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Monroe, MI 48161

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Senior Centers



Your senior millage tax dollars at work!

*Engage!*

**February 2024**

**VOLUME 24, ISSUE 2**



**IT'S FEBRUARY —  
HERE ARE A FEW  
OF THE CENTER'S  
LOVEBIRDS**



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

**Open 365 Days a Year**

**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:  
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Assistant to the Director:  
Jerry Pierce

Program Manager:  
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Kitchen Assistants: Val Bezeau  
Rena Wilson

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Bingo Coordinator:  
Lisa Brown

Balance Instructor:  
JoAnn (Mikey) Kunich

RSVP Director:  
Beth Berlin  
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RSVP Volunteer Coordinator:  
Jo Anne Bray  
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## Vision:

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



Views & 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.



15275 South Dixie Highway  
Monroe, MI 48161  
734-241-0404



Visit us on-line:  
[www.monroectr.org](http://www.monroectr.org)

## Board of Directors

### PRESIDENT:

Michelle LaVoy

### VICE PRESIDENT:

Diane Kamprath

### TREASURER:

Jaime McDonald

### SECRETARY:

Peggy Barton

### BOARD MEMBERS:

Bill Bacarella

Troy Goodnough

Kevin Hemry

Richard Janssens

Hobby Nels

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Sister Janet Ryan, IHM

Jennifer Sell

David Swartout

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Carry-Out Meals are available.  
Call 734.241.0404

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

Watch **"Off Your Rocker"** on MPACT

Tuesdays at 5pm and 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>



## From the Director's Desk

*"What do we live for if not to make life less difficult for each other?"*

– George Eliot, Novelist

Ah, February. The New Year is in full swing. Things seem to have settled down after the holidays. And while I do enjoy the holidays, they do seem to bring out lots of emotions in all of us. Some good. Some not so good. So let's cherish the good memories that were made and commit to doing better next time if we weren't always on our best behavior. Going forward, let's try to practice George Eliot's message:

*"What do we live for if not to make life less difficult for each other?"*

How do we do this? Atalanta Beaumont offers these tips:

- **Remind yourself** we're all sharing the planet and everyone has difficulties. Ease up on yourself and others.
- **Be generous** with time, energy and particularly compassion.
- **Take your time** when agreeing to offers or projects. And **Actually do the things that you have committed to.**
- **Resolve situations** as they arise.
- **If it's important** then prepare for it.
- **Retrain your inner voice** to be kinder.
- **Tell people how you feel** when situations bother you.
- **Let people know** how you expect to be treated. Gently.
- **You don't need to be right.**
- **The past is the past.** Don't hang on to past hurts.
- **Choose your battles.** Some things really don't matter. Ask yourself if this will matter in a week, a month or a year.
- **Pay attention to your health.**
- **Apologize if you get something wrong** or upset someone, and do it properly. Not, "I'm sorry if I upset you." But rather "I'm sorry I upset you. It was not my intention."
- **Take responsibility** for yourself and your actions.
- **Count your blessings.** Enjoy the small, free, everyday pleasures: the sunshine, a good movie, a chat, a hot shower, a smile, a wave, a hug, your children, your friends.
- **Smile at others**, not inanely but a friendly smile. Accept compliments graciously. Give others compliments if you are thinking nice things about them. Don't go round looking at your feet or gazing into the middle distance as you miss the human encounters that connect us.
- **And remember** – if you keep on doing what you've always done, you'll get what you've always got.

~ Sandie

## News to Note . . .

- **Bingo is on Tuesdays!**  
Card sales at 1:30 p.m.  
**Sunday Bingo—Feb. 11**  
**Saturday Bingo — Feb. 24**
- **Monday Massages & 1st-Wednesday of the month—**  
with JoAnn — 10:00 to 1:00
- **February 7 — Birthday Celebration** during lunch
- **February 7 —Trivia Night**  
at 5:00 p.m. Prizes!!
- **February 2 — Women's Bible Study — 3:00 p.m.**
- **February 8 —at 11:30**  
Library in Motion Delivery
- **February 14— Movie —**  
"Honeysuckle Rose" 1:30
- **February 8 —Craft—3:00**  
**Painting with Linda Rutledge** Please sign up.  
Limited to 20 people.
- **February 10 & 24 — Men's Bible Study**
- **February 21— Poetry Class**  
with Nancy Jackson at 1pm
- **February 21— MHS Class**  
of '67 Breakfast — 3rd Wed.
- **February 22 —Health Odyssey** 734.241.0404
- **February 22 — Book Club**  
"Demon Copperhead"
- **February 29 — \$2 Soup &**

