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National Institute of
Senior Centers



Your senior millage tax dollars at work!

Engage!

VOLUME 23, ISSUE 9

September 2023

New



Floral City Model A Car Club at their Car Show on July 6, 2023

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

Open 365 Days a Year — Pending Any Covid Restrictions
Sun. 10:00 to 2:00 Mon—Thurs. 8:00 to 7:00 Fri 8:00 to 4:00 Sat 8:00 to 2:00

Breakfast 8:00 to **9:45** Lunch 11:00 to 1:00 Supper Mon.—Thurs. 4:15 to 6:00 Carry-Outs are available. Please call **734.241.0404**

Staff

Executive Director: Sandie Pierce sandie@monroectr.org

Interim Operations Manager: Jerry Pierce

(Applications are being accepted!)

Program Manager: Toni Solomon toni@monroectr.org

Cooks:

Scott Suttles Esther Thompson
Carol Huffman Susan Stoner
Kitchen Assistant: Delanie Guyor

Customer Service Coordinator:

Cheri Braunlich

cheri@monroectr.org

Accounting Clerk:

Linda Guyor linda@monroectr.org

Volunteer Coordinator:

Brenda Lewis

brenda@monroectr.org

Bingo Coordinator:

Lisa Brown

RSVP Director:

Beth Berlin

beth@monroectr.org

RSVP Volunteer Coordinator:

Jo Anne Bray

joanne@monroectr.org

Vision:

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



15275 South Dixie Highway Monroe, MI 48161

734-241-0404



Visit us on-line: www.monroectr.org

Board of Directors

PRESIDENT:

Mark S. Braunlich

VICE PRESIDENT:

Michelle LaVoy

TREASURER:

Jaime McDonald

SECRETARY:

Peggy Barton

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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—9
Community Page	10
Member's Page	11
Travel News & Alzheimer's Walk	12
Community Page	13
Ask the Pharmacist	14
History of Bathing	15
What Makes Us Tick	16
Advertisers 1	17—21
Monthly Calendar	22
Evening Meals	23
Monthly Menu	24

Carry-Out Meals are available. Call 734.241.0404

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

Watch "Off Your Rocker" on MPACT

Tuesdays at 5pm & Thursdays at 4pm

Comcast: Channel 21 or Charter: Channel 187

You may also watch it on-line at https://www.youtube.com/user/MPACTstudio/videos





Views and comments expressed in this newsletter are not necessarily the views and comments of the Monroe County Commission on Aging. The Monroe County Commission on Aging is a governmental agency, which funds community senior programming through millage dollars — including the Monroe Center *for Healthy Aging*. Those receiving services from these programs may have certain personal data shared within the funded agencies, except where HIPPA applies.

From the Director's Desk

"Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well."

~ Voltaire

Breaking News:

The Monroe Center received full accreditation from the National Council on Aging on July 27, 2023!

The Monroe Center is one of two senior centers in the State of Michigan that is nationally accredited and one of 151 senior centers (out of 11,000) in the nation to have achieved this status!

We are very proud of this accomplishment. It means that our Center meets the highest standards across nine areas: community involvement and partnership, administration, records and reports, fiscal management, governance, evaluation, facility, purpose and planning.

This is the fourth time that that Center has achieved this recognition. The first time was in 2008 when Aaron Simonton was the Director. Then again in 2012, 2018, and now in 2023.

Accreditation is possible because of the commitment of the Board of Directors (under the leadership of Mark S. Braunlich, Chair), the staff, and volunteers. And it's also a tribute to the members of the Center. Together, we make the Center a warm, welcoming place to gather, to socialize, and belong. It's this sense of community that blossoms in all that we do and all that we are.

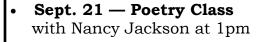
I am grateful for all of you and am glad for the part that each of you play in our success. Thank you!

~ Sandie

PS Thanks, Vickie W.

News to Note . . .

