it increases all the fat in the liver, which now affects over 90 million Americans. "It can even cause fibrosis or what we call cirrhosis. In fact, sugar in our diet is now the major cause of liver failure and that makes sugar the leading cause of liver transplants," he continues.

ALTERNATIVE OPTIONS

So, should we stay away from everything fructose? Well, we should as much as possible, says Dr. Hyman, but fruit is the exception. Fruit has fructose, but it's naturally occurring and it doesn't have the same effects as high fructose corn syrup. Additionally, fruit is packaged with fiber, vitamins, minerals and all sorts of healing nutrients. So, unless you eat massive amounts of fruit, fructose shouldn't be a problem.

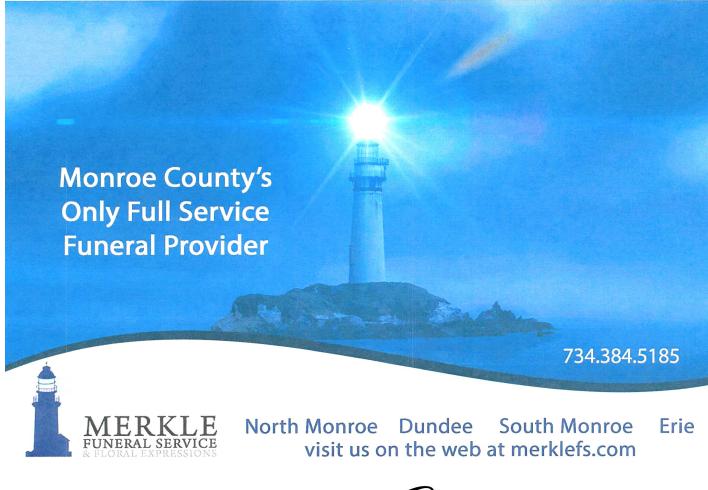
High-fructose corn syrup represents more than 40% of the caloric sweeteners that are added to our foods and beverages. If you find the words "high-fructose corn syrup" or the new term "corn sugar" on a label, stay away if you want to be healthy. "These are signs of very poor quality foods," states Dr. Hyman.

He adds that the easiest way to completely avoid high-fructose corn syrup is to eat real, whole, unprocessed foods. But if you must buy packaged foods, he advises reading the labels carefully to identify sugar in other disguises.

"Sugar is hidden in over 80% of the 600,000 processed foods on the market," he says. But beware: It's disguised with over 200 different names — things like maltodextrin and other additives you wouldn't necessarily recognize.

As a general rule of thumb. Dr. Hyman advises, "If you can't pronounce it, or you don't recognize the ingredients, or you wouldn't add it to food you cooked in your own kitchen, then don't eat it!"

PS HFCS has been completely banned in Sweden, India and Ireland and has restricted use in many others.



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.



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**.

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Traditional Funerals ~ Cremation Pre-Planning ~ Personalized Services Monuments & Markers



Wm. A. Bacarella Dee Maurice Jeffrey C. Rupp

1210 S. Telegraph Rd, Monroe (734)241-4600 bacarellafuneralhome.com



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.

1605 FREDERICKS DR, MONROE, MI 48162 734.241.5700



- Independent and Assisted Living
- One and Two Bedroom Options
 - Community Room
 - 24-Hour Staffing

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Sunday Dinner 11 a.m. to 1 p.m.	 3 Ford Salaried Retirees 11:00 a.m. 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10-1 Massages w/ JoAnn 12:00 Pinochle 3:00 Balance 	4 4тн оғ Јицү Ноцірдү Center closes at 2:00	 5 Birthday Dinner 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 10-1 Massages w/ JoAnn 12:00 Pinochle 3:00 Balance 5:00 Trivia 	 6 Medicare with Jackie by appointment 10:15 Chair Yoga 10:00 Poker Game 11:00 Library in Motion 5:00 Model A Car Show 	 7 8:45 Cardi Yo 10:00 Enhance[®]Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 4:00 Duck Burgers & Music with Manny 	8 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	 10 Ford Retiree BF Canasta 9:00 Movin' & Groovin' 10:00 Enhance[®]Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Dancing 	 11 MCOP Support Services 9:00 Rosary Makers 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers 	 12 Monroe Senior Legal 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 1:30 Movie: "Champions" 3:00 Balance 	 1.3 Medicare with Jackie by appointment 10:15 Chair Yoga 11:00 Jefferson Class Reunion / Lunch 3:00 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 Noon Meal 11:00 to 1:00 11:00 Pinochle Men's Bible Study
Sunday Dinner 11 a.m. to 1 p.m.	 17 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance[®]Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance 	18 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	19 Class of '67 Breakfast 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	20 Medicare with Jackie by appointment 10:15 Chair Yoga 10:00 Poker Game	21 8:45 Cardi Yo 10:00 Enhance [®] Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	22 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
Sunday Dinner 11 a.m. to 1 p.m.	 24 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle 	25 MCOP Support Services 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	26 Monroe Senior Legal 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	27 Medicare with Jackie by appointment 10:15 Chair Yoga 11:30 Health Odyssey Please RSVP 241.0404 1:30 Book Club	28 	29 Breakfast 8:00 to 1:00 Noon Meal 11:00 Pinochle Men's Bible Study
56 Special Sunday Dinner 11 a.m. to 1 p.m.	 31 Soup & Sandwich \$2 Canasta 9:00 Movin' & Groovin' 10:00 Enhance[®]Fitness 10—1 Massages with JoAnn 12:00 Pinochle 		July	202	Par H	Monroe Center for Healthy Aging