Please Remember  
to Scan



# Happy February Birthdays

Bob Beadles	Dianne Gautz	Becky Klawitter	
John Binns	John Gawle	Valerie Knapp	Al Rosenberger
Dennis Bomia	Meri-Lynn Geisler	Mick Krueger	Renee Schweitzer
Dave Bork	Greg Germain	Denise Lambert	Jenell Simpson
Barbara Bosse	Mary Goode	Judy Leininger	Kathy Straub
JoAnne Bray	Garry Gose	Helen Luchs	Robert Strimbel
Georganna Brey	Robin Halstead	Brenda Lymond	Ray Swan
Ruth Brown	Mark Hamlin	Margaret Mackey	Holden Turner
Jackie Bunch	Hoy Hatfield	John Meyer	Randy Umfress
Pat Cicero	Jack V. Henegar	Joan Milam	Jackie VanHouten
Lucy Clawson	Gregor Hentz	Gary Miller	Gerald Wahl
Helen Cole	James Hess	Marilyn	Shirley Wargo
Marvin Culverhouse	Barbara Hogberg	Carolyn	Betty Webb
Doris Cutter	Fran Ingels	Charles	Martha Welber
Darlene Dailey	Linda Jabe	Barb	Robert Wickenheiser
Ron Doom	Janice Johnston	Bernie	Dolores Williams
Pat Fazekas	Carolyn Kallenberg	Helen	Deb Wilson
Kay Friederichs	Robin Keegan	Deborah	Beth Wonsowski
Nancy Gates	Mary Lou Kemmerling	Wanda Rice	Ritz Wylie
	Beth Kern	Rose Robinson	Shirely Yoas

## Birthday Celebration! — February 7

We'll have cake & ice cream & music with Bonnie, Jim, George, and the gang. Members celebrating a birthday in February enjoy a complimentary meal on Wednesday, February 7.

**Thanks to Fountain View for sponsoring the cake.**



**January Birthday Celebration Attendees**

## Recent Donations

Tom & Diane Beck  
Gabriele Huber  
Fran Ingels  
Jane Karau & Nancy Kirwen  
Rose Kern  
Ethel Sebolt

*Thank  
You*

Jack's Lawn Service — Nutrition Program  
Dr. Abdul Kabir — Education Program  
ProMedica Monroe Regional — Health Odysseys

## 2023 Report on the 50/50 Raffles at Bingo

\$552.<sup>50</sup> in June  
\$478.<sup>50</sup> in July  
\$599.50 in August  
\$600 in September  
\$676 in October  
\$584 in November  
\$560.50 in December

**for a 2023 total of  
\$4,051.<sup>00</sup>**

Thanks to **Mikey, Val, &  
Debbie** for selling tickets & to  
all of the **buyers!**

Thanks to **Clear Captions**  
for sponsoring the  
January Birthday Cake.

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

## With sympathy ...

*John Faunt — November 25, 2023*  
*Roger Kerkenbush — November 2, 2023*  
*Linda Prucka-Gawle — December 9, 2023*  
*Marie Criste — December 12, 2023*  
*William Conger — December 13, 2023*  
*Pamela Moffitt — December 16, 2023*  
*(Daughter of Frankie Kerkenbush)*

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

## WELCOME NEW MEMBERS

Sal Amato	Brian Kalte
Ron & Helen Anson	James & Phyllis Keck
Jon & Linda Bess	Beth Kern
Barbara Crumm	Leann Keys
Ron & Doris Cutter	Richard Krueger
David Duval	Brenda McCormick
Larry Ellison	Donna Miller
Kelly Ferguson	Dr. Emily Neal
John & Judy Gebhardt	Millard & Jimme Nieswender
Lee & Judy Geisenhaver	Bernie Ochs
Ken Hall	Ronald Reaume
Brian Hasley	Jayne Van Belle
Oliver & S&ra Hensley, Jr.	Ellen Watts
Sheridan Hudson	Cheryl Weakly
Chris Jones	

