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Senior Centers



Your senior millage tax dollars at work!

Engage!

**VOLUME 23, ISSUE 10** 

#### October 2023



THE AUGUST TALENT SHOW WAS A "FIVE STAR EVENT" — WITH LOTS OF SMILES!

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 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:

Jaime McDonald

**SECRETARY:** 

**Peggy Barton** 

#### **BOARD MEMBERS:**

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Troy Goodnough

**Kevin Hemry** 

Richard Janssens

Diane Kamprath

**Hobby Nels** 

Kassie Kipper

Sister Janet Ryan, IHM

Jennifer Sell

**David Swartout** 

IN THIS ISSUE:	<u>Page</u>
Contacts & Board of Directors	2
From the Director's Desk	3
Birthdays / New Members	4
Thank You's / Memorials	5
Center Activities & News	6—8
Medicare Open Enrollment / RSVI	P 9
Community Page	10
Member's Page	11
Travel News & Alzheimer's Walk	12
Community Page	13
Ask the Pharmacist	14
MAC Health & Wellness Summit	15
Inspiring Quotes — Joy	16
Advertisers 1	7—21
Monthly Calendar	22
Evening Meals	23
Monthly Menu	24
Carry-Out Meals are availab	le.

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

"Autumn is the time of year when Mother Nature says, "Look how easy, how healthy, and how beautiful letting go can be."



— Toni Sorenson

Changing of the seasons is one of the great things about Michigan. While I miss the warm Summer days, I do appreciate the change. It reminds me of life in general. As we go through the seasons of our lives, things change. Hopefully, for the better. But not always. It seems that there will always be challenges. This "adulting" is not cracked up to be what I thought it'd be! But, as with the seasons, the challenges don't last forever, and hopefully are learning experiences for us.

Letting go is sometimes good advice. Sometimes, it's about letting go of a person, but usually it's about letting go of control, especially of others. Logically, we know that we can't change someone, but that doesn't seem to keep us from trying! Afterall, we have *years* of experience and know what's best!

Remember when we were young and didn't need any advice or help from anyone? We wanted to do it our way even if it involved making a mistake. People are still like that. For me, it's disappointing when someone doesn't heed my "wisdom" and it takes effort to go to the higher ground. There's a poem that I just came across on Facebook that seems to help:

"Some people try to turn back their "odometers." Not me.

I want people to know why I look this way. I've traveled
a long way and a lot of the roads were not paved. Ah!
Being young is beautiful, but being old is comfortable.
So, Lord, keep your arm around my shoulder — and
your Hand over my mouth."

~ Sandie

#### News to Note . . .

- Bingo is on Tuesdays!
   Card sales at 1:30 p.m.
   Sunday Bingo—October 8
- October 6 Women's Bible Study 3:00 p.m.
- October 4 Birthday
  Celebration during lunch
- October 4—Trivia Night at 5:00 p.m. Prizes!!
- Monday Massages and 1st-Wednesday of the month with JoAnn — 10:00 to 1:00
- October 5 —at 11:00 Library in Motion Delivery
- October 9 Lunch and Learn with PACE
- October 12 Jefferson
   Class Reunion 11:00
- October 12 —Crafts —3:00
- October 11 Movie —

  "Book Club: Next Chapter"

   1:30 p.m.
- Oct. 13 Mixer 3 p.m.
- October 18 Flu and Covid Shots & Breakfast
- October 19 Poetry Class with Nancy Jackson at 1pm
- October 18 MHS Class of '67 Breakfast third Wed.
- Oct. 26—Health Odyssey
  Sponsored by ProMedica.
  Topic: Diabetes & Traveling
  Register at 734.241.0404
- October 31 \$2 Soup and Sandwich Day

