



15275 South Dixie Highway
Monroe, MI 48161

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MONROE, MI
PERMIT NO. 485

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National Institute of
Senior Centers



Your senior millage tax dollars at work!

Engage!

June 2024

VOLUME 24, ISSUE 6



FLAG DAY — JUNE 14
THANKS TO VFW POST 1138



*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: Sandie Pierce sandie@monroectr.org
Center Support: Kevin Hemry
Program Manager: Toni Solomon toni@monroectr.org
Cooks: Scott Suttles Sue Stoner Esther Thompson Carol Huffman Kitchen Assistants: Val Bezeau
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
Balance Instructor: JoAnn (Mikie) 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

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

Kassie Nipper

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>



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.

From the Director's Desk

UNITY.

*It starts with **you**. If not **you**, then who?*

~ DC PROJECT

I love the song "Let there be peace on Earth, and let it begin with me." The song was written by Jill Jackson and Sy Miller to promote peace and harmony in 1955. That was nearly 60 years ago and yet, we have a ways to go.

We are fortunate to live in this United States of America where people can live together in unity. The United States contains a highly diverse population. Probably no other country has a wider range of racial, ethnic, and cultural types than does the United States. Our national character has been enriched, tested, and constantly redefined by the millions of immigrants who by and large have come to America hoping for greater opportunities than they had in the places they left. We celebrate our freedom throughout the year — 4th of July, Memorial Day, Veterans' Day.

We also celebrate Juneteenth, also known as Freedom Day, Jubilee Day and Cel-Liberation Day. On June 19, 1865, the Emancipation Proclamation— which had been issued on January 1, 1863— was read to enslaved African Americans in Texas by Gordon Granger.



While slavery was abolished, discrimination has lingered on. Sometimes we succumb to making judgments of those who are different than us. Those differences can be color, size, financial status, education, and even age. After all, the music IS definitely too loud.

Our challenge is to search within ourselves to find ways to look a little deeper to find the good. We are all unique, and it would be sad actually if we were all the same. Accepting others for who they are will help to bring harmony to our relationships and our world. As "mature" adults we can be the example for others. Unity does start with U (and me — all of us). We can do better. And thanks to all of you for being wonderful people — just like you are.

~ Sandie

PS *Happy Fathers' Day!*

News to Note . . .

- **Bingo is on Tuesdays!**
Card sales at 1:30 p.m.
Sunday Bingo—June 9
Saturday Bingo — June 29
- **Monday Massages & 1st-Wednesday of the month—**
with JoAnn — 10:00 to 1:00
- **June 2 — Coin Show** 
- **June 5 — Birthday Celebration** during lunch
- **June 5 — Trivia Night** at 5:00 p.m. Prizes!!
- **June 7 — Women's Bible Study** — 3:00 p.m.
- **June 3 — Lunch & Learn with Genealogy**
- **June 6** —at 11:30
Library in Motion Delivery
- **June 12 — Movie** — "*Boys in the Boat*" — 1:30
- **June 13 — Craft**—3:00
Cutting Board Art
- **June 8 & 22 — Men's Bible**
- **June 11** — Class of '58
- **June 19**— MHS Class of '67
Breakfast — 3rd Wed.
- **June 20** — Writing Group 
- **June 21**— Friday Night Meal
- **June 17 — Lunch & Learn with Dr. Emily Neal, PT**
- **June 27 — ProMedica Health Odyssey**
- **June 27 — Book Club**
"*Two Old Women*"
- **June 28** — \$2 Soup & Sandwich Day

**Please Remember
to Scan**



Happy June Birthdays

Kevin Adams	Scott Ellison	Dennis Lamb	Kathleen Rohmyer
Nancy Allen	Teresa Esper	Dick Leonard	Catherine Rykse
Sal Amato	Ron Gootee	Josetta Lynch	Laurie Schultz
Ron Anson	Florence Grajewski	Karen Mickens	Gary Standridge
Marie Baehr	Carolyn Hall	Paul Miller	David L. Stoner
Marvin Baumann	Gloria Hardzieg	Clayton Mavarre	Carla Strunk
Diane Beck	Sue Ann Hartford	Marce Negretz	Nancy Thompson
Robert Bennett	Roann Hoffman	Connie Ochs	Ruth Tiszai
Kathy Blevins	Lorraine Hudson	Gloria Payne	Chuck Troxler
Virginia Bodine	Theresa Janicki	Mary Pearsall	Jim Vanisacker
Shirley Bomia	Chris Jones	Randy Pincheff	Margaret Walters
Bonnie Burkey	Kathy Jones	Mary Pinchoff	Al Warner
George DeClercq	Mitchell King	Shirley Poore	Janice Weiss
Cathy Didario	Barb Kroh	Sally Pritchett	Katherine Woodrum
Carolyn Dutton	Nancy Krueger	Joyce Rober	Lee Younglove

Birthday Celebration! — June 5

We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a birthday in June enjoy a complimentary meal on Wednesday, June 5.



