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Your senior millage tax dollars at work!

Engage!

VOLUME 24, ISSUE 1

January 2024



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

Assistant to the Director: Jerry Pierce

Program Manager: Toni Solomon toni@monroectr.org

Cooks: Scott Suttles Sue Stoner Esther Thompson Carol Huffman Kitchen Assistants: Val Bezeau

Rena Wilson

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cheri@monroectr.org

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Volunteer Coordinator:

Brenda Lewis

brenda@monroectr.org

Bingo Coordinator:

Lisa Brown

Balance Instructor: JoAnn (Mikey) Kunich

RSVP Director:

Beth Berlin

beth@monroectr.org

RSVP Volunteer Coordinator:

Jo Anne Bray

joanne@monroectr.org

Vision:

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



15275 South Dixie Highway Monroe, MI 48161

734-241-0404



Visit us on-line: www.monroectr.org

Board of Directors

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Call 734.241.0404

Carry-Out Meals are available.

"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

"And now we welcome the New Year. Full of things that have never been."

~ Rainer Marie Rilke

2024 — the year that I will have been around for three quarters of a century. Many of you are right there with me — and many have me beat by a decade or two. Where have the years gone??

When I reflect back, it amazes me as to how many changes there have been and what we've witnessed in our lives that the younger folks only read about. Facebook often has posts showing pictures of an antique of sorts and asks us to "like" if we know what it is or if we've ever used one. Yes, I've used a meat grinder — mostly for ground bologna (something I no longer eat!) Yes, I've used a sifter for the flour for a cake recipe. Those were handy devices, yet I'm glad we have clothes washers and dryers and sheets that no longer need to be ironed.

Then, there's the whole technology. I'm sure we all had a party line on our first telephones that were attached to the wall. Now, we carry our phones everywhere we go. They are convenient. I just wish they weren't at our dinner tables or at the meetings I attend. There is something to be said about being "present in the moment."

Three quarters of a century has taught me that. How many things did I miss because I was too busy and had more important things to do. We can never get those moments back. No do overs. The lesson is to enjoy each moment — to truly be with the people we're with and stop to smell the roses.

So for 2024, my resolution is to put these into practice a bit more. And to look for ways to say yes to the things that I love to do and the people I love to be with.

The New Year also promises to bring new and exciting programs to the Monroe Center, and I hope that you'll join us as we celebrate and enjoy one another's company.

Best wishes for a Happy and Healthy New Year!

~ Sandie

News to Note . . .

- Bingo is on Tuesdays!
 Card sales at 1:30 p.m.
 Sunday Bingo—January 14
 Saturday Bingo Jan. 27
- Monday Massages and 1st-Wednesday of the month with JoAnn — 10:00 to 1:00
- January 3 Birthday
 Celebration during lunch
- January 3 —Trivia Night at 5:00 p.m. Prizes!!
- January 5 Women's Bible Study — 3:00 p.m.
- **January 11**—at 11:30 Library in Motion Delivery
- **January 8** Lunch & Learn with Betsy Bradley. Lunch served at 11:30 a.m. Program at Noon. Please sign up at the Front Desk.
- **January 10 Movie** "The Blind" 1:30 p.m.
- January 11 —Craft—3:00— Please sign up.
- January 13 & 27 Men's Bible Study
- January 17 Poetry Class with Nancy Jackson at 1pm
- **January 17** MHS Class of '67 Breakfast 3rd Wed.
- **Jan. 25** —**Health Odyssey** on Effective Communication. 734.241.0404
- January 25 Book Club "West with Giraffe's"
- January 31 \$2 Soup and Sandwich Day