Please Remember to Scan





### **Happy October Birthdays**



(e)	
Marge Auten	Sharon Eby
Mary Anne Bair	Carrie Everett
Raymond Bak	Pat Fields
George Boberg	Tim Fortner
Irene Bond	Linda Foshag
Laura Bores	Glenda Gentner
Ken Brooks	Domenic Greco
David Burgard	Janie Groven
Tonia Burkey	Mary Hall
Ashley Calkins	Eugene Haman
Valeria Campbell	Janet Hartwig
Beverly Castellese	Juanita Hatcher
Marie Conte	Sharon Herrera
Marney Cooley	Rita Hiltz
Donalda Cupp	Ruth Huston
Betty Curley	Mark Johnson
Dorothy D'Haene	John Kriska
Pat Diehl	Jerry Kuhn
Loraine Durrant	Christine Kyko

Bea Lajiness	Fred Sacks
Annie Loughridge	Trina Saul
Fred Marsee	Nancy V. Savage
Sharon Mays	Al Schnorberger
Diane Mesteller	Matthew Schaffer
JoAnn Mieden	Mike Strube
Carlene Miller	Kenneth Swartz
Ruby Minton	Rose Marie Swartz
Dolores Mitchell	Esther Thomspon
Lois Morris	Linda M. Thompson
Patric Muhleck	Joyce Turay
Katherine Oklejas	Roy Turay
Mary Penley	Rosemary Vajcner
Jonnie Pratt	Ron VanDorn
Arnold Reume	Lela Wadlin
James Reume	Lynn Weeman
Mary Rhoades	Thomas R. Weeman
Dennis Richardville	Joe Wise
Pamela Rogers	Gerry Wiseman
Larry Rutledge	James Wiseman

September Birthday: Patricia Allen

#### **Birthday Celebration!**

The Birthday Celebration is October 4. We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a birthday in October enjoy a complimentary meal on Wednesday, October 4.

Thanks to United Health Care for sponsoring the birthday cake.

#### 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



\$5.00 each or Five for \$20.00

#### WELCOME new members

Bonnie Blohm Donald Marchese
Carolyn Coleman Connie Ochs
John Coleman Erin Ochs
Joe Costello Vicky Phillips
Michelle Costello Judy Roberts
Judith Gregory Ray Swan

Barbara Hampton Chuck and Sherri Troxler

Jay Jondro Donalee Turner Jerry Kuhn Jeanne Woods

Laura Leicht

#### **Recent Donations**

Nancy Kirwen & Jane Karau
In honor of Nancy's Birthday



in memory of Herm Weller

Dennis Richardville Rebecca Roberts

in memory of Jo Ann Muir

Kenneth Muir

in memory of Dwight Sachs

Gail Sachs-Muir



in memory of Janet Tanner

Mable Kehres Resident Assoc.

in memory of Richard Daniels II

Mable Kehres Resident Assoc.

Thanks to Everyone
who attended the
Steak Roast on
September 15.
We appreciate your support.

Thanks also to all those who donate to Silent Auctions!

#### Cheri's Quote of the Month



# Report on the 50/50 Raffles at Bingo



\$552.<sup>50</sup> in June \$478.<sup>50</sup> in July \$599.50 in August



for a total to date of \$1,630.50!!

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

Thanks to

#### Monroe County Community College

for sponsoring the September Birthday Cake.



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



With sympathy ...

Please let us know when a member passes on. We sometimes miss the obituary.





# OCTOBER 2023 "What's Going On" at-a-Glance

Monroe Ford Retirees — Monday, October 2 at 8:30 and 11:30



#### Bingo is held on Tuesdays

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

**Sunday Bingo is October 8** 

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

## Health Odyssey

◆ PROMEDICA

MONROE REGIONAL

HOSPITAL

#### October 26, 2023

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

Topic: Traveling with Diabetes and other Health Conditions by Lisa McGrath

#### **RSVP Requested: 734.241.0404**

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

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

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

#### **HOSTED BY BETH & PATTI**

Wednesday, October 4<sup>th</sup> 5:00 to 6:30 p.m.



#### Free of charge.

DIANE JANE CANDICE MARY KEATON FONDA BERGEN STEENBURGEN

Book Club

Prizes Awarded!