May Birthday Celebration Attendees

RECENT DONATIONS

in loving memory of

Earl Hemry (1954 to 2005) who left us 19 years ago
and

Jack Hemry, Jr. (1961 to 2023) who left us one year ago

Always remembered in my heart,

*Love Mom,
Lois Hemry - Knegendorf*

ane Karau and Nancy Kirwen

in honor of Jane's 96th Birthday

William and Joyce Poore

in memory of Larry Poore

Jerry & Sandie Pierce

in memory of Ken Miller

Jerry & Sandie Pierce

EnhanceFitness Class — donations for bottled water

Thanks to **Joyce Rober** for sponsoring the May
Birthday Cake.

FUNDRAISING CAMPAIGN: GOAL OF \$12,400

THE CENTER IS ACCEPTING DONATIONS FOR AN AIR CONDITIONER
FOR OUR KITCHEN. WE'RE ALMOST THERE: \$10,475 TO DATE.

THANKS FOR HELPING TO KEEP OUR COOKS COOL!

WELCOME NEW MEMBERS

Robert and Alice Bennett	Bob Hoffman
Cheryl Bobich	Keith Kreger
Jeanette Boudrie	Bonnie Meyers
Evelyn Copi	Brian Roth
Cajetan D'Cunha	Michael Saum
Frank DeMeo	Sharon Schiller
Bea Friar	Frank and Janet Sottile
Kathi Hibbs	Judy Sype
Trina Hibbs	Brenda Wertenberger

2023 Report on the 50/50 Raffles at Bingo

2023 total: \$4,051.00

\$ 642.50 in January

\$ 630.50 in February

\$ 561.00 in March

\$ 609.00 in April

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

May Rummage Sale

Raised \$2,540.18

Thanks to all of you!

THANKS FOR FOOD DONATIONS!

\$ 381 — January to March

\$205.61 in April

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

With sympathy ...

Larry Poore 4/01
Terry Short 4/08
Eugene Jenkins 4/17
Larry Olin McCrea 4/18/24
Vivian Schwartz 4/18/24
(Nina Meier's twin sister)
Kenneth Miller 4/25

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

JUNE 2024

“What’s Going On” at-a-Glance

Monroe Ford Retirees — Monday,
June 3— 8:30 a.m. Breakfast

BINGO

Bingo is held on Tuesdays

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

Sunday Bingo is June 9

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

NEW: Saturday Bingo — June 29

HOSTED BY Mikie Kunich

Wednesday, June 5th

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+



Health Odyssey

June 27, 2024

11:30 a.m. Lunch

12:00 Program

Topic: To Be Announced

Please sign up: 734.241.0404

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

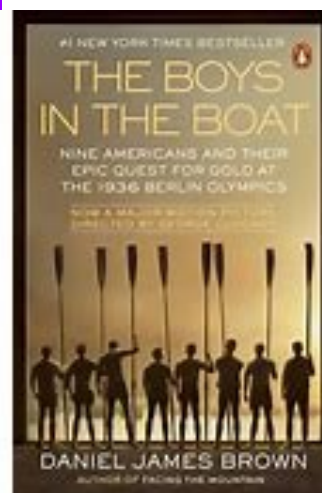
After the events, watch presentations on-line at
<https://www.youtube.com/user/MPACTstudio/videos>

Craft — Cutting Board Art

June 13 — 3:00 p.m.

Please sign up at the Front Desk.

Watch for two Craft Days in July.



June 12th Movie

**“Boys in the
Boat” — 1:30**

A 1930s-set story
centered on the
University of
Washington's
rowing team, from
their Depression-era
beginnings to winning gold at the 1936
Berlin Olympics.

The **Boys** in the **Boat**: Directed by George
Clooney. With Joel Edgerton, Callum
Turner, Peter Guinness, Sam Strike

Rated PG-13
Complimentary popcorn.