- Bingo is on Tuesdays!
 Card sales at 1:30 p.m.
 Sunday Bingo—Sept. 10
- **September 1** Women's Bible Study 3:00 p.m.
- Sept. 6 Birthday
 Celebration during lunch
- September 6 —Trivia Night at 5:00 p.m. Prizes!!
- Monday Massages and 1st-Wednesday of the month with JoAnn — 10:00 to 1:00
- **September 14** —at 11:00 Library in Motion Delivery
- September 14 Jefferson Class Reunion 11:00
- **Sept. 14 —Crafts —**3:00
- September 13 Movie "Age of Adaline" 1:30 p.m.
- September 15 Steak Roast — 4:00 to 6:00 p.m. Tickets are \$15 and must be purchased by Sept. 11
- Sept. 20 Flu Shots



- Sept. 20 MHS Class of '67 Breakfast — third Wed.
- **Sept. 28—Health Odyssey**Sponsored by ProMedica.
 Topic: Cancer Screening
 Register at 734.241.0404
- Sept. 29 \$2 Soup and Sandwich Day

Please Remember to Scan





Happy September Birthday

Maryjean Amolsch	Wendy Garwood	Richard Nagel	J .
Roland Barton	Beverly Gessner	Gregory Navarre	Linda Steinman
Roger Bohmer	Wayne Goda	Phil Nietubicz	Sally Stolle
Mary Ann Brancheau	Kathleen Grasso	Gloria Noland	Rosemary Stoner
Kim Brooks	Joan Greer	August Patania	Peggy Torpey
Millicent Brown	Duane Hearn	Joyce Poore	Marian Tyra
Janice Brunswick	Joe Jablonski	Ann Pulford	Jayne Vanderlind
Mark Burson	Richard Janssens	Norma Rauch	Bruce Vanisacker
Dan Burt	Gary A. Jewell	Debbie Ritchey	Priscilla Vasicek
Martha Campbell	Patricia Johnson	Johnny Rodriguez	James Voelker
Bud Cheney	Annette Kinsey	Susan Rubley	Sharon Walker
Debbie Coleman	Joyce Kipf-Trowbridge	Linda Russeau	Vickie Waltz
Naomi Coon	Micki LaFountain	Linda Salisbury	James Waxler
Carol Dykstra	Linda Larkins	Dennis Scheich	Robert Weaver
Angela Elmer	Evelyn Maniaci	Wayne Smith	Bonnie Weber
Evelyn Eyler	Ron Mays	Mark Spenoso	Donna Wickenheiser
Carol Fruchey	Gerald Miller	Melody Spillson	Ken Wonsowski

Birthday Celebration!

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

Thanks to Monroe County Community College 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



Recent Donations

Laurie Peterson



in memory of Steve Thompson

Bonnie Thompson Nancy Younglove

in memory of Herman Weller

Jim and Ann Pulford

Canasta Players Food Expense Donation Jar 50/50 Raffle Players



Thanks to Nancy Ellison and the EnhanceFitness® class members for donating 50 cases of bottled water!



We raised \$ 1,811.00 on the August Sale!

Thanks, Team!

Cheri's Quote of the Month

"Some people
Grumble that roses
Have thorns. I am
Grateful that
Thorns have roses."
~ Alphose Karr



Amazing!

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

Another \$478.50 was raised in July for a total of \$1,031.00!!

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

Thanks to

Merkle Funeral Home

for sponsoring the August Birthday Cake.



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



With sympathy ...

Ron Zeitz — 7/13/2023 Herman Weller — 7/18/2023 Mary Janssens — 8/04/2023 Aaron P. Simonton — 8/11/2023

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



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

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

BINGO

Bingo is held on Tuesdays

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

Health Odyssey

◆ PROMEDICA

MONROE REGIONAL

HOSPITAL

September 28, 2022

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

Topic: Cancer Screening /
Cancer Care
By Dr. Roger Kucway

RSVP Requested: 734.241.0404

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

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

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

HOSTED BY BETH & PATTI

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

Trivia Night

Free of charge.

Prizes Awarded!

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

September Movie September 13, 2023 — 1:30



"Age of Adaline"

A young woman, born at the turn of the 20th century, is rendered ageless after an accident. After many soli-

tary years, she meets a man who complicates the eternal life she has settled into.

Rated PG 13 Complimentary popcorn.

September Craft —

Fall Leaf Bowls

September 14 — 3:00 p.m.

Please sign up at the Front Desk.

Calling All Crafters!

Fridays now at 12:00 noon.

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

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

Exercise Classes

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

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



EnhanceFitness®

Mon.—Wed.—Friday at 10:00

Line Dancing — Mondays at 1:30

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

Massages with JoAnn

Mondays and the 1st Wednesday of the month from 10:00 to 1:00

— \$1 per minute

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

Women's Bible Study led by Toni and Shanna Friday, Sept. 1, 2023 at 3:00 p.m.

