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Your senior millage tax dollars at work!

June 2023



VOLUME 23, ISSUE 6



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)

Leading in services, information, and assistance for quality lifestyles and healthy aging.

Open 365 Days a Year — Pending Any Covid Restrictions

Sun. 10:00 to 2:00 Mon—Thurs. 8:00 to 7:00 Fri 8:00 to 4:00 Sat 8:00 to 2:00

New Breakfast 8:00 to 9:45 Lunch 11:00 to 1:00 Supper Mon.—Thurs. 4:15 to 6:00

Carry-Outs are available. Please call 734.241.0404

Staff

Executive Director: Sandie Pierce

sandie@monroectr.org

Operations Manager:

Vacant

(Applications are being accepted!)

Program Manager: Toni Solomon

toni@monroectr.org

Cooks:

Scott Suttles Esther Thompson
Carol Huffman Susan Stoner
Brenda Lewis Delanie Guyor

Customer Service Coordinator:

Cheri Braunlich

cheri@monroectr.org

Accounting Clerk:

Linda Guyor

linda@monroectr.org

Volunteer Coordinator:

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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Carry-Out Meals are available. Call 734.241.0404

"The Monroe Center is the place to be – for fun, fellowship, and support."

Evening Meals

Monthly Menu

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



23

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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

"Don't be afraid. Change is such a beautiful thing" said the butterfly. ~ Sabrina Newby

Happy Father's Day to all of the men out there. Thanks for being a positive role model, for teaching, and for caring. Your job was not always easy. You were expected to provide for your family even in tough times. You worked hard and remained strong. And you did it out of love. Thank you for that.

Dad's Place

There's a special kind of feeling When I think about you, Dad

It's a pleasure to remember All the happy times we've had

There's a special kind of caring That is meant for you alone

There's a place somewhere Within my heart That only you can own.

Here at the Center in June, we'll celebrate Father's Day on Sunday, June 18. Everyone will receive complimentary dessert with their meal.

On June 14, we're having the annual Flag Day celebration. VFW Post 1138 will again be here to present us with a new American flag, and Jon Moore and the Gang will play some of our favorite songs about America. Join us outside at 11:30 a.m.

Save the date! On July 7, we're having a Duck Burger fundraiser with music. Thanks to SeaCrest Nursing Center for sponsoring this event.

Happy Summer! It's finally nice outside, but we hope to see you inside at the Center often. Take care.

~ Sandie

News to Note . . .

- June 1 Model A Car Show 5:00 to 7:00 p.m.
- **June 1** \$2 Soup and Sandwich Day
- Bingo is on Tuesdays! Card sales at 1:30 p.m. Sunday Bingo is June 11
- June 7 Birthday
 Celebration during lunch
- June 7 —Trivia Night at 5:00 p.m. Prizes!!
- Monday Massages and 1st-Wednesday of the month with JoAnn — 10:00 to 1:00
- **June 8** —at 11:00 Library in Motion Delivery
- June 8 Jefferson
 Class Reunion 11:00
- June 8 —Crafts —3:00
- June 14 Flag Day 11:30
- June 14 Movie "A
 Man Called Otto" 1:30
- June 15 Pace Program
- June 15 Tai Chi noon
- June 18 Fathers' Day
- June 19 SCAM Program
- June 21 Poetry Class with Nancy Jackson at 1pm
- June 21 Class of '67 Breakfast — third Wed.
- June 22 Health Odyssey
 Sponsored by ProMedica.
 Topic: Opiate Use Disorder and Medication-Assisted
 Treatment—Melissa McCarty
 Register at 734.241.0404
- June 30 \$2 Soup and Sandwich Day

Please Remember to Scan





Happy June Birthdays



			_
Kevin Adams	Cathy Didario	Dennis Lamb	Catherine Rykse
Nancy Allen	Jackie Droulillard	Josetta Lynch	Laurie Schultz
Marie Baehr	Scott Ellison	Roland Mettie	Don Steinman
Marvin Baumann	Teresa Esper	Karen Mickens	Ken Steward
Diane Beck	Ron Gootee	Clayton Navarre	David L. Stoner
Phyllis Bert	Carolyn Hall	Patricia Neboyskey	Carla Strunk
Kathy Blevins	Gloria Hardzieg	Marce Negretz	Nancy Thompson
Virginia Bodine	Roxann Hoffman	Gloria Payne	Ruth Tiszai
Shirley Bomia	Lorraine Hudson	Mary Pearsall	Jim Vanisacker
Lorraine Bressler	Theresa Janicki	Shirley Poore	Margaret Walters
Cathy Byrum	Mitchell King	Sally Pritchett	Janice Weiss
Margaret Cole	James Kozlowski	Annette Quell	Mary Wilkie
Linda Collins	Barbara Kroh	Joyce Rober	Carrie Williams
George DeClercq	Nancy Krueger	Kathy Rohmyer	Katherine Woodrum
			Denise Young

Birthday Celebration!