Please Remember to Scan



Happy January Birthdays

Elaine Doom Sue Leibenguth Barry Allen **Edna Drexler Becky Livingston** Dinah Russo Steve Allen Karen Smeltzer **Sherry Duffey** Frank Macaluso Bill Bacarella Mary Durell **David Manning** Toni Solomon Duane Bair Janet Esper Donna Martyn **Betsy Ann Stone** Sharon Beeker Kathy Fairchild Yvonne McBee Tammy Suzor Vonnie Bess Mark Flotow Nancy McDonald **Robert Sweat** Diane Bilicic **Christine Frayer** Brenda Merkle Linda Thompson Articia Bomer Cathy Friederichs Linda Micheles Joan Toth **Betty Bomia** Toni Giarmo Michele Muhleck **Bob Trowbridge** Barbara Turner Verdell Giebel Tom Murphy Janet Bozynski **David Brooks** Karen Glover Charles Van Belle Rita Nagel Lisa Brown Donna Nash Paul Wagner **Judity Gregory** Conne Burchfield Barbara Hampton Janet Niemann Mary Beth Walsh Mary Lou Burke Eshter Hasspacher Patricia Norton **Eddie Weaver** Shirley Hoffman-Owens William Burkett Vicky Phillips Jacquelyn Weier **Debby Burress** Diane Janes William Poore Theresa Wheeler Darlene Chinavare Cindy Jividen Diane Pursley Paulette Wilkie Jean Cohn **Burton Johnson** Marcelle Ramsey Clarita Willingham **Grover Connell** Doris Joseph Dan Ripple Rena Wilson Ron Crumley Ivan Kamprath John Rogers **Betty Wilson Debra Daniels** Lois Knegendorf Helen Rosenberger Barb Wolfenbarger Karen Diedrich **Tommie Kruse** Terrie Rossi Roger Younglove

Birthday Celebration! — January 3

We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a birthday in January enjoy a complimentary meal on Wednesday, January 3.

Thanks to Clear Captions for sponsoring the cake.



December Birthday Celebration Attendees

Recent Donations

MCHE Patchwork Pals
Robert & Donna Wickenheiser

Monroe Thrift Shop

In memory of Ilma Reppe

Brenda Swathell Kathy Hartwig

In memory of Mike Durell

Mary Durell

in memory of Martha Goodale

Nancy Waltz

<u>Cancer Connection -</u> <u>In memory of Al Bussell</u>

Cancer Connection -

Pam Straka

Wilba Peeler

Carol Cusic

Jan Jorgensen

Janice Rubis on

Shirley Gonzalez

In memory of Joanie Peeler

behalf of the Lamb family

Shirley Gonzalez

In memory of Carol Piedmonte

Nancy Allen

Thank You

In memory of: Ruth Drexler, Dennis Poet, <u>Frederick Brown and Carol Piedmonte</u>

Mable Kehres Apartment Resident Association

Report on the 50/50 Raffles at Bingo

\$552.50 in June \$478.50 in July \$599.50 in August \$600 in September \$676 in October \$584 in November

for a total to date of \$3,490.⁵⁰!!

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

New Members

Mary Bullard
Bruce and Nancy Freimark
William Fritts
Diane Harris
Constance Hatt
Sandra Hayne
Pamela Hoffman
Shirley Hoffman-Owens
Larry Hudson

Amy Mason
Tom Maxwell
Paul Miller
Donna Navarre
Shirley Somerville
Roseanne Stefanski
Kathy Vanisacker
Lee Younglove

Jerry Kuehnlein

Thanks to **United Health** for sponsoring the December Birthday Cake.

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



With sympathy ...

Mike Durell — July 9, 2023 Manny Perez — Nov. 9, 2023 Patrick Doran — Nov. 20, 2023 Ruby S. Palmer — November 24, 2023 Kay Prucka-Gawle — December 9, 2023 Marie Criste — December 12, 2023

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

Cheri's Quote of the Month

Becky Klawitter

be someone's

SUNSHINE

when their skies are grey.