Women's Coffee Hour with Maurine

Thursday, June 6
at 4:30 p.m.

Let's talk about health!

Coin Show at the Center Sunday, June 2, 2024



Exercise Classes

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

Balance Class— Tuesdays & Thursdays at
9:00 a.m. with JoAnn (Mikie)
Mondays & Wednesdays at 3:00 with Sandie



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

Line Dancing — Mondays at 1:00

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

NEW

Women's Bible Study led by Toni Solomon

Friday, June 7 2023 at 3:00 p.m.

Men's Bible Study — 9:00 a.m.
June 8 and 22

Fun with Yarn For all Ages!

Fridays at 12:00 noon

Share your skills and challenges with
knitters and crocheters — or bring
any other needlework.

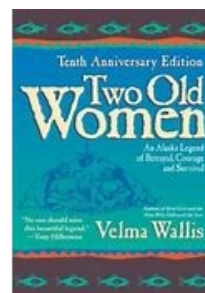
Tutoring for knitting and crocheting
is always available.

Questions? Call Maxine at the
Center on Friday mornings.

734.241-0404

Donations of yarn accepted so we
can create projects to donate.

MONROE CENTER BOOK CLUB



June 27, 2024
at 1:00 p.m.

"Two Old Women"
By Velma Wallis

Based on an Athabascan
Indian legend passed along
for many generations from
mothers to daughters of the upper Yukon
River Valley in Alaska, this is the suspenseful,
shocking, ultimately inspirational tale of
two old women abandoned by their tribe
during a brutal winter famine. Though
these women have been known to complain
more than contribute, they now must either
survive on their own or die trying. Velma
Wallis depicts a landscape and way of life
that are at once merciless and beautiful.

July's Selection: *"The Giver of Stars"*
By JoJo Moyes

Brain Aerobics

is Back — with Tommie!

Monday's at 10:00 a.m.

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.



Lunch and Learn

When: Monday, June 3, 2024

Lunch 11:30 am - Program at Noon

Please call the Center at 734-242-0404 to register

Join "The Genealogical Society of Monroe County" for a presentation of discovering the resources, technology and methods that allow you to research your ancestors. The focus will be on genealogy in Monroe County, but can be applied to any locale.

Host: Rick Graessley plus other GSMC members

Genealogical Society of Monroe County, MI
Since 1977

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.

Flag Day

June 14, 2024

Veterans from

Post VFW 1133

will be here at 11:30 a.m. to present the Center with a new American Flag.

Join us outside as

Jon Moore leads us in some patriotic songs and we join together to say the Pledge of Allegiance.



NATIONAL SENIOR HEALTH & FITNESS DAY

Wednesday, May 29, 2024

8:30 a.m. to 1:30 p.m.

Keynote Speaker: Craig Zablocki

This is a fantastic opportunity!
There's still time to register.



**American
Red Cross**

Thanks to those who donated blood on April 29, 2024. We contributed 16 pints of blood.

Kudos to Dave Manning for strumming and arranging the wonderful group of singers.

**SPAGHETTI DINNER
IN TRIBUTE TO MARIO PACE**

FRIDAY, JUNE 21, 2024

4:15 TO 6:00 P.M.

TICKETS ARE \$8 PER PERSON

Mystery Raffle Basket Drawing

Calling All Writers

Are you interested in crafting your life history?

Join Betsy Bradley on the third Thursday of each month at 2:00 p.m. to get tips on how to write your life story.

It's fun way to capture your favorite memories of your childhood, school-age years, marriage, children, work, vacations, pets, and other highlights.

Sign up at the Front Desk.
Begins June 20.

Voters will be asked to renew the Senior Millage on August 6.

Please Vote.



Monroe County
Senior Millage

**REGISTER OF DEEDS FENDS OFF
PROPERTY FRAUD WITH NEW SERVICE**

“Property Fraud Alert” is an on-line service that allows the public to have their name monitored with the Register of Deeds to track possible fraudulent recordings that affect their property.

Call 800.728.3858

Cheri's Quote of the Month

“IMAGINE ALL
THE PEOPLE
LIVING LIFE
IN PEACE.”

- JOHN LENNON

MUSICIANS WANTED

**FOR TUESDAY
JAM SESSIONS!**

Dave Manning, Bruce Freimark, and a few other musicians are getting together on Tuesday afternoons at 2:00 p.m. in the conference room.

