



15275 South Dixie Highway
Monroe, MI 48161

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National Institute of
Senior Centers

Monroe County
Senior Millage

Your senior millage tax dollars at work!

September 2026

Engage!

VOLUME 26, ISSUE 9



***Thanks to Clara,
Bev, Francine, Marie,
Dori, Tonia, David,
Kevin, Jerry, and Jason
for braving the weather
to represent the Center
in the annual Monroe
County Fair Parade!***

*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. Public is welcome! Please call 734.241.0404

Staff	
Executive Director:	Sandie Pierce sandie@monroectr.org
Center Support:	Kevin Hemry
Program Manager:	Toni Solomon toni@monroectr.org
Kitchen:	Scott Suttles Esther Thompson Antonio Terry Carrie Coleman Val Bezeau Kim Morrison Melissa Stump
Customer Service Coordinator:	Cheri Braunlich cheri@monroectr.org
Accounting Clerk:	Nancy Guich nancy@monroectr.org
Volunteer Coordinator:	JoAnn (Mikie) Kunich mikie@monroectr.org
Bingo Coordinator:	Kevin Hemry
Matter of Balance Trainer:	JoAnn (Mikie) Kunich
Operations Manager:	Beth Berlin beth@monroectr.org
RSVP Volunteer Coordinator:	Jo Anne Bray joanne@monroectr.org

Vision:

The Monroe Center for Healthy Aging is committed to providing opportunities for older adults in Monroe County to find purpose, enhance vitality, and experience growth.



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 HIPAA applies.



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



Visit us on-line:
www.monroectr.org

Board of Directors

PRESIDENT:

Mark S. Braunlich

VICE PRESIDENT:

Diane Kamprath

SECRETARY:

David Swartout

TREASURER:

Michelle LaVoy

BOARD MEMBERS:

Bill Bacarella

Troy Goodnough

Kevin Hemry

Kristen Irwin

Hobby Nels

Kassie Nipper

Jennifer Sell

Christina "Tina" Smith

Board Meets on September 17
at 6:00p.m.

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Carry-Out Meals are available.

Call 734.241.0404

Meals are Open to the Public.

***"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 MPACT's

website www.mpactstudio.org



From the Director's Desk

"Gratitude and attitude are not challenges; they are choices."
— Robert Braathe

How blessed we are. We have so much to be thankful for. Our country. Our community. Our Center. One another.

In spite of that, we sometimes forget. Here's a "Gratitude Scavenger Hunt" that I found that are small ways to find the good in our lives:

1. Find something in nature that makes us smile.
2. Notice a sound that brings us peace.
3. Spot something in our home that we're thankful for.
4. Think of a person who makes life brighter.
5. Find a scent we enjoy.
6. Notice something that makes our life easier.
7. Recall a moment today that brought joy.

When we look for the good, positive things happen in our brains, and we start to see even more things that are good. Life, afterall, is worth living.

We have lots going on at the Center this month.

- The Newlywed Game is September 11.
- Talent Show is September 18.
- Special Bingo — watch for details.
- Health Odyssey on September 24.
- Lunch & Learn on September 21
- Jewelry Auction on September 25.
- Lunch & Learn on September 28.

We hope you'll join the fun. Being with others is good for our souls. The Center is the perfect place for fun, fellowship, and support. Stop by often!

With gratitude,
~ Sandie

PS: Congratulations Laura Schultz on her retirement from the United Way of Monroe & Lenawee Counties.

News to Note . . .