JANUARY 2024 "What's Going On" at-a-Glance

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

BINGO

Bingo is held on Tuesdays

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

Sunday Bingo is January 14

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

NEW: Saturday Bingo — Jan. 27

Health Odyssey January 25

11:30 a.m. Lunch

12:00 Program

Topic: Effective Communication with Cheryl Conley, MemoryLane

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

2024 Dues are Now Payable

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

HOSTED BY BETH & PATTI

Wednesday, January 3rd 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+



January 10th Movie

"The Blind" — 1:30

The True Story of the Robertson Family is an Ameri-

can Christian biographical drama film directed by Andrew Hyatt, who co-wrote the screenplay with Stephanie Katz. The film details the life of Duck Commander's Phil Robertson and Kay Robertson and their family. Long before Phil Robertson was a reality-TV star, he fell in love and started a family, but his demons threatened to tear their lives apart.

Rated PG 13 Complimentary popcorn.

Craft — Felt Coasters
January 11 — 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 Solomon Friday, January 5, 2023 at 3:00 p.m.

Men's Bible Study — 9:00 a.m. January 13 and 27

LUNCH AND LEARN — Monday, January 8, 2024

"The Importance of Movement"

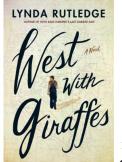
with Betsy Bradley

11:30 a.m. — Lunch 12:00 noon — Program

It's the New Year! Join us as Betsy talks about the benefits of exercising and what happens to our body when we sit for most of the day.

Please sign up at the Front Desk or call 734.241.0404

MONROE CENTER **BOOK CLUB**



January 25 at 1:00 p.m.

"West with Giraffe's" by Lynda Rutledge

An emotional, rousing novel inspired by the incredible true story of two

giraffes who made headlines and won the hearts of Depression-era America.

> February's Selection: "Demon Copperhead" (Community Read) by Barbara Kingsolver

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.

Be Mire!



 Gift Certificates may be used for food purchases or Bingo only.

St. Mary's Rosary Makers meet at the Monroe Center for Healthy Aging on the first Tuesday of

St. Mary's

Rosary Makers

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.

every month at 9 a.m.

February 14 — Valentine's Day

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

A MATTER OF BALANCE MANAGING CONCERNS ABOUT FALLS

JoAnn (Mikey) Kunich and 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, please sign up at the Front Desk. A class will be scheduled in January.

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)

2024 CALENDAR FUNDRAISER "A YEAR WITH FRIENDS"



CALENDARS ARE NOW ON SALE — \$12

MEMBERS HELPING MEMBERS

Recently Bev Gerber told us about finding a letter from 1966 that she had gotten from a pen pal. It was written in French so she had no idea what it said. As luck would have it, she mentioned this to Vonnie Bess who is from France, and Vonnie was able to read it to Bev word for word. The letter ended with "Write back, but in French, please." (We think it's probably too late.)

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

Pinochle Winners

November 8 —Al Miller

November 10 — Marlin Worstell

November 11 — Mike Strube

November 13 — Pat LaRoy

November 15 — Cindy Prusaitis

November 20 — Pat LaRoy

November 22 — Al Miller

November 24 — Cindy Prusaitis

November 25 — Gary Miller

November 27 — Dee Mitchell

November 29 — Al Miller

December 1 — Al Miller

December 2 — Cindy Prusaitis

December 4 — Joan Milam

December 6 — Joan Milam

December 8 — Al Miller

December 9 — Al Miller

December 11 — Pat LaRoy

Friendly Poker Games

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

Monthly "Poets Society"

with Nancy Jackson

Wednesday, January 17 at 1:00 p.m.

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

CALLING ALL VOLUNTEERS!

The Monroe Center is looking for some new volunteers to work in various positions. This is a perfect opportunity to give back to the Center and our community.