## Cheri's Quote of the Month

# LOVE

*noun / lov*



*Giving them your last piece of chocolate,  
no matter how much you want it.*

# FEBRUARY 2024

## “What’s Going On” at-a-Glance

Monroe Ford Retirees — Monday,  
February 5 — 8:30 a.m. Breakfast

## BINGO

**Bingo is held on Tuesdays**

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

**Sunday Bingo is February 11**

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

**NEW: Saturday Bingo — Feb. 24**



## Health Odyssey

**February 22, 2024**

11:30 a.m. Lunch

12:00 Program

Topic: Dr. Kalvala and Dr. Kelulawala  
presenting on Lung Health -- smoking and  
vaping -- marijuana

**Please sign up: 734.241.0404**

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

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

## HOSTED BY BETH & PATTI

Wednesday, February 7<sup>th</sup>

5:00 to 6:30 p.m.

## TRIVIA

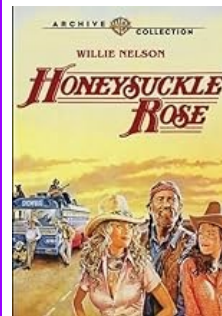
**Free of charge.**

Prizes Awarded!

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

## February 14<sup>th</sup> Movie

**“Honeysuckle Rose” — 1:30**



Singer / songwriter Willie  
Nelson is the heart & soul  
of *Honeysuckle Rose*, a  
steel-stringed portrayal of  
life on the road with a  
country music band —  
and the romantic potholes  
that somehow can’t be  
avoided. The film’s not  
autobiographical — but  
Nelson knows the territory.

Rated PG— Note that some scenes are a bit  
graphic & there’s a fair amount of drug use.  
(Remember the 70s?)

Complimentary popcorn.

## 2024 Dues are Now Payable

\$20 for Monroe County  
residents who are 55 years or older.  
\$25 for everyone else.

## Craft — Painting with Linda

**February 8 — 3:00 p.m.**

Please sign up at the Front Desk.

Limited to 20 people.

## 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 & 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, & other items that are donated to those in need.

## February 14 – Valentine's Day

Cookies will be provided with your lunchtime meal. Your task will be to decorate yours!

*Be Mine*

Wear Red & Get \$1.00 off your meal.

## Exercise Classes

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

**Balance Class**—Mondays & Wednesdays at 3:00 with JoAnn (Mikey)



**EnhanceFitness®**  
Mon.—Wed.—Friday at 10:00

**Line Dancing** — Mondays at 1:30

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

**Massages with JoAnn**  
Mondays & the 1st Wednesday of the month from 10:00 to 1:00  
— \$1 per minute

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

## Women's Bible Study led by Toni Solomon

Friday, February 2, 2023 at 3:00 p.m.

Men's Bible Study — 9:00 a.m.  
February 10 & 24

## MONROE CENTER BOOK CLUB



February 22, 2024  
at 1:00 p.m.

**“Demon Copperhead”**  
(Community Read)  
by Barbara Kingsolver

Set in the mountains of southern Appalachia, *Demon Copperhead* is the story of a boy born to a teenaged single mother in a single-wide trailer, with no assets beyond his dead father's good looks and copper-colored hair, a caustic wit, and a fierce talent for survival. Relayed in his own unsparing voice, *Demon* braves the modern perils of foster care, child labor, derelict schools, athletic success, addiction, disastrous loves, and crushing losses. Through all of it, he reckons with his own invisibility in a popular culture where even the superheroes have abandoned rural people in favor of cities.

March's Selection:  
“*Magic Hour*” by Kristen Hannah

## 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.

## Watch for Details!

St. Patrick's Day Dinner  
4:00 to 6:00 p.m.

- Jigs Dinner
- Music
- Raffle Baskets



A MATTER OF  
**BALANCE**  
MANAGING CONCERNS ABOUT FALLS

JoAnn (Mikey) Kunich & Sandie Pierce recently were certified as Master Trainers in the A Matter of Balance program.

As Master Trainers, we can train Coaches to teach the class. If you're interested in becoming a Coach, please sign up at the Front Desk. You can then lead classes.