Men's Bible Study — 9:00 a.m. Returns September 23.

Friday Night Meal Steak Roast!

Friday, September 15 4:00 — Meal

New York Strip Steak
Baked Potato
Tossed Salad
Dessert

Tickets are \$18.00 per person

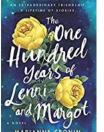
\$15.00 if purchased by September 8

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



MONROE CENTER BOOK CLUB

Thursday, September 28 at 1:00 p.m.



"The One Hundred Years of Lenni and Margot" by Marianne Cronin

A whimsical, joyous portrait of the ends of things. 17-yearold Lenni Pettersson is terminally ill and is introduced to Margot, an

83-year-old woman awaiting her own death, Margot instantly clicks with Lenni. Recognizing that their ages add up to 100, Lenni and Margot embark on a massive project: 100 works of art to represent their entire century of life. A charming, fiercely alive, and disarmingly funny novel that is a brave testament to the power of living each day to the fullest.

October Selection: "Borne a Crime"

By Trevor Noah

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.

Lunch and Learn — September 18

What is Pain and How Do I Treat It?

By Dr. Emily Neal, PT, LSVT-BIG

Owner of

Courageous Rehab and Wellness

Complimentary Lunch at 11:30 Program at Noon

Please RSVP — 734.241.0404



734-735-2421

Create a new normal

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, September 20 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.

Accredited by

National Institute of
Senior Centers

National Council on Aging Accreditation

Celebration

September 21, 2023 4:00 to 6:00 p.m.

Join us to celebrate our accomplishment in meeting the highest standards for senior centers.

Enjoy Some Light Refreshments

and

Complimentary
Ice Cream Sundaes

Accredited by

National Institute of
Senior Centers



Monthly "Poets Society"

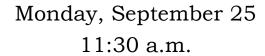
with Nancy Jackson

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

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

Join the fun!

Over 90 Party —





Members who are 90 years of age and older will be honored at a special birthday party! Those over 90 receive a complimentary lunch.

All are welcome to be part of the celebration. Cake and ice cream will be served to all attendees.

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?

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734.241.2775 EXT. 244





TOLEDO ZOO & AQUARIUM...

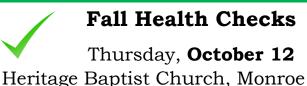
Senior Discovery Days

Free admission to the Toledo Zoo for those 60 and over EVERY Wednesday from September 6 through October 25.

- * Free parking.
- * Free small coffee & mini muffin at Timberlane Bakery 10:00—2:00

TOLEDO ZOO MISSION Enjoy. Inspire. Educate. Act.

United Way of Monroe / Lenawee



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)





Pinochle Winners

July 12 — Mary Rhoades

July 14 — Joan Milam

July 15 — Sue Wenzlaff

July 17 — Pat LaRoy

July 19 — Pat LaRoy

July 21 — Joan Milam

July 22 — Joan Milam

July 24 — Jean Moore

July 26 — Luther Conner

July 28 — Joan Milam

July 29 — Al Miller

July 31 — Renee Schweitzer

August 2 — Joan Milam

August 4 — Al Miller

August 5 — Al Miller

August 7 — Carol Schwartz

August 9 — Gary Miller

August 11 — Luther Conner

August 12 — Jean Moore

"Colors Social"

Fridays

at 1:00 p.m.

Join the group for coloring, relaxation, and socializing. United Health Care — Lunch and Learn Monday, September 11

11:30 Lunch (complimentary for those who stay for the program)

12:00 Program on Medicare

PLEASE RSVP 734.241.0404



MONROE CENTER TRAVEL

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

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

Alaska Cruise, Land & Rail — Princess Cruises
— June 12 to 22, 2024

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



Canada & New England — Royal Caribbean — September 19 to 28, 2024

Depart Baltimore, cruising to Boston, Portland, St. John, and Halifax. Rates are \$1,695 to \$1,795. Includes airfare. Balcony cabins are available upon request. Passport required.

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

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

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.