- **Drivers** are needed to transport people to non-emergency medical and other essential trips (pharmacy, grocery store, Food Bank). Volunteers can work one to five days a week. Volunteers use their own cars and must have a valid driver's license and insurance. For those who also sign up for RSVP (Retired & Senior Volunteer Program), mileage reimbursement is available.
- **Servers** to work in our dining room. Breakfast, lunch, and evening meal shifts are available, especially Sundays. Servers wait on our meal patrons, bringing them their drinks and meals.
- **Front Desk Receptionists** are needed for a few shifts. These volunteers answer the telephone and wait on customers.
- **Matter of Balance Coaches** are being recruited to be trained and then offer the Matter of Balance class at various sites throughout the County. This is an eight hour training. Upon completion, Coaches receive a certificate which allows them to teach classes.

If you'd like to share your talents with others and have some time to spend, we'd love for you to be part of the dedicated and helpful group of people who volunteer at the Center. Please stop in to see me — Monday, Tuesday, and Thursday mornings.

~ 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.

Member's Corner . . .

THE MONROE NEWS

WEDNESDAY, DECEMBER 6, 2023 | MONROENEWS.COM

SINCE 1825 | MONROE, MICH. | PART OF THE USA TODAY NETWORK

Christmas in Ida's first elf returns



Holden Turner visits with Holli Pendleton and holds a photo of himself dressed as the very first elf during Christmas in Ida 41 years ago. PHOTO BY KATIE TIBAI/ SPECIAL TO THE MONROE NEWS

Congratulations to the New Board Officers

At the November Board of Directors meeting, Hon. Mark S. Braunlich was thanked for his service on the Board and for leading the Board as the President. His term ended December 31, and we will miss him.

- ⇒ Michelle LaVoy was elected as the new President.
- ⇒ Diane Kamprath was elected Vice-President.
- ⇒ Jaime McDonald was re-elected Treasurer.
- ⇒ Peggy Barton was re-elected Secretary.

The Board of Directors provides oversight of the Center, creates policies, and monitors our finances. We are grateful for the time that they give to us.



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.

NEW: Caesars Casino — January 23, 2024 — Watch for Details!

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 & 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.

DENTAL CONCERNS?

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SERVICES FOR THE INSURED
AND UNINSURED.

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120 EASTCHESTER STREET
MONROE, MI 48161

CALL FOR MORE DETAILS AND TO SCHEDULE AN EVALUATION.

734.241.2775 EXT. 244





THE ANNUAL CAMPAIGN CONTINUES!



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

THE GENDER GAP IN UNITED STATES LIFE EXPECTANCY WIDENED

- Life expectancy in the US dropped from 78.8 years in 2019 to 76.1 years in 2021, and there was a 5.8 year gap in life expectancy between American men and women in 2021, the largest gap seen since 1996.
- American women had a life expectancy of 79.1 years in 2021 compared with 73.2 years for men.
- Researchers said the greatest contributors to the disparities were the COVID-19 pandemic; accidental injuries and poisonings, mostly drug overdoses; suicides; accidents; and deaths of despair, or those caused by suicide or alcohol/drug use.

Source: Generations Smart-Brief <asa@smartbrief.com>





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/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)



HOSPITAL

PROMEDICA

MONROE REGIONAL

Accredited Program



Monroe County Library in Motion Pick-Up

January 11 — 11:30 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 — December 21 - 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 January 25 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

If you routinely watch the news, it is safe to say that you have heard the buzz about a family of diabetes medications called GLP-1 Receptor Agonists being used to treat obesity. In the last few years, there have been four drugs in this family that have found new application in the treatment of obesity. They are receiving a lot of attention, both positive and negative, so I wanted to provide an overview of how they work to promote weight loss and some concerns their new popularity has caused.

This class of drugs mimic or act like the GLP-1 hormone that occurs naturally in our bodies. By adding this drug to our bodies, it causes our bodies to produce more insulin and a reduction in blood sugar occurs. This is how these drugs are effective for diabetic patients. When we add this hormone in higher amounts, it interacts with parts of the brain that suppress appetite and signal us to feel "full". This response is what is causing the significant (and often dramatic) weight loss in non-diabetic patients choosing to use these drugs for weight loss.