Eve	ning 1	Mea	ls

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Served 4:15 to 6:00 pm Main Choice: \$3.00 Eat-In or Carry Out

2023

Monday Tuesday Wednesday Thursday 3 4 6 7 5 4th of July Holiday Pizza — Pepperoni Pot Roast Duck Egg, Ham, Cheese or Vegetable Potatoes Burgers Muffin / Fruit Fresh Fruit Close at 2:00 \$6.00 Carrots Hashbrowns 10 11 12 13 Chop Suey Enchiladas Chicken Thighs Cuban Sandwich Brown Rice Side Salad Stuffing Potato Salad Egg Rolls Chips & Salsa Vegetable Fruit 1718 19 20 Baked Potato Bar Tomato Soup Sloppy Joes Chicken Salad on a Croissant with Chili, Broccoli Grilled Cheese Sweet Potato Fries Veggie Chips and Cheese Fruit Cottage Cheese Fruit Fruit 2724 2526 Cauliflower Chowder Chicken and Rice Goulash Tacos Quesadillas Grilled Cheese Casserole Side Salad Corn Casserole Garlic Bread Broccoli Fruit Fruit 31 August 1 3 2 **BLT** Sandwiches Macaroni and Cheese Turkey Burger Country Casserole Chick Pea Salad Ham Steak Pasta Salad Side Salad Vegetable Corn on the Cob Vegetable Fruit

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

er Night 8 Breakfast es 8:00 to 1:00 es Noon Meal 11:00 to 1:00	15 uushroom es Breakfast 8:00 to 1:00 Noon Meal ut 12g fiber 11:00 to 1:00	with 22 bns Breakfast 8:00 to 1:00 ar Noon Meal 11:00 to 1:00	ndwich 29 Reakfast edges 8:00 to 1:00 8:00 to 1:00 ar 11:00 to 1:00	Monroe For Healthy Apirg 734.241.0404
7 Duck Burger Night Stuffed Peppers Mashed Potatoes Stewed Tomatoes Pears 665 cal. 23g fat 59 carb 52g protein	14 Pork Chop w/mushroom Country Potatoes Broccoli Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	21 Turkey Burgers with Sautéed Onions French Fries Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	28 BBQ Chicken Sandwich Sweet Potato Wedges Celery Salad 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	Ň
6 USA Wild Caught Cod Brown and Wild Rice Mixed Vegetables 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodi- um	 1.3 Jefferson High White Chicken Chili Wulti-grain Bread Fruit 666 calories; 11.6 g fat; 2,726 mg sodium. 53 g carbohydrates; 34.7 g protein 	20 Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	 27 Health Odyssey Grilled Chicken over a Bed of Lettuce Mixed Vegetables Side Salad / Fresh Fruit 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod. (No other options today) 	2023
5 Birthday Dinner Grilled Pork Chops Mashed Potatoes Broccoli Birthday Cake & Ice Cream 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod (No hamburgers today)	12 Beef Tips Over Noodles Harvard Beets Fruit 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro.1,189mg sod.	 19 Class of '67 Breakfast BBQ Pork Sandwich Veggie Chips Cole Slaw 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar 	26 Beef Pot Pie Cottage Cheese with Peaches 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium	
4 French Toast Casserole Two Sausage Links Grilled Apples	 11 Spaghetti with Meat Balls Spinach Side Salad Garlic Bread 518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod 	18 Chicken Ala King over Biscuits Peas & Carrots Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	25 Salsa Meat Loaf Mashed Potatoes Green Beans 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.	
3 Ford Retirees Sloppy Joes Sweet Potato Wedges Baked Beans Watermelon 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	10 Ford Retirees Liver & Onions or Salisbury Steak Mashed Potatoes Green Beans 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.		24 Open Faced Roast Turkey Sandwich Mashed Potatoes Green Beans 600 cal 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 sod.	31 Soup & Sandwich \$2 Vegetable Soup or Chicken Noodle Soup Sloppy Joe or Grilled Cheese Sandwich Dessert (No other options today)
2 Pork Roast /Chicken Mashed Potatoes Green Beans Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	 Bingo Spiral Ham with Pineapple / Cod Au Gratin Potatoes Cauliflower 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod. 	16 Grilled Chicken Breast or Salmon Baked Potato Peas 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod	23 Roast Beef / Salmon Red Skin Potatoes Cauliflower / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	 30 \$6 Special BBQ Ribs or Chicken Baked Potatoes Normandy Veggies Dessert