- **Bingo is on Tuesdays!**
Card sales at 1:30 p.m.
Sunday Bingo— September 13
- **September 2— Birthday Celebration** during lunch
- **September 3** — Class of '69
- **September 10** — at 11:30
Library in Motion Delivery
- **Sept 14 & 24** — Writing Group
at 1:00 & 2:00 p.m.
- **Sept 8**— Class of '58—Lunch
- **Sept. 9 —Trivia Night** at 5:00 p.m. Prizes!!
- **September 9 — Movie** "The Devil Wears Prada" 1:30
- **Sept. 10** — Health Habits — Beat the Heat 1:30
- **Sept. 10** — Let's Talk Health with Maurine at 4:30
- Sept. 11 — Newlywed Game
- **Sept. 16** — MHS Class of '67
Breakfast— 3rd Wednesday
- **Sept. 17 —Craft—** 3:00
- September 18 — **Talent Show**
- Sept.21 — Lunch & Learn
- **September 21 — MHS Classes of '65 and '66** Lunch
- September 25 —**Live Jewelry Auction with Jim Alban**
- **Sept.28— Lunch & Learn** on Holocaust
- **September 24—ProMedica Health Odyssey**
- **Sept. 24 — Book Club** 1:00
- **September 30** — \$2 Soup & Sandwich Day

**Please Remember
to Scan**



Happy September Birthdays

Patricia Abbott
 Roland Barton "91"
 Chris Bastien
 Eugene Bialy
 Patricia Blair
 Bonnie Blohm
 Mary Ann Brancheau
 Dan Burt "80"
 Lavern (Bud) Cheney "97"
 Garland Coleman
 Sally Conlisk "91"
 Naomi Coon
 Sharon G. Curry
 Cajetan D Dunha
 Duane Dehner
 Brian Dehner "70"
 Carol Dykstra
 James Ellerman
 Angela Elmer

Evelyn Elyer "90"
 Betty Frazer
 Thomas Fruchey
 Marilyn Gensler "90"
 Charlie N. Gibson "90"
 Wayne Goda "90"
 Kathleen Grasso
 Donna Held
 Barb Hicks
 Jan Holmes
 Mary Ann Jackson
 Gary A. Jewell
 Jayne Jewell
 Pat Johnson
 Lana Kaminska
 Joyce Kipf-Trowbridge
 Nancy Koszegi
 Linda Larkins
 Patrick Lietaert, Sr.

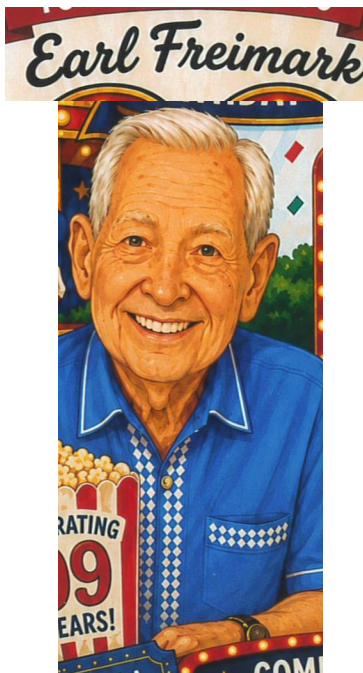
Patricia MacDougall
 Marilyn Malters
 Evelyn Maniaci "96"
 Bill Monte "80"
 Pat Moran
 August Patania "96"
 Pamalyn Peterson
 Joyce Poore
 Lewis Poupard
 Ann Pulford
 Norma Rauch "94"
 Pam Ray "80"
 Ann Reaume
 Michele Rinne
 George Robbins
 Linda Rousseau
 Linda Salisbury
 Lisa Sanders
 Dennis Scheich "93"

Kathy Sims
 Linda S. Smith
 Janet Sottile
 Mark Spenoso
 Meldoy Spillson
 Rosemary Stoner
 Julie Strang
 Dan Townsend
 Marian Tyra
 Faye Vajcner
 James E. Vajcner
 James Voelker
 Vickie Waltz
 Bonnie Weber
 Darrick Whitaker
 Donna Wickenheiser
 David Woodward
 Alma Weicht

Birthday Celebration! — Sept. 2, 2026

We'll have cake and ice cream and music with Bonnie, Jim, Harris, David, and the gang. Members who are celebrating a Sept. birthday enjoy a free lunch Wednesday, September 2.