So, while reducing body weight has its advantages, this effect will only last for as long as these drugs are taken. The signal it sends to our brains to reduce caloric intake will stop when the drug is stopped and many patients will re-gain the weight lost during active treatment.

This new popularity has also caused these drugs to be in short supply and diabetic patients using these drugs to treat Type II diabetes are often waiting for weeks until their pharmacy receives supply of the medication.

These drugs are also not without side effects --- many patients using these drugs for either diabetes or weight loss experience significant gastrointestinal side effects. There is also a lot of press regarding the facial appearance of patients using these medications – they can cause the facial skin to droop or sag due to fat loss and many patients report looking older due to this side effect.

Another factor worthy of discussion is cost – these drugs are expensive and insurance coverage typically requires extensive documentation from the physician for approval. Some insurance companies will only approve these drugs for diabetic use.

It bears repeating that the gold standard for weight loss is through a commitment to a healthy diet and exercise. I would suggest careful consideration and discussion with your physician if you are considering adding one of these drugs to your regimen to weigh benefits and risks.

Stay healthy and warm!

~ Jennífer

NEW YEAR'S RESOLUTIONS — WILL THIS BE THE YEAR?

DOES IT REALLY MATTER WHAT WE EAT?

The short answer to the question about whether it really matters what we eat is YES. A poor diet leads to heart disease, diabetes, cancer, AND Alzheimer's. Early studies even showed that eating high-sugar foods led to a susceptibility to get polio. As Americans, we consume more than the recommended daily allowances of sugar, processed foods, and hydrogenated fats. In small amounts, sugar is necessary for energy. But, the problem is that we eat way too much of it!

According to the Natural Society, in 1800 the average American consumed approximately 22.4 grams of sugar each day. In 1900, the number was up to 112 grams, and by 2009, half of Americans were consuming 227 grams of added sugar each day. Today, the average is 133 grams of added sugars. That's five days' worth of what's recommended.

Sugar shows up in our food as "sucrose, dextrose, maltose, sorbitol, and high fructose corn syrup." (High fructose corn syrup has an addictive quality that makes us want to eat more!) It's added to ketchup, pasta sauce, and many, many other foods that would taste just as good if sugar were not added. If we want to get back to the recommended 24 grams of added sugars per day, we need to regain control, be diligent about reading food labels, and be picky about what we put in our bodies.

- 16 ounces of regular Pepsi has 69 grams of added sugar. Unsweetened ice tea has zero.
- Three Oreo cookies have 14 grams of added sugars, part of which is high fructose corn syrup. One small box (one-half ounce) of raisins has 9 grams of sugar but zero added sugars.
- One serving of pancakes has 7 grams of added sugars. A serving of oatmeal has one gram of added sugar.

- A Snickers bar has 27 grams of added sugar. Five pieces of Dove Dark chocolate contains 19 grams of sugar (and 3 grams of protein and 4% of the RDA for calcium and iron). If we chose 2 pieces, that would be about 8 grams of added sugar.
- Two-thirds cup of Breyer's Natural Vanilla Ice Cream has 14 grams of added sugar. Breyer's Mint Chocolate Chip has 17 grams of added sugar. (One tbsp. of Hershey's Simply 5 chocolate syrup adds 11 grams of added sugar.)

The goal is to get to a maximum of 24 grams of added sugar per day. That's the amount we were at in the 1800's when we thought of desserts as a luxury — something we didn't eat on a regular basis.

How Do WE GET THERE?

The challenge is to quell our addiction to sugar. (Yes, it is an addiction.) As powerful as any drug, sugar lifts us up — only to knock us right back down.

How to we do this?

- Being mindful of what's in the food we're eating is a first step. Keep track of the number of added sugars in our food.
- Adding fermented foods like dill pickles, sauerkraut, and yogurt will help to add balance to our diet.
- Ensure that we drink plenty of water. A major cause of cravings for sweets is that our body needs water.
- Consider a sugar detox program.
 There's a small group of us at the Center who are going to join forces on this in the New Year. If you're interested, please sign up at the Front Desk. Having support will certainly make the goal more achievable.