## Save the Date!

April 12 is the Members'  
**Talent Show.**

The last one brought lots of applause — and laughs.

Start to think about what talent you and your group can offer.

Donations for the Center's  
2024 Rummage Sales  
can be brought in at any time.  
(No clothes please)

**CHANGE IN AVAILABILITY OF  
SHAKES & SUNDAES**

Effective January 31, 2024  
Milkshakes will be  
available on Monday Evenings.

Sundaes will be available on  
Wednesday Evenings.

Still \$2 each.

**Breakfast Hours**

Breakfast is served from 8:00 a.m.  
**until 9:45 a.m.** Monday through Friday.

This gives the Cooks just a bit more time  
to have lunch ready by 11:00 a.m.

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

**Friendly  
Poker Games**

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

*Monthly "Poets Society"*

with Nancy Jackson

Wednesday, February 21  
at 1:00 p.m.

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

**Pinochle Winners**

December 11 — Pat LaRoy

December 13 — Gene Opferman

December 15 — Al Miller

December 16 — Dee Mitchell

December 18 — Mary Rhoades

December 20 — Al Piror

December 22 — Al Miller

December 27 — Joan Milam

December 29 — Luther Conner

December 30 — Pat LaRoy

January 3 — Dennis Eby

January 5 — Cindy Prusaitis

January 6 — Mary Rhoades

January 8 — Al Miller

January 10 — Cindy  
Prusaitis

## A FEW LINES FROM THE VOLUNTEER COORDINATOR ...

Well wishes to you and the New Year upon us.

Things are going well here at the Monroe Center with all of the volunteer areas. Volunteers are working at the Front Desk, serving the food, and providing transportation. Volunteers also assist with the newsletter mailing, rummage sales, special events, and the list goes on. The Center's Volunteers are a great group of people who willingly give of their time and talents.

With the New Year, we're renaming the Transportation Team:

### **H.E.A.R.T**

**H**elping **E**lderly **A**chieve **R**eliable **T**ransportation

While we are looking for volunteers in all of the areas, our highest need is for volunteers who will drive people to non-emergency medical and other critical appointments.

If you'd like to join the wonderful group of volunteers, please stop by or give me a call 734.241.0404 on Monday, Tuesday, or Thursday mornings. Volunteering is good for our health!

~ Brenda Lewis

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.**

# Five Myths About Aging

## Myth 1

### The older you get, the less sleep you need.

We might wish this were the case, but older adults still need 7 to 9 hours of sleep each night. Adequate sleep can help reduce your risk of falls, improve your overall mental well-being, and help reduce your risk for certain health conditions.



## Myth 2

### Depression is normal in older adults.

Although depression is a common mood disorder, it is not a normal part of aging. Talk with your doctor if you begin showing signs of depression, such as irritability or decreased energy.



## Myth 3

### Older adults can't learn new things.

Not true! Older adults can still learn new things, create new memories, and improve their performance on a variety of skills.



## Myth 4

### Memory problems always mean Alzheimer's disease.

Not all memory problems are a sign of Alzheimer's disease. Talk with your doctor to determine whether the memory changes you're noticing are normal or whether they may be a sign of something more serious.



## Myth 5

### Older adults do not need to exercise.

Older adults have a lot to gain by being active — and a lot to lose by sitting too much. Exercise and physical activity can help manage some chronic conditions, improve mental and physical health, and maintain independence as you age.



Visit [www.nia.nih.gov/health/10-myths-about-aging](http://www.nia.nih.gov/health/10-myths-about-aging) for more information about aging and older adults.





## MONROE CENTER TRAVEL

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

### **Pacific Northwest—Princess Cruises—April 27—May 4, 2024**

Depart San Francisco to Victoria, Canada, Vancouver, Canada, Seattle, and Astoria, Oregon. \$2,826 to \$3,386 per person, double occupancy, Includes roundtrip airfare. Passport required.

### **Pacific Northwest — Celebrity Cruises — May 4 — 10, 2024**

Depart Los Angeles to Catalina Island, San Francisco, and Victoria, British Columbia. \$2,282 to \$2,871 per person, double occupancy, Includes roundtrip airfare. Passport required.