You're invited to join in the fun.
Bring your instrument
and share your talents!

**Lunch & Learn
with Dr. Emily Neal, PT**

Monday, June 17

Lunch at 11:30

Main Choice or Chef Salad Only

Program on Transfer Training
at Noon — Please Register

In-Home Services

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



Courageous Rehab
and Wellness
Create a new normal

734-735-2421

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

Pinochle Winners

April 10 — Richard Genord

April 12 — Cindy Prusaitis

April 13 — Al Miller

April 15 — Cindy Prusaitis

April 17 — Cindy Prusaitis

April 19 — Mary Rhoades

April 20 — Gary Miller

April 22 — Renee Schweitzer

April 24 — Jean Moore

April 26 — Luther Conner

April 27 — Luther Conner

April 29 — Luther Conner

May 1 — Cindy Prusaitis

May 3 — Joan Milam

May 4 — Luther Conner

May 6 — Al Miller

May 8 — Joan Milam

May 10 — Gary Miller

May 11 — Mary Rhoades

May 13 — Gary Miller

**Friendly
Poker Games**

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

"Poets Society"

GETTING OLDER

*Don't be sorry for the
Things you can no
longer do, But
Be happy for all the
Things you still can do!*

By Robert L. McDonald

**YOUR
DESTINATION**

A compass is much
like religion.
Both can point you
in the right direction,
But only you must
Make the journey.

By Robert L. McDonald



Choices
COUNSELING SOLUTIONS

Choices Counseling Solutions is accepting new patients and has received senior millage funding to provide services in the home.

Call 734.210.1071
with questions or to make an appointment.

#

**TRANSFORMATIONAL CHOICES
COUNSELING**

New patients are being accepted.
Call 734.559.3540



MONROE COUNTY SHERIFF'S OFFICE
Troy Goodnough, Sheriff

100 East Second Street, Monroe, MI 48161-2163
Telephone: (734) 240-7400 · Fax: (734) 240-7480

PRESS RELEASE

Monroe County Sheriff Troy Goodnough would like to warn about two scams that seem to come with warmer weather.

Driveway sealing and roofing scams.

THINGS TO NOTE:

- Driveway sealer does not go bad as long as it does not freeze so there is no rush to get rid of it.
- Beware of those who do not have their truck lettered with their business name. Businesses should also be able to provide a business address and liability insurance information.
- If the contractor will only accept cash or wants the check made out to cash, BEWARE. Also beware of requests for large down payments.
- Businesses should not be asking the homeowner to get the permits.
- Get the opinion of a trusted family or friend if you think it's a scam.

PLEASE JOIN US ON

Father's Day

FOR A COMPLIMENTARY BBQ & FLOWERS

**SUNDAY, JUNE 16
10:00 AM - 2:00 PM**

St. Joseph Cemetery

909 North Monroe Street
(734) 241-1411
cfcsdetroit.org

*"The righteous man walks
in his integrity;
his children are blessed after him."*

- PROVERBS 20:7



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)



A FEW LINES FROM THE VOLUNTEER COORDINATOR ...

CONGRATULATIONS TO THE AWARD WINNERS PRESENTED AT
THE ANNUAL VOLUNTEER APPRECIATION DINNER ON MAY 2, 2024

- ROSE POST SUNSHINE AWARD: BEV GERBER
- ROHAN-SIMONTON LEADERSHIP AWARD: JOANN (MIKIE) KUNICH
- EARL & HAZAL BARRON SERVICE AWARD: JIM AND ANN PULFORD
- PAMELA LAPAN HUMANITARIAN AWARD: MARIE BAEHR
- PIERCE ABOVE & BEYOND AWARD: HELEN COLE
- VOLUNTEER OF THE YEAR AWARD: JOHN MEYER

THANK YOU TO **BACARELLA FUNERAL HOME** FOR SPONSORING THE DINNER



AND TO **DEB'S FLORIST** FOR THE
BEAUTIFUL FLOWER ARRANGEMENTS.



H.E.A.R.T

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.



MONROE CENTER TRAVEL

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

Caesars Windsor — Wednesday, June 5, 2024 — \$30 per person
Depart from Elevate Church at 15269 South Dixie Hwy. Monroe
Enjoy five hours at Caesars Windsor. Receive \$15 in casino play.
Valid Passport or Enhanced Driver's License is 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,
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 per person. Double occupancy.
Includes airfare. Passport required.