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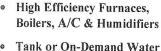
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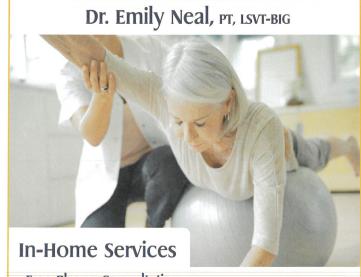
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Monroe Center for Healthy Aging	1 10—1 Massages with JoAnn Center is open at 10:00 a.m. and closes at 2:00 p.m.	2 9:00 Rosary Makers 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers 7:00 Coin Club	Birthday Dinner 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 10-1 Massages w/ JoAnn 12:00 Pinochle 3:00 Balance 5:00 Trivia w/Beth & Patti	4 Medicare with Jackie by appointment 10:15 Chair Yoga 10:00 Poker Game 7:00 Model A Car Group	5 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	6 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
Sunday Dinner 11 a.m. to 1 p.m.	Canasta 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	9 MCOP Support Services 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	10 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 1:30 Movie: "The Blind" 3:00 Balance	11 Medicare with Jackie by appointment 10:15 Chair Yoga 11:30 Library in Motion 3:00 Craft—	12 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	13 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 9:00 Men's Bible
Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	15 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Dancing / 3:00 Balance	16.15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	17 Class of '67 Breakfast 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 1:30 Poetry Class 3:00 Balance	18 Medicare with Jackie by appointment 10:15 Chair Yoga 10:00 Poker Game	19 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	20 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
Sunday Dinner 11 a.m. to 1 p.m.	22 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance	23 MCOP Support Services 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	24 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance	25 Medicare with Jackie by appointment 10:15 Chair Yoga 11:30 Health Odyssey	26 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	27 Bingo Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 9:00 Men's Bible 11:00 Pinochle
Sunday Sunner Dinner 11 a.m. to 1 p.m.	29 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance	30 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	31 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance	Janus	January 2024	2



2024

Evening Meals

Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thursday
1	2	3	4
Happy New Year! (No Evening Meal)	Honey Mustard Chicken Breast Country Potatoes Mixed Vegetables	Pizza (Cheese or Pepperoni) Side Salad Fruit	Taco Refined Beans Spanish Rice Chips & Salsa
8 Lunch & Learn Pork Chops with Mushroom Gravy	9 BLT Sandwich French Fries	10 French Toast with Cherry or Blueberry	11 Chicken Casserole with Broccoli, Carrots, Pasta
Mashed Potatoes Vegetable	Baked Beans	Sausage	Applesauce
15 Turkey Burger Cole Slaw Veggie Chips	16 Baked Potato Bar with Chili, Broccoli, and Cheese Fruit	17 Baked Ham with Pineapple Sweet Potatoes Vegetable	18 Vegetable Beef Soup Egg Salad Sandwich Fruit
22 Salmon Patties with White Sauce & Peas Mashed Potatoes Fruit	23 Chicken Fajita Brown Rice Stewed Tomatoes	24 Beef Stir Fry over Rice Cottage Cheese Apricots	25 Scrambled Eggs One Biscuit and Gravy Sausage
Porcupine Meatballs Mashed Potatoes Vegetable	30 Macaroni & Cheese Ham Green Beans	31 Baked Cod Country Potatoes Vegetable	February 1 Goulash Side Salad Garlic Break