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



#### **October Movie**

October 11, 2023

-1:30

#### "Book Club: The Next Chapter"

After Vivian (Jane Fonda) got caught flat-footed by a marriage proposal from Arthur (Don Johnson), she and Diane (Diane Keaton), Sharon (Candace

Bergen), and Carol (Mary Steenburgen) opted to put pandemic life behind them in a big way with a bachelorette party trip to Rome. There'll be mix-ups, tears, laughter, and a reading of "The Alchemist" stirred in there in this sublime sunset-years follow-up farce.

Rated PG 13 Complimentary popcorn.

## October Craft — Fall Light Jars October 12 — 3:00 p.m.

Please sign up at the Front Desk.

#### **Calling All Crafters!**

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

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

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

#### Exercise Classes

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

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



#### **EnhanceFitness®**

Mon.—Wed.—Friday at 10:00

Line Dancing — Mondays at 1:30

**Movin' & Groovin'** — Mondays and Wednesdays at 9:00 with JoLynn

#### Massages with JoAnn

Mondays and the 1st Wednesday of the month from 10:00 to 1:00 — \$1 per minute



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

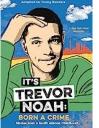
Women's Bible Study led by Toni and Shanna Friday, October 6, 2023 at 3:00 p.m.

Men's Bible Study — 9:00 a.m. October 14 and 28.



# MONROE CENTER BOOK CLUB

Thursday, October 26 at 1:00 p.m.



"Born a Crime" by Trevor Noah

The host of *The Daily*Show, Trevor Noah,
shares his personal story

and the injustices he faced while growing up half black, half white in South Africa under and after apartheid in this *New York*Times bestselling young readers' adaptation of his adult memoir.

No Book Club in November December Selection: *"A Slow Fire Burning"* by Paula Hawkins

#### **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.

# Huron Valley PACE\*

#### Lunch and Learn

October 9th 11:30 a.m. — Lunch Program at Noon

Lindsay Mann-Shanahan for Huron Valley PACE

Please RSVP 734.241.0404

Those who attend the presentation receive a complimentary lunch.

#### Fall Flu and Covid-19 Shots

Monroe Center is participating in NCOA's Vaccine Initiative.

Please sign up at the Front Desk for any of the following dates:

Wednesday, October 11 Wednesday, November 8

8:00 to 10:00 a.m.

Participants receive a complimentary breakfast!

Also, plan to learn about the importance of handwashing. It's a first line of defense against germs.

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Senior Centers

#### **Medicare Open Enrollment is Coming**

During Open Enrollment, the period between October 15 and December 7, you can change your plan without penalty.

Make sure you check your Annual Notice of Change that will come to your home this month. It will list 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.



Available Appointments: Call 734.241.0404

- Thursdays: 10:00 to 3:00 with Jackie Drouillard, MMAP
- Tuesdays October 3, 17, and 31 9:00 a.m. to noon with MCOP
- Wednesdays October 11 and 25 9:00 a.m. to 1:00 p.m. with Humana
- Fridays October 13 and 20 9:00 a.m. to noon with United Health Care
- To be scheduled: Appointments with Joyce Rober, MMAP

#### **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.

#### **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

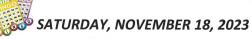
CALL FOR MORE DETAILS AND TO SCHEDULE AN EVALUATION.

734.241.2775 EXT. 244





## MONROE COUNTY SENIOR LEGAL SERVICES Annual Bingo/Raffle Party



at 6:00 P.M. (doors open at 5:15 p.m.)

at the

VFW HALL Post 1138 400 Jones Avenue, Monroe, MI 48161

(Corner of Jones Ave. and LaPlaisance Rd.)

Cost: \$20.00 for 6 Regular Bingo cards

Special Bingo sheets: \$1.00 each (3 cards per sheet)

OPEN TO THE PUBLIC

Food and Beverages available for purchase

RAFFLE TICKETS RAFFLE TICKETS RAFFLE TICKETS

#### **RAFFLE DRAWING PRIZES:**

La-Z-Boy Furniture Certificate, Google Nest Hub Max, and \$100 Cash

Raffle Tickets: \$1.00 each or 6 tickets for \$5.00

Raffle Drawing immediately following Bingo. NEED NOT BE PRESENT TO WIN! Purchase tickets in advance at our office or call 734-241-7644 for more information.