### **Alaska Cruise, Land and 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 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 and 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.

## DENTAL CONCERNS?

THE ORCHARD EAST COMMUNITY HEALTH  
HUB **DENTAL CLINIC**

PROVIDES  
SERVICES FOR THE INSURED  
AND UNINSURED.

OPPORTUNITY CENTER  
120 EASTCHESTER STREET  
MONROE, MI 48161

CALL FOR MORE DETAILS AND TO  
SCHEDULE AN EVALUATION.

734.241.2775 EXT. 244



community foundation  
of monroe county

## 2024 CALENDAR FUNDRAISER

### "A YEAR WITH FRIENDS"



**CALENDARS ARE NOW ON SALE**

## THE ANNUAL CAMPAIGN CONTINUES!



PLEASE MAIL DONATIONS TO:  
**UNITED WAY OF MONROE  
COUNTY**  
**216 NORTH MONROE  
MONROE, MI 48162**

Save the Date:

**Melissa Williamson** from Hospice  
of Northwest Ohio will be here on  
April 22 for a Lunch and Learn.

Subject: Advanced Care Planning  
(and the Importance of it.)



## Diabetes and Nutrition Services



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

**FREE**

### MEDICARE WEIGHT LOSS PROGRAM

*Dietitian-led free Medicare program for those with a BMI (body mass  
index) greater than/equal to 30 kg/m<sup>2</sup> 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)*

**PROMEDICA**  
MONROE REGIONAL  
HOSPITAL

**American  
Diabetes  
Association®**  
*Accredited Program*



## Monroe County Library in Motion Pick-Up

February 8 — 11:30 a.m.



## Informal DEMENTIA SUPPORT GROUP

FRENCHTOWN-DIXIE BRANCH  
LIBRARY

**Second & 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 — February 15 — 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
- **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 — February 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!



# Cooking to Lower Cholesterol – American Heart Association

A heart-healthy eating plan can help you manage your blood cholesterol levels and reduce your risk of heart disease and stroke. The simple cooking tips below will help.

## **REDUCE SATURATED FAT IN MEAT AND POULTRY**

- Select lean cuts of meat with minimal visible fat. Lean beef cuts include the round, chuck, sirloin or loin. Lean pork cuts include the tenderloin or loin chop. Lean lamb come from the leg, arm and loin.
- Buy “choice” or “select” grades rather than “prime.” Select lean or extra lean ground beef.
- Trim all visible fat from meat before cooking.
- Broil rather than pan-fry meats.
- Use a rack to drain off fat when broiling, roasting or baking.
- Cook a day ahead of time. Later, remove the hardened fat from the top.
- When a recipe calls for browning the meat, try browning it under the broiler instead of in a pan.
- Eat chicken and turkey rather than duck and goose. Choose white meat most often.
- Remove the skin from chicken or turkey before cooking.
- Limit processed meats such as sausage, bologna, salami and hot dogs. Many processed meats – even those with “reduced fat” labels – are high in calories and saturated fat.

## **EAT MORE FISH**

Fish can be fatty or lean, but it’s still low in saturated fat. Eat at least 8 ounces of non-fried fish each week. Choose oily fish such as salmon, trout and herring, which are high in omega-3 fatty acids. Prepare fish baked, broiled, grilled or boiled rather than breaded and fried, and without added salt, saturated fat or trans fat. Non-fried fish and shellfish, such as shrimp, crab and lobster, are low in saturated fat and are a healthy alternative.

Research has also shown that the health benefits of eating seafood rich in omega-3 fatty acids can help reduce the risk of heart failure, coronary heart disease, cardiac arrest and stroke.

## **EAT LESS MEAT**

Try meatless meals featuring vegetables or beans. Consider a big grilled portobello mushroom on a bun. Treat meat as a sparingly used ingredient.

## **COOK FRESH VEGETABLES HEART-HEALTHY WAY**

Try cooking vegetables in a tiny bit of vegetable oil and add a little water during cooking, Add herbs and spices to make vegetables even tastier. (It’s a healthier choice than opting for pre-packaged vegetables with heavy sauce or seasonings.) These combinations add subtle and surprising flavors:

- Rosemary with peas, cauliflower, squash
- Oregano with zucchini
- Dill with green beans
- Marjoram with Brussels sprouts, carrots and spinach
- Basil with tomatoes
- Chopped parsley and chives, sprinkled on before serving, can also enhance the flavor.