#

TRIPS THROUGH THE BEDFORD SENIOR COMMUNITY CENTER

- June 26: Toledo Mud Hens — \$65
- June 22 — 24: Cleveland, Ohio. Rock 'n Roll Hall of Fame,
Aquarian, and Tiger Baseball Game. \$654 pp, double occupancy
- August 17 — 25: Badlands and Mt. Rushmore. \$1,546 per
person, double occupancy. Includes 14 meals.

Flyers are available in the Monroe Center Office.

Call the Bedford Center for more information: 734.856.3330

“ASK THE PHARMACIST” —

with Jennifer Sell, RPh, Director of Pharmacy Services



Osteopenia and Osteoporosis

written by: Rani Kurdi, PharmD Candidate 2024

- **What’s the difference between osteopenia and osteoporosis?**

Osteopenia acts as an initial sign of osteoporosis because of their strong connection. It signifies reduced bone density and signals an increased risk of fractures, serving as an early stage preceding osteoporosis. If not treated, osteopenia can advance to osteoporosis, a condition marked by fragile bones, people with osteoporosis are more prone to fractures, especially from minor incidents or falls.

- **How common is osteopenia?**

Estimates suggest that over 40 million individuals in the United States are affected by osteopenia, with approximately one-third of adults ages 50 and older experiencing some level of bone density reduction.

- **What are the risk factors for osteopenia?**

- ◆ Adults older than 50, people assigned female at birth (AFAB).
- ◆ People who are assigned female at birth (AFAB) are four times more likely to have osteopenia than people assigned male at birth (AMAB).
- ◆ People who are in menopause.
- ◆ People who smoke
- ◆ People who drink more than 2 drinks per day

- **What is a T score?**

The **T-score** in osteoporosis indicates how much your bone density differs from that of a healthy young adult. A **T-score** of -1 to -2.5 indicates osteopenia, while a **T-score** of -2.5 or lower indicates osteoporosis.

- **Drug therapy is recommended for patients with any one of these:**

- ◆ T-score < or = -2.5
- ◆ History of fragility fracture (regardless of bone mineral density)
- ◆ Incidentally found (asymptomatic) vertebral compression fracture (i.e. seen on an X-ray)

- **What are some important lifestyle modifications with non-pharmacological therapies for osteoporosis?**

Incorporating weight-bearing exercises like walking or strength training, ensuring an adequate intake of calcium and vitamin D through diet or supplements, and avoiding smoking and excessive alcohol consumption are essential lifestyle changes to help manage osteoporosis without taking any medication. Those modifications can help strengthen bones and reduce the risk of fractures.



— Monroe News photo by TOM HAWLEY

Brooke Whittaker, 18, with her grandmother Norma Rauch, 85, hold up strawberries at Whittaker's Berry Farm in Ida Township, which opens soon. Brooke has grown up picking strawberries for 12 years, but her grandmother has been involved with strawberries for 37 years.

U-pick berry season

■ Once thought to be delayed by a cool, wet spring, the season will open pretty much on schedule at the Whittaker Berry Farm in Ida Township.

BY DEAN COUSINO
dean@monroenews.com

IDA TOWNSHIP — Bill and Marilyn Whittaker thought it would be a late strawberry picking season this year at their Ida Township farm due to a chilly and wet spring.

A LITTLE BIT ABOUT 85-YEAR-OLD EDNA RAUCH AND HER LOVE OF BERRIES ...

BY CAITLIN TAYLOR
ctaylor@monroenews.com

Edna Rauch knows her berries.

The mother of Marilyn Whittaker, Rauch has been in the berry business for nearly 40 years. And at 85 years old, she'll still kneel down and help in the fields — as long as someone's there to help her get back up.

"I like to hear them snap when you pick them," Rauch said, although she doesn't

spend as much time tending berries anymore.

But that's what she did for a good part of 24 years when she ran Rauch's Berry Farm with her late husband, George. While she retired from the farm on W. Stein Rd. in 2001, she has spent the past 12 years helping her daughter.


The Whittaker Berry Farm is almost like Rauch's old stomping grounds, where she once again gets to see some of the same folks picking berries each

year.

"I enjoy coming out and seeing my old customers," she said. "I see sometimes as many as three generations of customers."

As enjoyable as the business is, Rauch said this time of year is the most stressful.

"The weather is a big deciding factor," she said. "Then there's deciding when you'll open and dealing with the crowds."