BINGO LICENSE # V10644

RAFFLE LICENSE # R70981

## LIVE UNITED



United Way of Monroe / Lenawee Counties



#### **Fall Health Checks**

Thursday, **October 12**Heritage Baptist Church, Monroe

Thursday, **November 2**United Methodist Church, Carleton

#### **Poker Games**

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





#### 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 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)

#### ALL SAINTS DAY — NOVEMBER 1



ORNAMENTS GO ON SALE OCT. 15 TO HANG ON THIS YEAR'S TREE.

SHORT PROGRAM AT NOON ON NOVEMBER 1

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



#### **Pinochle Winners**

August 12 — Jean Moore

August 14 — Renee Schweitzer

August 16 — Pat LaRoy

August 18 — Luther Conner

August 19 — Mike Strube

August 21 — Joan Milam

August 23 — Joan Milam

August 26 — Mary Rhoades

August 28 — Luther Conner

August 30 — Joan Milam

September 1 — Cindy Prusaitis

September 2 — Cindy Prusaitis

September 4 — Labor Day

September 6 — Pat LaRoy

September 8 — Gary Miller

September 9— Sue Wenzlaff

September 11 — Al Miller

September 13 — Pat LaRoy





#### "Colors Social"

Fridays

at 1:00 p.m.

Join the group for coloring, relaxation, and socializing.

### Monthly "Poets Society"

with Nancy Jackson

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



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

#### 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.

A STATE OF THE PARTY OF THE PAR

Pacific Northwest — Princess Cruises — April 27—24, 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.

### ALZHEIMER'S \\ ASSOCIATION°

Alzheimer's Walk — 10:45 a.m. Saturday, October 7 — St. Mary's Park

The Bedford and Monroe Senior Centers are teaming up to support the Annual Walk to find a cure for Alzheimer's. You can help by walking with our team — called "Coconuts" — or donating to the cause. Visit https://act.alz.org/site/TR to donate on-line.





### Monroe County Library in Motion Pick-Up

October 5 — 11:00 a.m.

FRENCHTOWN-DIXIE BRANCH LIBRARY DEMENTIA PPORT GROUP econd & Fourth Wednesday **OF THE MONTH** From 1:00 pm - 3:00 pm This is an informal, unmoderated support group for current and former caregivers of loved ones with dementia to give voice to their frustrations, concerns and moments of joy during this journey we are on with this disease. ..... Frenchtown-Dixie Branch Library 2881 Nadeau Road, Monroe MI (734) 289-1035 **Drop-In Advice for Laptops, Cell Phones, Tablets** Third Thursday — October 19 - 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 is October 15 — 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 October 26 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



I hope all of you had a great summer! I can't believe it's already September, the kids are back in school and Christmas is only 14 weeks away (yikes!). But before we get ahead of ourselves, it's a great time to think about some really important things that the Fall months bring our way.

In healthcare, we have been focused on the upcoming flu and respiratory illness season that typically starts this time of year. All of us have been awaiting information on updated vaccination guidelines and recommendations so we can keep patients informed and healthy.

This season, we are focused on respiratory influenza, COVID and Respiratory Syncytial Virus, otherwise known as RSV. These three illnesses can have similar symptoms and distinguishing between them can be a challenge. Persons with these illnesses and the common cold can all have congestion, cough, runny nose and sneezing, but there are some symptoms that are unique or predominant in one illness. At times, a diagnostic test, like a COVID test or a Flu swab is required to determine the illness present. Knowing these differences can help physicians and pharmacists make best recommendations for prescription and over-the-counter treatments.