## **USE LIQUID VEGETABLE OILS IN PLACE OF SOLID**

Use liquid vegetable oils such as safflower, sunflower, and olive oil instead of solid fats.

## **PUREE FRUITS AND VEGGIES**

Pureed fruits or vegetables can be used in place of oil in muffins, cookies, cakes and snack bar recipes.

- Applesauce in muffins or oatmeal cookies.
- Include bananas in breads and muffins.
- Try zucchini in brownies.

## **LOWER DAIRY FATS**

Low-fat or fat-free milk can be used in many recipes in place of whole milk or half-and-half. When it comes to cheeses, you can substitute low-fat, low-sodium cottage cheese, part-skim milk mozzarella (or ricotta) cheese, and other low-fat, low-sodium cheeses.

## **SAUCES AND GRAVIES**

Let your cooking liquid cool, then remove the hardened fat before making gravy. Or use a fat separator to pour off the good liquid.

## **INCREASE FIBER AND WHOLE GRAINS**

- Toast and crush (or cube) fiber-rich whole-grain bread for breadcrumbs or croutons.
- Replace the breadcrumbs in your meatloaf with uncooked oatmeal.
- Serve whole fruit in place of juice.
- Use brown rice instead of white rice and try whole grain pasta.
- Add lots of colorful veggies to your salad – carrots, broccoli and cauliflower are high in fiber and give your salad a delicious crunch.

## **TWELVE NEW YEAR'S RESOLUTIONS**

from Rick Hanson

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**Learn to take in the good**

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**Improve your relationships**

**Become more assertive and  
rise to challenges**

**Deal with fears and realize your dreams**

**Resource yourself so you have  
more to offer others**

## **2023: A Year in Review**

Here's a recap of how the Center did in 2023. Thanks to everyone who ate and participated in Center activities.

### **MEALS SERVED**

- Noon Meals served to those 60+ in 2023 totaled 24,631 – a 15.6% increase over 2022 when 21,314 meals were served.
- 2023 meals also exceeded pre-pandemic numbers from 2019.
- In 2023, 7,904 Evening Meals were served Monday through Thursday — up from 7,134 meals in 2022 or +10.8%

### **HOURS OF SERVICE**

- Total Hours at the Center increased from 86,864 in 2022 to 98,923 in 2023 – a 13.9% increase
- The number of hours of service in 2023 exceeded the hours in 2019 prior to the pandemic which was 97,384.

### **ACTIVITY UNITS**

(Individual events that folks did)

- Activity units for 2023 were up from 54,643 units in 2022 to 63,675 in 2023 — a 16.5% increase.

### **AVERAGE DAILY ATTENDANCE**

2016	98.7
2017	105.1
2018	105.7
2019	117
2020	67.4
2021	86
2022	105.7
2023	121.9

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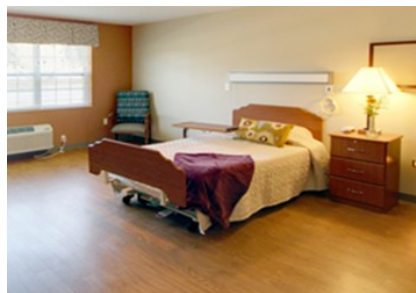
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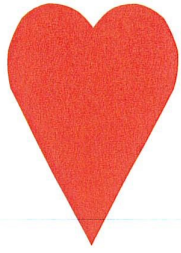
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# February 2024

1	Medicare with Jackie by appointment	2	3
10:15	Chair Yoga	8:45	Cardi-Yo
10:00	Poker Game	10:00	Enhance®Fitness
7:00	Model A Car Group	11:30	Pinochle
		12:30	Hand & Foot
		12:00	Knit / Crochet
		3:00	Women's Bible