The Birthday Celebration is June 7. 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, June 7, 2023.

Thanks to Vibrant Life Senior Living for sponsoring the cake in June.

Happy May Birthdays!



WELCOME new members

Benjamin & Theresa Abalos

David Bork

Millicent Brown

Cheryl Genson-Cuprys

Ruth Dombrowski

Bill & Penny Doom

Mark Hamlin

Barbara Harness

Janet Hartwig

Kathy Hartwig

Mitchell & Avis King

Sandra Molenda

Barb Northrup

Melody Spillson

Brenda Swathell

Ann Wilson

Gerry Wiseman



Recent Donations

Jane Karau & Nancy Kirwen
in honor of Jane's 95th birthday

Pamela Straka

in memory of Holly Geiger

Mable Kehres Resident Association

in memory of Dolly Berns

Steve & Bonnie Thompson

in memory of Valerie Mainzinger

Jim & Ann Pulford

Don & Barbara Wolfenbarger

Donations of Bottled Water

Nancy Ellison

Jim and Ann Pulford



TALENT SHOW ANYONE?

Please let us know if you'd like to be part of a Members' Talent Show!

Sing? Dance? Juggle?

Play an instrument? Perform Magic?

Start practicing for August!

Cheri's Quote of the Month

"Celebrate the quiet

Heroes who gave

their lives for our

Freedom."



Monthly "Poets Society"

with Nancy Jackson

Wednesday, June 21 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 McMullin Dental for sponsoring the May Birthday Cake.

May Rummage Sale — Thanks for all your support!

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



With sympathy ...

Shirley "Val" Mainzinger — 4/23/23
Gerry Poupard — 4/27/23
Troy Miller — special recognition
Larry Miller — special recognition

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



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

June Craft — June 8 — 3:00 p.m.

Please sign up at the Front Desk.

Monroe Ford Retirees — Monday, June 5 at 8:30 and 11:30

BINGO

Bingo is held on TuesdaysCard Sales at 1:00. Bingo at 1:30

Sunday Bingo is June 11

Health Odyssey

◆ PROMEDICA

MONROE REGIONAL

HOSPITAL

June 22, 2022

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

Topic: Opioid Use Disorder and Medication-Assisted Treatment with Melissa McCarty

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, June 7th 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 "A Man Called Otto"

June 14 -1:30



Based on the # 1 New York
Times bestseller "A Man Called
Ove," A Man Called Otto tells
the story of Otto Anderson
(Tom Hanks), a grump who no
longer sees purpose in his life
following the loss of his wife.
Otto is ready to end it all, but
his plans are interrupted when

a lively young family moves in next door. A heartwarming story about love, loss, and life. A Man Called Otto shows that family can sometimes be found in the most unexpected places.

PG-13 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 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.

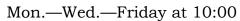
Also, donations of yarn are needed for baby blankets, hats, and other items that are donated to those in need.

Exercise Classes

Chair Yoga — Tuesdays & Thursdays at 10:15 with Cheri

Balance Class—Mondays and Wednesdays at 3:00 with Sandie

EnhanceFitness®



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

Complimentary **Tai Chi** with Brenda Beard Thursday, June 15, at 12:00 Noon

Women's Bible Study
led by Toni and Shanna
Friday, June 2, 2023 at 3:00 p.m.

Men's Bible Study — 9:00 a.m. Every Other Saturday

Model A Car Show

Thursday, June 1, 2023 5:00 to 7:00 p.m.



Flag Day — June 14 11:30 a.m.

Join us as the VFW Post 1138 presents a new American flag.

Music with Jon Moore & Friends

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



MONROE CENTER BOOK CLUB



Thursday, June 22 at 1:30 p.m.

"In My Own Words" by Ruth Bader Ginsburg

The first book from Ruther Bader Ginsburg since becoming a Supreme Court Justice in 1993 — a witty, engaging, serious, and playful collection of writings and speeches from the women who has had a powerful and enduring influence on law, women's rights, and popular culture.