	W TO TELL THE I				LD
	mon symptoms may include o y nose, and congestion. Differ			0 0 0 0 0	Rarely Sometimes Often
		COLD	FLU	COVID-19	RSV
	ACHES	88	×××	88	
2	DIFFICULTY BREATHING	8	8	×××	88
Ø5	FATIGUE	88	×××	×××	8
	FEVER		×××	88	88
<b>R</b> R	LOSS OF TASTE OR SMELL	8		88	8
(Z)	SORE THROAT	×××	88	×××	8
(H)	WHEEZING	8	8	8	×××

(Chart provided by the National Foundation for Infectious Diseases)

It's important to remember that all of these illnesses are caused by viruses, which do not require or respond to anti biotic therapy. For most people with healthy, intact immune systems, these viruses are self-limiting and typically last anywhere from 3 to 8 days (on average). I do caution though that COVID, the respiratory flu and RSV are all contagious and care should be taken to avoid transmitting them to others. Infants and older adults are most at risk for complications from RSV.

Getting vaccinated for each of these illnesses is a great way to protect yourselves and others from serious illness and complications. There are two new vaccines for RSV that have been approved by the FDA – one for adults over age 60 and another given to pregnant mothers that help to protect newborns. There are still lots of questions on COVID vaccine recommendations, and I expect those to be released soon. Many people have received numerous doses of COVID vaccine and wonder if more is needed. I can tell you that the newest COVID vaccines have been updated to provide better protection against acute illness and long COVID. A conversation about your individual risk factors for COVID with your physician can help guide your decision on when to receive your next dose.

Stay healthy and well!

~ Jennifer



11:45

# MONROE COUNTY HEALTH & WELLNESS SUMMIT

Thursday, October 12, 2023

10:00 a.m. to 1:00 p.m. at La Roy's Hall

10:00	Visit S	ponsor	and \	<b>Vendor</b>	<b>Tables</b>
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11:00 Speaker: Molly Armstrong, Registered Dietitian, GFS Topic: Easy Tips for Healthy Eating

Lunch (\$5.00 cash donation suggested)

12:15 Health and Wellness Panel

12:50 Basket Raffle Drawing

Register by October 5<sup>th</sup> with Monroe County Commission on Aging Call: 734-240-3290 or Email: MCCOA@monroemi.org
Please include names and contact information.





















## Inspiring Quotes

## On Joy

**Kristina Wright** is a coffee-fueled writer living happily ever after with her family in the suburbs of Richmond, Virginia.

Though used synonymously, "happiness" and "joy" bear a striking difference. While happiness is a positive feeling resulting from external circumstances, joy is an internal feeling of peaceful elation. As spiritual teacher and author Eckhart Tolle describes it, "Pleasure is always derived from something outside you, whereas joy arises from within." So while happiness is a positive, pleasurable feeling that comes from something actively happening to us, joy is that serene internal sensation we may describe as being "happy for no reason."

Joy is often accompanied by gratitude, a profound awareness that, while there are plenty of things beyond our control, there's something *good* and *right* happening at our center. To be joyful (literally *full* of joy) is to embrace life in spite of — or maybe even because of — the inevitable pain and sorrow that accompanies it. Allow these quotes to remind you of those joyful moments in life that aren't loud and splashy or even visible to others.

There are those who give with joy, and that joy is their reward.

~ Kahlil Gibran

Joy is what happens when we allow ourselves to recognize how good things are.

~ Marianne Williamson

If you carry joy in your heart, you can heal any moment.

~Carlos Santana

Things won are done, joy's soul lies in the doing.

William Shakespeare

Everyone has the capacity for joy. Joy is available to all of us.

~ Ross Gay

We cannot cure the world of sorrows, but we can choose to live in joy.

~ Joseph Campbell

This joy that I have — the world didn't give and the world can't take it away.

~ Billy Porter

At some point in our lives, we will all be broken and bruised — but we are not alone. We find joy together. We persevere together.

~ Dr. Jill Biden

No soul that seriously and constantly desires joy will ever miss it. Those who seek find.

~ C.S. Lewis

Cling to joy: audacious and unbridled joy, that looks for light in everything, even in your waiting.

~Morgan Harper Nichols

Joy is contagious: When people smile at you, you tend to smile back. And that can create a virtuous, joyful circle.

~ Ingrid Fetell Lee

My New Year's resolution is to stay humble and be joyous.