Library in Motion

**Monroe County
Library in Motion
Pick-Up
June 6 — 11:30 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




FRENCHTOWN-DIXIE BRANCH LIBRARY

Informal DEMENTIA SUPPORT GROUP

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.
.....




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Support Services

- Jackie Drouillard can 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, **Home Heating Tax** and other issues: Call 734.241.0404 to make an appointment.
- **Blood Pressure Checks** with Gena Craft from IHM — June 27 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!



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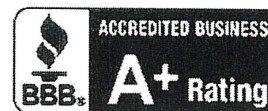
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June 2024

<p>1 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle</p>						<p>8 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 9:00 Men's Bible 11:00 Pinochle</p>
<p>2 COIN SHOW Sunday Dinner 11 a.m. to 1 p.m.</p>	<p>3 Ford Retirees BK 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Messages with JoAnn 11:30 Lunch and Learn 12:00 Pinochle 1:00 Dancing/3:00 Balance</p>	<p>4 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers 7:00 Coin Club</p>	<p>5 Birthday Dinner 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10-1 Messages w/ JoAnn 12:00 Pinochle 3:00 Balance 5:00 Trivia w/JoAnn</p>	<p>6 Medicare with Jackie by appointment 10:00 Poker Game 10:15 Chair Yoga 11:30 Library in Motion 4:30 Women's Coffee Hour with Maurine 7:00 Model A Car Group</p>	<p>7 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 3:00 Women's Bible</p>	
<p>9 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.</p>	<p>10 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Messages with JoAnn 12:00 Pinochle 1:00 Dancing/3:00 Balance</p>	<p>11 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 11:30 Class of '58 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers</p>	<p>12 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 1:30 Movie: "Boys on the Boat" 3:00 Balance</p>	<p>13 Medicare with Jackie by appointment 10:15 Chair Yoga 3:00 Craft— Sign up at Front Desk</p>	<p>14 FLAG Day 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet</p>	
<p>16 Sunday Dinner 11 a.m. to 1 p.m.</p>	<p>17 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Messages with JoAnn 11:30 Lunch and Learn 12:00 Pinochle 1:00 Dancing / 3:00 Balance</p>	<p>18 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers</p>	<p>19 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance</p>	<p>20 Medicare with Jackie by appointment 10:00 Poker Game 10:15 Chair Yoga 2:00 Writing Class With Betsy Bradley</p>	<p>21 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 4:15 Evening Meal</p>	
<p>23 Sunday Dinner 11 a.m. to 1 p.m.</p>	<p>24 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Messages with JoAnn 12:00 Pinochle 1:00 Dancing / 3:00 Balance</p>	<p>25 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers</p>	<p>26 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance</p>	<p>27 Medicare with Jackie by appointment 10:15 Chair Yoga 11:30 Health Odyssey 1:00 Book Club</p>	<p>28 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet</p>	
<p>29 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle SAT. BINGO</p>						

June

2024

Evening Meals

Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thursday	
May 27 Memorial Day No Evening Meal	May 28 Turkey Rueben Pasta Salad Fruit	May 29 Ham Slices AuGratin Potatoes Green Beans Pineapple	May 30 Porcupine Meat Balls Mashed Potatoes Carrots	
3 BBQ Pork Sandwich Pasta Salad Baked Beans	4 Chicken Quesadilla Refried Beans Spanish Rice	5 Chili Corn Bread Fruit	6 Hot Turkey Sandwich Mashed Potatoes / Gravy Vegetable	
10 Ham, Egg & Cheese Muffin Hashbrowns Fruit	11 Grilled Chicken Breast over a bed of Lettuce Multigrain Bread Cottage Cheese	12 Beef and Mushrooms Over Brown Rice Stir Fry Vegetables Fruit	13 Baked Potato Bar with Chili, Broccoli, Cheese Fruit	
17 Hamburger Gravy over Mashed Potatoes Vegetables	18 Tuna Melt Cole Slaw Veggie Chips	19 Hawaiian Chicken Brown Rice Egg Rolls	20 Pot Roast w/Potatoes and Carrots Fruit	21 Spaghetti Side Salad Garlic Bread Dessert
24 Lasagna Side Salad Garlic Bread	25 Taco Pizza Corn and Black Bean Salad	26 Turkey Burgers French Fries Cucumber and Tomato Salad	27 Southwest Chicken Bake Corn Bread Fruit	