July's Selection: *"The River"* by Peter Heller

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.



Annual National Senior Health and Wellness Day

Wednesday, May 31, 2023 — 8:30 a.m. to 1:00 p.m.

2023 Theme: "Move More to Do More!"

8:30 to 11:30

- Exercise Classes
- Fitness Room Instruction
- Health Information
- Blood Pressure & Sugar Checks

9:00 "Eating Our Way to Extinction"

11:30 Complimentary Lunch — Please RSVP

12:00 Keynote Speaker: Molly Armstrong

"What We Eat Matters
— Really!"



Lunch and Learns



Thursday, June 15th

11:30 a.m. Lunch 12:00 LEARN ABOUT "PACE" by Lindsay Mann-Shanahan



Monday, June 19th

11:30 a.m. Lunch
12:00 "COMMON SCAMS
THAT MAY TARGET YOU:
KEEP YOUR INFORMATION
PROTECTED"
by Monica Ross-Williams

Please RSVP 734.241.0404

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734.241.2775 EXT. 244





Second Friday Night Meal

June 9, 2023 Meal: 4:15 to 6:00

> Patty Melt Macaroni Salad Applesauce

Board & Outdoor Games to 7:00 p.m.

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.

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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)





Accredited Program





FUNDRAISER FOR THE MONROE CENTER FOR HEALTHY AGING

20% of anything ordered on this party gets donated to the Monroe Cente for Healthy Aging!!

Go to the link below

https://karenbaldwin.scentsy.us/party/17380563/monroe-center-fundraiser

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sure to fill your life with fragrance. Help us make our giving goal.



Please contact Karen Baldwin
if you have any questions!
Karen Baldwin, Certified Consultant
(313) 421-9518 baldw193@gmail.com

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.





WE'LL HAVE THE HOME GAMES ON THE BIG SCREEN ON:

June 21, 2023 — Kansas City
July 6, 2023 — Oakland
July 27, 2023 — Los Angeles Angels
August 10 — Minnesota
Augus 31 — New York Yankees
September 14 — Cincinnati



Pinochle Winners

April 10 — Gene Opfermann

April 12 —Cindy Prusaitis

April 14 — Cindy Prusaitis

April 15 — Gary Miller

April 17 — Rene Schweitzer

April 19 — Cindy Prusaitis

April 21 — Al Miller

April 22 — Al Miller

April 24 — Carol Schwartz

April 26 — Gene Opfermann

April 28 — Marlin Worstell

April 29 — Luther Conner

May 1 — Luther Conner

May 3 — Pat LaRoy

May 5 — Luther Conner

May 6 — Al Miller

May 8 — Pat LaRoy





Today's Quote:

Books,
minds and
umbrellas
only work
if they're open.

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

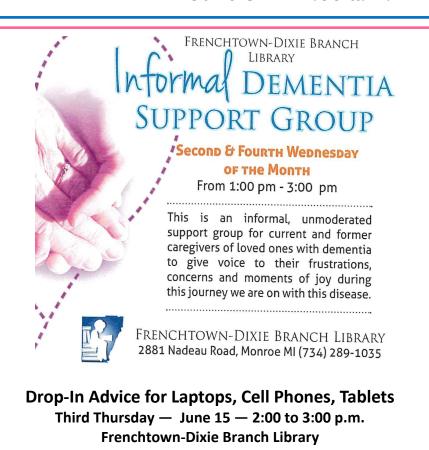
Depart Baltimore, Maryland, cruising to Boston, Massachusetts, Portland, Maine, Bar Harbor, Maine, Halifax, Nova Scotia, and Saint John, New Brunswick, Returning to Baltimore, Maryland.

Rates are \$2,357 to \$3,377 per person, double occupancy, and includes round trip air fair from Detroit. Passport required.



Monroe County Library in Motion Pick-Up

June 8 — 11:00 a.m.



You are invited to Virtual Caregiver Coffee with MemoryLane Staff



Would you like to talk to other caregivers about their experiences? Join us for Virtual Coffee with MemoryLane Staff Wednesdays at 2 pm without having to leave home.

This is your chance to talk with other caregivers and to share insights, advice, and encouragement. The discussion will provide practical tips and resources that provide support and assistance.

You may choose video-conference or phone.