~ Queen Latifah

The joy of creating is the truest joy.

~ Priyanka Chopra Jonas



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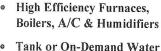
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Preakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	14  Breakfast 8:00 to 1:00  Noon Meal 11:00 to 1:00 9:00 Men's Bible 11:00 Pinochle	21 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle	28 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 9:00 Men's Bible	De Je Gaing 0404
6 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 Study	13 8:45 Cardi-Yo 9:00 Medicare w/United 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 1:00 Colors Social 3:00 Social Mixer	20 8:45 Cardi-Yo 9:00 Medicare w/United 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	27 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 1:00 Colors Social	Monroe Center for Healthy Aging 734.241.0404
5 Medicare with Jackie by appointment 10:15 Chair Yoga 10:00 Poker Game 11:00 Library in Motion 7:00 Model A Car Group	12 Medicare with Jackie by appointment 10:15 Chair Yoga 11:00 Jefferson Class Reunion / Lunch 3:00 Craft — Light Jars	<ul><li>19 Medicare with Jackie by appointment</li><li>10:15 Chair Yoga</li><li>10:00 Poker Game</li></ul>	26 Medicare with Jackie by appointment 10:15 Chair Yoga 11:30 Health Odyssey Please RSVP 241.0404 1:00 Book Club	gr 2002
4 Birthday Dinner 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 10-1 Massages w/ JoAnn 12:00 Pinochle 3:00 Balance	11 Monroe Senior Legal 9:00 Movin' & Groovin' 9:00 Medicare w/Humana 10:00 Enhance® Fitness 12:00 Pinochle 1:30 Movie: "Book Club: Next Chapter" 3:00 Balance	8:00 Flu & Covid Shots 9:00 Movin' & Groovin' 10:00 Enhance Fitness 1:30 Poetry Class 3:00 Balance	25 Monroe Senior Legal 9:00 Movin' & Groovin' 9:00 Medicare w/Humana 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	
3 MCOP Support Services 9:00 Rosary Makers 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers 7:00 Coin Club	10:15 Chair Yoga 11:00 <b>Euchre</b> 1:30 Bingo 6:00 Woodcarvers	MCOP Support Services  MCOP Support Services  10:15 Chair Yoga  11:00 Euchre  1:30 Bingo  6:00 Woodcarvers	24 10:15 Chair Yoga 11:00 <b>Euchre</b> 1:30 Bingo 6:00 Woodcarvers	31 MCOP Support Services Soup & Sandwich \$2 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers
2 Ford Retirees 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance	9 Canasta 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 10—1 Massages with JoAnn 11:30 Lunch and Learn 12:00 Pinochle	16 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance	23 Canasta 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance	30 Canasta 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance
Sunday Dinner 11 a.m. to 1 p.m.	8 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	Sunday Dinner 11 a.m. to 1 p.m.	Sunday Dinner 11 a.m. to 1 p.m.	\$6 Special Sunday Dinner 11 a.m. to 1 p.m.



# October

2023

### **Evening Meals**

Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thursday
2 Spaghetti	3 French Onion Soup	4 Chicken Thighs	5 Rueben Sandwich
Green Beans Garlic Bread	Chicken Caesar Wrap Cottage Cheese	Stuffing Vegetable	French Fries Applesauce
9 Baked Potato Bar with Turkey Chili, Broccoli, Cheese Fruit	10 Sloppy Joes Sweet Potato Fries Cottage Cheese	11 Applebutter Pork Stuffing Vegetable	12 Pizza — Pepperoni or Vegetable Fresh Fruit
16 Tomato Soup Grilled Cheese Fruit	17 Hamburger Stroganoff Beets Side Salad	18 Pizza — Pepperoni or Vegetable Fresh Fruit	19 Salmon Patties with White Sauce and Peas Country Potatoes Cottage Cheese
23 Tuna Melt Chips Broccoli Salad	24 Pot Roast with Potatoes, Carrots Celery, Onions	25 Turkey Burger French Fries Vegetable	26 Chicken Salad on a Croissant Veggie Chips Fruit
30 Creamy Chicken & Broccoli, Carrot Cauliflower Pasta Dinner Roll Fruit	31 Ghoulish Goulash Side Salad Garlic Bread	Nov. 1 Hot Beef Sandwich Mashed Potatoes Vegetable	Nov. 2 Egg, Ham, Cheese Muffin Hashbrowns Banana