Milk Shakes are available on Monday Nights \$2.00

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



June

2024

734.241.0404

<p>1</p> <p>Breakfast 8:00 to 1:00</p> <p>Noon Meal 11:00 to 1:00</p>						
<p>2</p> <p>Spiral Ham with Pineapple or Cod Au Gratin Potatoes Cauliflower</p> <p>896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.</p>	<p>3</p> <p>Ford Retirees Lunch and Learn Salsa Meat Loaf Mashed Potatoes Mixed Vegetables Fruit / Dessert OR Chef Salad Only</p> <p>464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.</p>	<p>4</p> <p>French Toast Casserole Two Sausage Links Grilled Apples</p>	<p>5</p> <p>Birthday Dinner Chicken Cordon Bleu Broccoli Baked Potatoes Birthday Cake & Ice Cream (No hamburgers today)</p> <p>828 Cal. 20g fat. 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium</p>	<p>6</p> <p>BBQ Pork Sandwich Veggie Chips Cole Slaw</p> <p>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar pro.1,189mg sod.</p>	<p>7</p> <p>Beef Tips Over Noodles Beets Fruit</p> <p>765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro.1,189mg sod.</p>	<p>8</p> <p>Breakfast 8:00 to 1:00</p> <p>Noon Meal 11:00 to 1:00</p>
<p>9</p> <p>Bingo Roast Beef / Salmon Red Skin Potatoes Cauliflower Pears</p> <p>805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p>10</p> <p>Chicken Fettuccini Carrots Cole Slaw</p> <p>791 cal. 44g fat 46 carbs. 53g protein 723mg sodium</p>	<p>11</p> <p>Class of '58 Lunch Lasagna Green Beans Side Salad Garlic Bread</p> <p>616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod</p>	<p>12</p> <p>Grilled Pork Chops Country Potatoes Brussels Sprouts Applesauce</p> <p>683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p>13</p> <p>Taco Salad with Chips Spanish Rice Refried Beans Stewed Tomatoes</p> <p>906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p>	<p>14</p> <p>Flag Day Baked Salmon Brown and Wild Rice Spinach</p> <p>500 cal. 15g fat. 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>15</p> <p>Breakfast 8:00 to 1:00</p> <p>Noon Meal 11:00 to 1:00</p>
<p>16</p> <p>Fathers Day Pork Roast or Cod Mashed Potatoes Corn / Applesauce</p> <p>503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p>17</p> <p>Lunch and Learn Grilled Chicken over a Bed of Lettuce Cottage Cheese w/ Fruit Dessert OR Chef Salad</p> <p>880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.</p>	<p>18</p> <p>USA Wild Caught Cod Country Potatoes Brussel Sprouts</p> <p>600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium</p>	<p>19</p> <p>Class of '67 Breakfast Chicken Ala King over Biscuits Peas & Carrots Fruit</p> <p>469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.</p>	<p>20</p> <p>Cornflake Chicken County Potatoes Mixed Vegetables</p> <p>880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.</p>	<p>21</p> <p>BBQ Pork Sandwich Sweet Potato Wedges Celery Salad</p> <p>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>22</p> <p>Breakfast 8:00 to 1:00</p> <p>Noon Meal 11:00 to 1:00</p>
<p>23</p> <p>Roast Turkey Sweet Potatoes Green Beans / Fruit</p> <p>858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.</p>	<p>24</p> <p>Salmon Patties with Peas and White Sauce Red Skin Potatoes Fruit</p> <p>603 cal. 123g fat 85 carb. 426 sodium Protein 35</p>	<p>25</p> <p>Chicken or Beef Pot Pie Cottage Cheese with Peaches</p> <p>695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium</p>	<p>26</p> <p>Liver & Onions or Salisbury Steak Mashed Potatoes Broccoli</p> <p>656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod</p>	<p>27</p> <p>Health Odyssey Marinated Chicken Breast Brown and Wild Rice Peas / Salad / Fruit</p> <p>583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod (No other options today)</p>	<p>28</p> <p>Soup & Sandwich \$2 Vegetable Beef Soup or Chicken Noodle Soup Sloppy Joe or Grilled Cheese Sandwich Dessert (No other options today)</p>	<p>29</p> <p>Breakfast 8:00 to 1:00</p> <p>Noon Meal 11:00 to 1:00</p>

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.

Note: Main Choice or Chef's Salad ONLY on Lunch and Learns — June 3 and 17