Bed Race to Aid Children

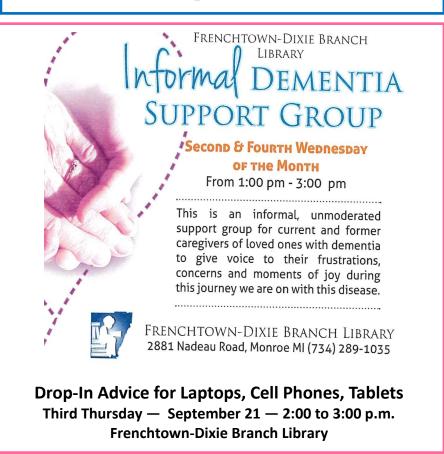
Sunday, September 24

Donations are needed to help purchase beds for children who have no place to lay their heads. www.monroebedrace.org



Monroe County Library in Motion Pick-Up

September 7 - 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.
- **Blood Pressure Checks** with Gena Craft from IHM Sept. 28 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

Understanding Gout

Hello friends! I hope that you have been enjoying your summer! I am sharing some education and tips on gout for this month's newsletter.

To start, it is important to understand what gout, sometimes referred to as gouty arthritis, is and how it occurs. Gout is a type of inflammatory arthritis that causes pain and swelling in the joints, most often starting in the big toe or a lower limb. When symptoms begin, it is called a flare and it occurs when a chemical called urate builds to a high level in our body. This can be due to our bodies making too much urate or not being able to eliminate from it our bodies.

Men are more likely to experience gout than women and it tends to occur more during middle age than in our younger years. Gout flares can be triggered by certain foods, alcohol, physical trauma or certain illnesses. These flares typically improve within a week or two but can be longer in duration if not managed correctly.

When gout goes untreated for a long period of time, the urate crystals that cause the pain during a flare can develop into tophi. Tophi are build-ups of these crystals that can cause hard, painful lumps to develop under the skin.

Medications are the most effective way to treat gout flares but lifestyle modifications can help to prevent flares. Non-steroidal anti-inflammatories (NSAIDs) are often used to help with the pain and swelling that occurs with gout. Colchicine is a prescription medication that can help to reduce urate levels. As I always recommend, talk with your pharmacist and provider before adding medications to your regimen that may interact with your current medications.

Avoiding alcoholic beverages and drinks sweetened with fructose (like soda) is a great choice. Secondly, making better food choices to avoid or limit your intake of food high in purines (which get broken down to urate) is helpful. Foods high in purines include anchovies, liver, red meat, scallops and tuna. While these foods are a good source of protein, opting for low-fat dairy products as a source of protein is a better choice for people prone to gout. Exercising regularly with low-impact activities like walking, bicycling and swimming are great ways to prevent flares.

Stay well! *Jennifer*

WHEN AMERICANS STARTED BATHING

DID YOU KNOW? Most Americans in the first part of the nineteenth century didn't bathe. There was little indoor plumbing, and besides, everyone knew that submerging yourself in water was a recipe for weakness and ill health. Things began to change toward the middle of the century. Concerns about cholera and other disease borne by contaminated water drove cities to expand water and sewage facilities. Some people began using bathtubs. By the 1860s, expert opinion was nearly unanimous that the best kind of bath was a brief plunge in cold water. Hot baths were a no-no, as was actually relaxing and enjoying the water. families also shared the bath water!

THINGS CHANGE! We no longer share bath water and most Americans shower every day. Some experts say that showering

daily is not necessarily unhealthy, but we may not need to. For many people a shower every other day is enough. That depends on how much you sweat, whether you've been gardening, cleaning, or have been exposed to harsh chemicals. And it depends on the weather. If you let your nose be your guide, just keep in mind that our sense of smell diminishes with age. We don't smell like we used to!

Showering more often — twice a day — or frequently taking hot or long showers can strip our skin of important oils. On the off days, it's important to wipe ourselves down with a clean washcloth and wipe our face to remove dirt, makeup, and sunscreen. And one of the most important hygiene steps we can take is washing our hands. Frequent hand washing is key for keeping ourselves safe from illness.

Source: Angela Palmer, VeryWellHealth





Monroe Center *for Healthy Aging* Operations WHAT MAKES US TICK

The Monroe Center's 2023 Annual Budget is \$667,747.