Monroe Center meals are open to the public. Menu subject to change. 734-241-0404

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

Thursday is Sundae Night: \$2.00

1	2 Ford Retirees	3	4 Birthday Dinner	5	9	7
Pork koast / Lnicken Mashed Potatoes Green Beans Applesauce	Chicken Bruschetta Red Skin Potatoes Cauliflower	Chicken Fajitas Rice Pilaf Refried Beans	Upen Faced Koast Beet Sandwich Mashed Potatoes Green Beans	Sloppy Joes with Ground Turkey French Fries	Corn Flake Chicken Mashed Potatoes Mixed Vegetables	Breakfast 8:00 to 1:00
503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.	871 calories; 28.9g fat;1879 mg sodium. 97 carb, 8.2 sugar, 44.1 g protein	Birthday Cake & Ice Cream 600 cal 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 sod. (No hamburgers today)	baked beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	Noon Meal 11:00 to 1:00
8 Bingo	9 Lunch & Learn	10	11	12 Jefferson High	13	14
Roast Turkey Sweet Potatoes Green Beans Cranberries	Grilled Pork Chops Country Potatoes Broccoli / Applesauce	Spinach Quiche or Ham and Onion Quiche Hash Brown Potatoes	Chicken Ala King with Peas & Carrots over Biscuits Fruit	BBQ Pork Sandwich Veggie Chips Cole Slaw	USA Wild Caught Cod Brown and Wild Rice Broccoli	Breakfast 8:00 to 1:00
858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.	683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	Fresh Oranges & Bananas	469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium	Noon Meal 11:00 to 1:00
15	16	17	18 Class of '67 Breakfast	19	20	21
Roast Beef / Salmon Red Skin Potatoes Cauliflower / Pears	Ranch Chicken Mashed Potatoes Mixed Vegetables	Stuffed Peppers Mashed Potatoes Stewed Tomatoes	Ground Turkey Chili Multi-Grain Bread Celery Salad	Tuna Noodle Casserole with Peas Cole Slaw	Taco Salad w/ Chips Spanish Rice Refried Beans	Breakfast 8:00 to 1:00
805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	Fruit Cocktail 665 cal. 23g fat 59 carb 52g protein	666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbohydrates; 34.7 g protein	717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g protein 948mg sodium	Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	Noon Meal 11:00 to 1:00
22	23	24	25	26 Health Odyssey	27	28
Spiral Ham w/ pineapple Au Gratin Potatoes Mixed Vegetables	Beef Stew Dinner Roll Cottage Cheese	Pork Chop with Sauerkraut Country Potatoes Spinach / Applesauce	BBQ Chicken Sandwich Sweet Potato Wedges Celery Salad	Baked Salmon Red Skin Potatoes Cauliflower Side Salad / Fruit 500 cal. 15g fat 66 carb	Salsa Meat Loaf Mashed Potatoes Green Beans 464 cal. 30g fat 29 carb 15g	Breakfast 8:00 to 1:00 Noon Meal
896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.	4g fiber 5g sugar 46g prot. 1,328mg sod.	683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod		4g nber 10 sugar 31g pro. 869mg sodium (No other options today)	fiber 12g sugar 30g pro. 369 mg sod.	
29 \$6 Special	30	31 Soup & Sandwich \$2		1		
BBQ Ribs or Chicken Baked Potatoes	Salisbury Steak Mashed Potatoes Green Beans	Vegetable Beef Soup or Chicken Noodle Soup		CLODE	N N	Monroe
Broccoli	656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein	Cheese Sandwich				Center Key Holling Aprila
Dessert	1,548 sod.	(No other options today)	734.241.0404		2023	huki i kanan

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.