Bring your own coffee! For details, call: 419-720-4940

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.
- **Income Tax Assistance:** John Bocks is at the Center Mondays from 8:00 to 4:00.
- **Blood Pressure Checks** with Gena Craft from IHM June 22 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



This month's topic is CBD and the health benefits it may offer. This topic was a suggestion from the membership at the Center and it's a really popular topic for discussion as our community has experienced exponential growth in the availability of CBD-based products in the last year.

There is certainly no shortage of information available to consumers about the potential health benefits of using CBD products. I am hoping to help provide some insight to inform you of the validity of the claims and whether CBD-based products are a good option for you.

As a pharmacist, I always encourage my patients to seek out health and drug information that is backed by clinical studies and originates from a research-based group. A quick Google search will provide a plethora of drug information but will include personal accounts and information from studies that were not conducted by a drug manufacturer or governmental research group. Information on CBD is no different – there are hundreds of articles available that claim CBD is useful for a wide-range of conditions including ALS, anxiety, depression, epilepsy, pain and PTSD. The majority of these articles cite data from studies that were conducted in very small groups of people and lack conclusive evidence that CBD was proven to be effective or superior to other treatment options.

That being said, the National Center for Biotechnology Information (NCBI) has compiled and published a comprehensive article on the therapeutic effects of Cannabis and Cannabinoids. This article brings together data from multiple sources and studies, including data from insurance providers and THC utilization data from states like Colorado and California, which were two of the first to legalize marijuana. The article shares the following as highlights from the analysis and review of the data and studies:

- Oral cannabinoids are effective for treating chemotherapy-induced nausea and vomiting.
- Adult chronic pain patients experienced a clinically-significant reduction in pain symptoms when treated with cannabis or cannabinoids.
- Short-term use of oral cannabinoids improves spasticity symptoms in patients with multiple sclerosis.
- For all other conditions evaluated, the data and information analyzed was inadequate to assess the effectiveness of CBD. These conditions included: anxiety, cancer, IBS, Tourette syndrome, ALS, Huntington's Disease, Parkinson's Disease, dystonia, dementia, PTSD, TBI and others.

Please consider having a conversation with your physician if you are thinking that CBD-based products would benefit you. They need to be aware of your thoughts and plans on use to help guide the care they provide to you.

Stay well!

~ Jennifer



As older adults, regular physical activity is one of the most important things we can do for our health. It can prevent or delay many of the health problems that seem to come with age. It also helps our muscles grow stronger so we can keep doing our day-to-day activities. Keep in mind, some physical activity is better than none at all, AND the health benefits will increase with the more physical activity that we do. Here are some ways to meet the physical activity recommendations from the Center for Disease Control.

Example 1



MODERATE-INTENSITY AEROBIC ACTIVITY

(such as brisk walking) for 150 minutes (for example, 30 minutes a day, 5 days a week)

AND



MUSCLE-STRENGTHENING ACTIVITIES

on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

PLUS



BALANCE ACTIVITIES – Walking heel-to-toe or standing from a sitting position.

Example 2



VIGOROUS-INTENSITY AEROBIC ACTIVITY

(such as jogging or running) for 75 minutes (1 hour and 15 minutes) every week

AND



MUSCLE-STRENGTHENING ACTIVITIES

on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

PLUS



BALANCE ACTIVITIES – Walking heel-to-toe or standing from a sitting position.

Example 3





An **EQUIVALENT MIX** of

moderate- and vigorous-intensity aerobic activity on two or more days a week

AND



MUSCLE-STRENGTHENING ACTIVITIES

on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

PLUS



BALANCE ACTIVITIES – Walking heel-to-toe or standing from a sitting position.

From: **CDC** Center for Disease Control



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. Physical Activity was chosen for the Month of June.





April 21, 2023



PRESS RELEASE - For Immediate Release

Monroe Center for Healthy Aging Recognizes 2023 Volunteers

The Monroe Center for Healthy Aging held its annual Volunteer Appreciation Dinner last night (April 20, 2023) at the Center. We were pleased to recognize the following individuals:

Rose Post Sunshine Award: Debbie Lentz

Earl and Hazel Barron Service Award: Francine Roscoe and Gloria Payne

Pamela LaPan Humanitarian Award: Linda Lamb Rohen-Simonton Leadership Award: Clara Lloyd Sandie Pierce Above and Beyond Award: Val Bezeau

Volunteer of the Year Bonnie Thompson

The event was attended by 60 volunteers, stakeholders, and Board of Directors members. Mark S. Braunlich served as the emcee of the dinner and offered special recognition to Earl and Bernice Freimark and Jane Karau and Nancy Kirwen for their on-going generous contributions to the Monroe Center. DTE Energy, La-Z-Boy Foundation, ProMedica Monroe Regional Hospital, and United Way of Monroe County were also recognized for their support of the Center, as was the Monroe County Commission on Aging, senior millage.