- We are fortunate to receive 63% of our budget from the Monroe County senior millage (\$420,958)! That means, however, that we must raise 37% more to balance our budget.
- We do that through our meal program which is projected to raise \$161,352. Through fundraising at \$31,630; donations at \$26,000; membership dues at \$17,000; and corporate sponsors at \$10,807.
- We've maintained a positive fund balance over the years because of the support of you, the members. It makes a difference when you attend the special events, purchase raffle tickets, and donate. Together, we raise what is needed to operate OUR center.
- And, because we've maintained a positive fund balance, the Board of Directors and staff have agreed to keep our meal prices at their current levels, even though food costs have greatly increased. We believe that \$3.00 is actually quite a bargain. A cup of coffee costs that much at other restaurants. Know that we never turn anyone away because of an inability to pay but we really don't operate on a barter system. Just saying.
- The last equation that comes in to play with our budget is the scan system. We receive our millage dollars based on the number of hours individuals are at the Center. When you scan in and then scan out the MySeniorCenter program provides us with the total hours that you were here. If your name isn't on the list because you didn't scan in, we don't get credit and don't get paid for those hours. So please, use your scan cards. It's important.

If you have any questions, please let me know.

~ Sandie



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**.

Thank you to our Sponsors and Advertisers.

Disclaimer - The views and opinions expressed here are solely those of the paid advertiser.

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Cheryl Goff

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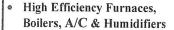
Temperance, MI 48182

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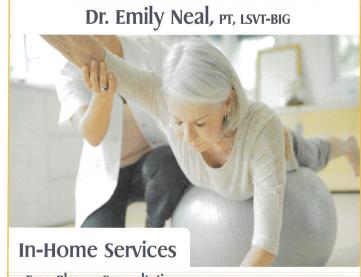
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- · Chronic Pain Management
- · Parkinson's Specialty Treatment
- Fall Risk and Home Safety Assessment
- Injury Consultation
- · Strength Training

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and Wellness
Create a new normal

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15649 South Telegraph Road Monroe, MI 48161 734.344.7331

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77 6	S SOUND	Septembe			1 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle	2 Breakfast 8:00 to 1:00
a a	Center for Healthy Aging	2023	734-2	734-241-0404	12:30 Hand & Foot 12:00 Knit / Crochet 1:00 Colors Social 3:00 Women's Bible Study	Noon Meal 11:00 to 1:00 11:00 Pinochle
	4 Labor Day 10—1 Massages with JoAnn Center closes at 2:00 p.m.	5 MCOP Support Services 9:00 Rosary Makers 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers 7:00 Coin Club	6 Birthday Dinner 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 10-1 Massages w/ JoAnn 12:00 Pinochle 3:00 Balance	7 Medicare with Jackie by appointment 10:15 Chair Yoga 10:00 Poker Game 11:00 Library in Motion 7:00 Model A Car Group	8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 1:00 Colors Social	9 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 9:00 Men's Bible 11:00 Pinochle
	11 Ford Retirees Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 11:30 Lunch and Learn 12:00 Pinochle 1:30 Dancing/3:00 Balance	25 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	13 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 1:30 Movie: "Age of Adaline" 3:00 Balance	14 Medicare with Jackie by appointment 10:15 Chair Yoga 11:00 Jefferson Class Reunion / Lunch 3:00 Craft	15 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 1:00 Colors Social 4:00 Steak Roast	16 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
	18 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 11:30 Lunch and Learn 12:00 Pinochle 1:30 Dancing/3:00 Balance	MCOP Support Services 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	20 Class of '67 Breakfast 8:00 Flu & Covid Shots 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 1:30 Poetry Class 3:00 Balance	Medicare with Jackie by appointment 10:15 Chair Yoga 10:00 Poker Game 4:00 Accreditation	22 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 1:00 Colors Social	23 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 9:00 Men's Bible 11:00 Pinochle
\$ Special Sunday Dinner 11 a.m. to 1 p.m.	25 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 11:30 Over 90 Party 12:00 Pinochle	26 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	27 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 1:30 Dancing 3:00 Balance	28 Medicare with Jackie by appointment 10:15 Chair Yoga 11:30 Health Odyssey Please RSVP 241.0404 1:00 Book Club	29 Soup & Sandwich \$2 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 1:00 Colors Social	30 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle

September

2023

Evening Meals

Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thursday
28 Tomato Basil Soup Grilled Ham & Cheese Sandwich	29 Island Meatballs over Pasta Side Salad Vegetable	30 Chicken Caesar Wraps Veggie Chips Fresh Fruit	31 Chicken Fajitas Brown Rice Pilaf Stewed Tomatoes
Labor Day Center Closes at 2:00 p.m.	5 Monte Cristo Sandwich Pea Salad Fruit	6 Taco Quesadilla Refried Beans Stewed Tomatoes Virgin Margaritas	7 Porcupine Meatballs Mashed Potatoes Acorn Squash
11 Chicken Casserole with Cauliflower Side Salad Fruit	12 Pork Chops with Mushroom Gravy over Pasta Green Beans Applesauce	13 Ham, Egg, & Cheese English Muffin Hashbrowns Fruit	14 Patty Melt French Fries Cottage Cheese w/ Pineapple Patty Melt NY Strip Baked Potato Side Salad Sheetcake
18 Spaghetti with Meat Sauce over Spaghetti Squash Side Salad / Bread Mixed Vegetables	19 Grilled Cod with Spinach & Tomato Baked Potato Fruit	20 Bean with Ham Soup Cornbread Fruit	21 Accreditation Celebration Marinated Chicken Breast Baked Potato Peas
25 Chili Mac — Chili made with Ground Turkey over Penne Pasta topped with shredded cheese Fresh Fruit	26 Tuna Melt Cole Slaw Veggie Chips	27 Southwest Chicken Casserole Cucumber Salad Banana	28 Salmon Patties over Cream Pea Sauce Mashed Potatoes 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

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					Baked Salmon Red Skin Potatoes	Breakfast 8:00 to 1:00
	ש				Cauliflower	Noon Meal
Center for Healthy Aging	Aging	2023			500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	11:00 to 1:00
7	4 Ford Retirees ?	5	6 Birthday Dinner	7	8	6
Pork Roast /Chicken T Mashed Potatoes Green Beans F	Turkey Burgers with Sautéed Onions French Fries	Grilled Pork Chops Mashed Potatoes Broccoli	Roast Turkey Mashed Sweet Potatoes Mixed Vegetables	Beef Stew Dinner Roll	Chicken Cordon Bleu Baked Potatoes Broccoli	Breakfast
Applesauce B 503 cal. 18g fat 65 carb V 9g fiber 4g sugar 31g pro. 749mg sodium 1	Baked Beans Watermelon 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	Birthday Cake & Ice Cream 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod. (No hamburgers today)	Cottage Crieese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.	828 Cal. 20g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium	Noon Meal 11:00 to 1:00
Bingo 1	11	12	13	14 Jefferson High	15 Steak Roast Tonight	16
toes	Spaghetti Spinach Side Salad / Garlic Bread	USA Wild Caught Cod Brown and Wild Rice Mixed Vegetables	Ranch Chicken Mashed Potatoes Mixed Vegetables	Chili Multi-Grain Bread Celery Salad	BBQ Chicken Sandwich Veggie Chips Cole Slaw	Breakfast 8:00 to 1:00
t 83 carb gar 30g pro	858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro. 1,278 mg sod.	600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium	880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbohydrates; 34.7 g protein	1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	Noon Meal 11:00 to 1:00
	18	19	20 Class of '67 Breakfast	21 Health Odyssey	22	23
Roast Beef / Salmon Red Skin Potatoes Cauliflower / Pears 805 cal. 48 gfat 133 carb 10g fiber 20g sugar 641g pro 1,117 mg sod 44	Salmon Patties with Peas and White Sauce Red Skin Potatoes Fruit 603 cal. 123g fat 85 carb.	Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	Chicken Noodle Casserole with Peas Cole Slaw 717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g protein 948mg sodium	Pork Roast Country Potatoes Mixed Vegetables Side Salad and Fruit 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	Salsa Meat Loaf Mashed Potatoes Green Beans 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
	25	36	7.2	28	79 Sandwich \$2	30
BBQ Ribs or Chicken	Shepherd's Pie Cottage Cheese with	French Toast Casserole	Liver & Onions or Salisbury Steak Mashed Potatoes	BBQ Pork Sandwich Sweet Potato Wedges	Split Pea with Ham Soup or Chicken with Rice Soup	Breakfast 8:00 to 1:00
	695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium	Two Sausage Links Grilled Apples	Green Beans 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.	Lj.088 cal. 46g fat 98 carb 15g fiber 18g sugar	Grilled Cheese or Tuna Fish Sandwich Dessert (No other options today)	Noon Meal 11:00 to 1:00

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.