*Happy Valentine's Day!*



# February

2024

## Evening Meals

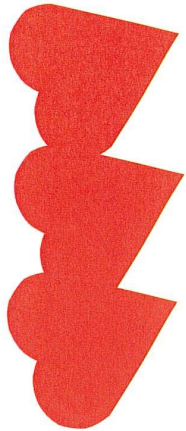
Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thursday
January 29 Porcupine Meatballs Mashed Potatoes Vegetable	30 Macaroni & Cheese Ham Green Beans	31 Baked Cod Country Potatoes Vegetable	February 1 Goulash Side Salad Garlic Bread
5 Corn Chowder Turkey Salad Sandwich	6 Pot Roast Potatoes Carrots	7 Tuna Melt Sweet Potato Fries Applesauce	8 Taco Pizza Side Salad Fruit
12 Baked Potato with Chili, Cheese, and Broccoli	13 Ham Steaks Mashed Potatoes Vegetables	14 Ash Wednesday Tomato Soup Grilled Cheese Sandwich Fruit	15 Egg Muffins with Ham and Cheese Hashbrowns Banana
19 Patty Melt French Fries Coleslaw	20 Chicken Fajita Corn Casserole Fruit	21 Split Pea Soup with Ham Fruit	22 Southwestern Chicken Bake with Rice Stewed Tomatoes
26 Mostaccioli Side Salad Garlic Bread	27 Porcupine Meatballs Mashed Potatoes Vegetables	28 Hamburger Gravy over Potatoes Vegetable	29 Chicken Thighs Country Potatoes Coleslaw

Milk Shakes are now served on Mondays: \$2.00

Wednesday is Now Sundae Night: \$2.00 Vanilla, Chocolate, Caramel or Strawberry

4	Roast Beef or Salmon	5 Ford Retirees	6 French Toast Casserole Sausage Banana	7 Birthday Dinner Spiral Ham with pineapple Au Gratin Potatoes Green Beans Birthday Cake & Ice Cream 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod. (No hamburgers today)	8 Corn Flake Chicken Mashed Sweet Potatoes Mixed Vegetables 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.	9 Liver & Onions or Salisbury Steak Mashed Potatoes Corn 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.	10 Breakfast 8:00 to 1:00  Noon Meal 11:00 to 1:00
	Red Skin Potatoes Cauliflower / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod						
11 Bingo	Pork Roast or Cod	12 Pizza with Ham and Pineapple or Veggies Fresh Fruit Seven Bean Salad	13 Marinated Chicken Breast Sweet Potato Peas 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod	14 Ash Wednesday Baked Salmon Brown and Wild Rice Cauliflower & Broccoli Sugar Cookie 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	15 BBQ Pork Sandwich Sweet Potato Wedges Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	16 Spaghetti with or without meat sauce Green Beans Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g prot. 757mg sod	17 Breakfast 8:00 to 1:00  Noon Meal 11:00 to 1:00
	Mashed Potatoes Corn / Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium						
18 Roast Turkey Mashed Potatoes & Gravy Green Beans 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.	19 White Chicken Chili Multi-Grain Bread Cottage Cheese 666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbohydrate; 34.7 g protein	20 Beef Tips over Noodles Harvard Beets Cole Slaw 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro.1,189mg sod	21 Class of '67 Breakfast Stuffed Cabbage with Ground Turkey Mashed Potatoes Stewed Tomatoes Fruit Cocktail 665 cal. 23g fat 59 carb 52g protein	22 Health Odyssey Salsa Meat Loaf Mashed Potatoes Mixed Vegetables Side Salad / Fruit 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod. (No other options today)	23 USA Wild Caught Cod Country Potatoes Broccoli 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium	24 Breakfast 8:00 to 1:00  Noon Meal 11:00 to 1:00	
25 \$6 Special BBQ Ribs or Chicken Baked Potatoes Broccoli Dessert	26 Sweet & Sour Pork Brown and Wild Rice Stir Fry Vegetables 600 cal. 8g fat 94 carb 9g fiber 24g sugar 25g pro. 904mg sod.	27 Chicken Bruschetta Red Skin Potatoes Peas 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.	28 Taco Salad with Chips Spanish Rice / Refried Beans / Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	29 Soup & Sandwich \$2 Chicken Noodle or Vegetable Beef Soup Tuna Salad or Egg Salad Sandwich / Cookie (No other options today)			

Monroe Center meals are open to the public. Chef Salad Option Monday thru Thursday. Betty's Salad on Fridays. Soup, as available. Menus are subject to change.