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

Thursday is Sundae Night: \$2.00

31	1 Soup & Sandwich \$2	2	3 Birthday Dinner	4	٢	4
New Year's Eve Sloppy Joes	Bean Soup with Ham or Chicken Noodle Soup	Egg Foo Young	Roast Turkey Mashed Potatoes & Gravy	Sweet & Sour Pork Angel Hair Noodles	Marinated Chicken	Breakfast 8:00 to 1:00
French Fries	Grilled Cheese Sandwich	Fried Rice	Green Beans Birthday Cake & Ice Cream	Stir Fry Vegetables	Sweet Potato	Noon Meal
Dessert	Cookie		858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1.278 mg sod	Appressace 600 ral 8º fat 94 carh 9º	Peas	11:00 to 1:00
(No other options)	Center open 10:00 - 2:00	Apricots	(No hamburgers today)	fiber 24g sugar 25g pro. 904mg sod.	S83cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod	
7	8 Ford Retirees	6	10	11	12	13
Roast Beef or	Lunch & Learn	Stuffed Peppers w/ Turkey	Shrimp and Snap Peas			Breakfast
Roast Chicken Red Skin Potatoes	Chicken Parmesan Spaghetti Noodles	Masned Potatoes Stewed Tomatoes	with linguini pasta Celery Salad	BBQ Pork Sandwich Sweet Potato Wedges	Brown and Wild Rice	8:00 to 1:00
Cauliflower / Pears	Glazed Carrots / Fruit	Fruit Cocktail	403 cal. 7.7g fat 47g carbs	Baked Beans	Cauliflower & Broccoli	Noon Meal
805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	880 cal. 23g fat 127carb 12g- fiber 47g sugar 40g pro 1,211 mg sod	665 cal. 23g fat 59 carb 52g protein	25g prot. 130gm sodium .5g sugar 3.8g fiber	1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	11:00 to 1:00
14 Bingo	15 MLK, Jr. Day	16	17 Class of '67 Breakfast	18	19	20
Pork Roast or Cod	Lasagna	Liver & Onions or	Chicken or Beef Pot Pie	Beef Tips over Noodles	Taco Salad w/ Chips	Breakfast
Mashed Potatoes	Side Salad	Salisbury Steak	Cottage Cheese with	Harvard Beets	Spanish Rice	8:00 to 1:00
Applesauce	Green Beans	Mashed Potatoes Corn	695 cal. 24g fat 82 carb	Cottage Cheese	Stewed Tomatoes	Noon Meal
503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	Dessert (included) 616 cal. 26g fat 41 carb 7g fiber 32g prot. 757mg sod	656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.		765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro.1,189mg sod.	906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	11:00 to 1:00
21	22	23	24	25 Health Odyssey	26	27
Spiral Ham With pineapple	Ground Turkey Chili	Pork Chops w/mushrooms	Sloppy Joes with Ground	Chicken Bruschetta Red Skin Potatoes	USA Wild Caught Cod	Breakfast
Au Gratin Potatoes	Multi-Grain Bread Cottage Cheese	Country Potatoes Broccoli / Applesauce	French Fries	Peas / Side Salad / Fruit	Country Potatoes	8:00 to 1:00
896 cal. 3g fat 83 carb 9g	666 calories; 11.6 g fat; 2726	683 cal 15a fat 4 carh 12a fihor 4a	Seven Bean Salad	858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein		Noon Meal
fiber 6g sugar 30g pro 1,761mg sod.	mg sodium. 53 g carbohy- drates; 34.7 g protein	sugar 27g pro. 1,655mg sod	15g fiber 18g sugar	1,278 mg sod. (No other options today)	boucal. 15g rat to carb 4g nber 10 sugar 31g pro. 969mg sodium	11:00 to 1:00
28 \$6 Special	29	30	31 Soup & Sandwich \$2			2011
BBQ Ribs or Chicken	BBQ Chicken Sandwich	Salsa Meat Loaf	Broccoli Soup or	Tar Direct		
Baked Potatoes	Cole Slaw	Mashed Potatoes Mixed Vegetables	Grilled Cheese or Chicken	31130		Monroe
Broccoli	1,088 cal. 46g fat 98 carb	464 cal. 30g fat 29 carb 15g fiber	Salad Sandwich Cookie		2007	Center Fru Hoffen Aviit
Dessert	15g πber 18g sugar		(No other options today)	734.241.0404		m Heaving Tight

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.