Kevin Hemry was thanked for donating over 1,600 of volunteer hours to the Center in 2022. Commissioner David Swartout was thanked for overseeing the construction of the garage, and Troy Goodnough was recognized for volunteering labor for concrete work on the garage.



The Community Foundation of Monroe County was thanked for sponsoring the event. Bacarella Funeral Home and Deb's Florist also provided support for the dinner.

Sandie Pierce, Director Monroe Center *for Healthy Aging* 734-241-0404



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



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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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Huron Valley PACE provides medical and wellness services to older adults, enabling them to stay in their homes and communities for as long as possible.

> **CALL FOR INFORMATION** 734.879.0322

HuronValleyPACE.org 2940 Ellsworth Road, Ypsilanti, Michigan 48197



A Sneak Peek at Hickory Ridge's New Addition!



Ciena Healthcare Managed Facility



For more information, please contact the Admissions Department at 734.206.8200

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

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

951 Hickory Creek Drive, Temperance, MI 48182 P 734.206.8200 hickoryridgeoftemperance.com





FOUNTAIN VIEW



Services:

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



- Hospice
- IV Therapy
- Respite Care
- Tube Feeding

Amenities:

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



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

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Thank you to our Sponsors and Advertisers.

Monroe Center for Healthy Aging 734-241-0404) 6 20	3	1 Medicare with Jackie by appointment 10:15 Chair Yoga 10:00 Poker Game 5:00 Model A Car Show 7:00 Model A Club	2 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 1:00 Colors Social 3:00 Women's Bible	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle Mens Bible Study
4 Sunday Dinner 11 a.m. to 1 p.m.	5 Ford Retirees 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10-1 Massages w/ JoAnn 12:00 Pinochle 1:30 Line Dancing 3:00 Balance	6 9:00 Rosary Makers 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers 7:00 Coin Club	7 Birthday Dinner 9:00 Movin' & Groovin' 10:00 Enhance ® Fitness 10-1 Massages w/ JoAnn 12:00 Pinochle 3:00 Balance	8 Medicare with Jackie by appointment 10:15 Chair Yoga 11:00 Jefferson Class Reunion / Lunch 11:00 Library in Motion 3:00 Craft	9 4:15 Meals & Games 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	10 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
11 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	12 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance	13 MCOP Support Services 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	14 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 11:30 FLAG DAY 12:00 Pinochle 1:30 Movie: "A Man Called Otto" 3:00 Balance	15 Medicare with Jackie by appointment 10:15 Chair Yoga 10:00 Poker Game Noon PACE Presentation Noon Complimentary Tai Chi Class w/Beth Beard	16 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 1:00 Colors Social	17 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle Men's Bible Study
18 Father's Day Sunday Dinner 11 a.m. to 1 p.m.	19 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10—1 Massages with JoAnn 12:00 SCAM presentation 12:00 Pinochle 1:30 Dancing 3:00 Balance	20 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	Class of '67 Breakfast 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance	22 Medicare with Jackie by appointment 10:15 Chair Yoga 11:30 Health Odyssey Please RSVP 241.0404 1:30 Book Club	23 Soup & Sandwieh 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 1:00 Colors Social	24 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
\$6 Special Sunday Dinner 11 a.m. to 1 p.m.	26 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle	27 MCOP Support Services 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	28 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance ® Fitness 12:00 Pinochle 3:00 Balance	29 Medicare with Jackie by appointment 10:15 Chair Yoga	30 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	





2023

Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thursday
29 Memorial Day French Bread Pizza Side Salad Watermelon	30 Pork Chops with Mushroom Gravy Mashed Potatoes Vegetable	31 Tuna Melt Cucumber Salad Veggie Chips	June 1 Creamy Chicken and Broccoli Pasta Dinner Rolls Fruit
5 BBQ Chicken Sandwich Cole Slaw Veggie Chips	6 Pineapple Chicken Over Brown Rice Egg Roll	7 Hot Beef Sandwich Mashed Potatoes Vegetable	8 9 Split Pea Patty Melt & Ham Soup Grilled Cheese Sandwich Fruit Applesauce
12 BLT Sandwich Broccoli Salad Baked Beans	Applebutter Pork Stuffing Vegetable	14 Biscuit and Gravy Casserole Fruit	Baked Ham Macaroni and Cheese Vegetable
19 Tacos Refried Beans Spanish Rice	20 Baked Potato Bar with Chili, Cheese, Broccoli Fruit	21 Spaghetti with Turkey Meatballs Side Salad / Bread	22 Chicken Thighs Mashed Potatoes Vegetable
26 Southwestern Chicken Bake Corn Casserole	27 Pizza — Vegetable or Pepperoni Side Salad	28 Russian & Blueberry Pancakes Sausage / Fruit	29 Mostaccioli Side Salad Garlic Bread

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

	.eM			1 Soup & Sandwich \$2	2	3
				Split Pea with Ham or Broccoli Soup	Shepherd's Pie Side Salad	Breakfast 8:00 to 1:00
		5		Chicken Salad or Tuna	Peaches	Noon Meal
7				Salad Sandwich	596 cal. 23g fat 75 carb 4g fiber 20g sugar 33g pro	11:00 to 1:00
				Dessert (No other options today)	748mg sodium	
	5 Ford Retirees	9	7 Birthday Dinner	8	6	10
Pork Roast /Chicken Mashed Potatoes Green Beans Applesauce	Grilled Chicken Baked Potato Mixed Vegetables	Chili Mac — Chili made with Ground Turkey over Penne Pasta topped	USA Wild Caught Cod Brown and Wild Rice Mixed Vegetables	Spaghetti with Meat Balls Spinach Side Salad Garlic Bread	Pork Chop with Sauerkraut Country Potatoes	Breakfast 8:00 to 1:00
503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	With sineduced uneese Fresh Fruit 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium (No hamburgers today)	518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod	Broccoli / Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro.1,655mg sod	Noon Meal 11:00 to 1:00
Bingo	12	13	14	15	16	
Roast Turkey / Cod Mashed Potatoes Green Beans	Salmon Patties with Peas and White Sauce Red Skin Potatoes	Chicken or Beef Pot Pie Cottage Cheese with Peaches	Taco Salad w/ Chips Spanish Rice Refried Beans	Ranch Chicken Mashed Potatoes Mixed Vegetables	Sloppy Joes Sweet Potato Wedges Baked Beans	Breakfast 8:00 to 1:00
Cranberries / Cake 503 cal. 18g fat 65 carb	Fruit	∞	Stewed Tomatoes	880 cal. 23g fat 127carb	Watermelon	Noon Meal 11:00 to 1:00
9g fiber 4g sugar 31g pro. 749mg sodium	603 cal. 123g fat 85 carb. 426 sodium Protein 35	6g fiber 4g sugar 22g prot. 602mg sodium	90b cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	1,211 mg sod.	1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	
18 Father's Day	19	20	21 Class of '67 Breakfast	22 Health Odyssey	23	24
Roast Beef / Salmon Red Skin Potatoes Cauliflower / Pears	BBQ Chicken Sandwich Sweet Potato Wedges	French Toast Casserole Sausage Patty	Chop Suey Brown & Wild Rice Stir Fry Vegetables	Baked Salmon Red Skin Potatoes Corn / Side Salad / Fruit	Liver & Onions or Salisbury Steak Mashed Potatoes	Breakfast 8:00 to 1:00
805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	Celety Salad 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	Banana	Applesauce 600 cal. 8g fat 94 carb 9g fiber 24g sugar 25g pro. 904mg sod.	500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium (No other options today)	Green Beans 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.	Noon Meal 11:00 to 1:00
\$6 Special	26	27	28	29	30 Soup & Sandwich \$2	
BBQ Ribs or Chicken Baked Potatoes	Grilled Pork Chops Mashed Potatoes Broccoli / Applesauce	Tuna Noodle Casserole with Peas Cole Slaw	Salsa Meat Loaf Mashed Potatoes Green Beans	Marinated Chicken Breast Baked Potato Peas	Chicken Tortilla or Vegetable Beef Soup Grilled Ham & Cheese	Monroe Center
Normandy Veggies Dessert	683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g prot. 948mg sodium	464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.	583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod	or Pork Patty Sandwich Dessert (No other options today)	734.241.0404

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.