Cake sponsored by Vibrant Life



August Birthday Attendees

RECENT DONATIONS

Classes of '65 & '66 Jim and Sandy Lang
Canasta Ladies Tai Chi Class Elaine Mushung

In memory of Lester Heller

Marv Bauman

In memory of Joe Kraus

Robert Havens
Kevin & Pat Hemry

In memory of Earl Reaume

Tuesday Euchre Players
Mick and Mary Krueger

In memory of Allison "Al" Miller

Clara Lloyd
Kevin & Pat Hemry
Pat McPhail

In memory of George DeClercq

Mary Lou Burke
Bob & Joyce Kipf Trowbridge
Betty & Louis Knapp

Thanks to Maria McMullin for sponsoring the
Over 90 Party on August 26.

*Thanks to David Manning for entertaining us with guitar
and song on Soup & Sandwich Days.*

*Thanks to Kevin and Pat Hemry for sponsoring
the Birthday Cake for July*

Food Donation Goal: \$2,000

2025 Total: \$3,452.86

Jan. — \$316.79 Feb. — \$224.00 March — \$334.80
April — \$261 May — \$281 June — \$259 July — \$515

Thanks for your donations!

WELCOME NEW MEMBERS

Genevieve Bailey	Isabel Meier
Shelly Hasley	Wendy Napiantek
Caroline Henlsey	Wayne Ruston
Mark Joseph	Sharon Smith
Gwen Kooi	Patricia Uecher
Laura Leege	Daniel Workman
Elizabeth Lommerse	John and Holly Ziemke
Suzanne Mazur	Linda Zietz

Report on the 50/50 Raffles at Bingo

2025 Total: \$4,718

January — \$ 606
February — \$ 297
March — \$389
April — \$469
May — \$399
June — \$438
July — \$393

Thanks to **Mikie** for selling tickets
and to all of the **buyers!**

Cheri's Quote of the Month

GRATITUDE TURNS
WHAT WE HAVE
INTO ENOUGH.

- Aesop

Memorial Leaves are
available for \$10 each.
Order at the Front Desk.

With sympathy ...

Lester Heller — July 4, 2026

George DeClercq — July 6, 2026

*Allison "Al" Miller — July 14, 2026
Faithful member since 1996*

Mary Ann Barbier — July 31, 2026

Jo Anne Klootwyk — August 7, 2026

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

SEPTEMBER 2026

“What’s Going On” at-a-Glance

Monroe Ford Retirees — Monday,
Sept. 14 — 8:30 a.m. Breakfast
Sept. 7 — 11:00 Lunch — Salaried

BINGO

Bingo is held on Tuesdays

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

Sunday Bingo is September 13

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

HOSTED BY Mikie Kunich

Wednesday, September 9th
5:00 to 6:30 p.m.

Trivia

Free of charge.

Prizes Awarded! Get a Team Together!
Limit of 5 people per team. Ages 12+

September 9th Movie



1:30 pm

“The Devil Wears Prada”



Based on the best-selling novel, this funny movie starring Meryl Streep and Anne Hathaway is entertaining in every way.

As assistant to impossibly demanding New York fashion magazine editor, Miranda Priestly, young Andy Sachs has landed a job that “a million girls would die for.” Unfortunately, her heaven-sent appointment as Miranda’s personal whipping girl just might be too much for her.

October’s Movie: The Devil Wears Prada 2

Complimentary popcorn.



Health Odyssey September 24, 2026

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

Topic: Stroke & Its Symptoms

Please sign up: 734.241.0404

Registration includes the complimentary lunch for those who arrive on time AND **stay to listen** to the program.

Please be courteous. No talking during the presentation.

Live Jewelry Auction

with Jim Alban
Friday, September 25, 2026

On Friday, September 25, we're debuting a Jewelry Auction and are seeking donations of new or used jewelry items.

Please bring your donations to the Center.

Doors Open at 4:00 p.m.

Hors D'oeuvres

Raffle Baskets

Please Sign Up at the Front Desk

Newlywed Game

Friday,
September 11

Potluck at 4:30 p.m.
Game begins at 5:00 p.m.

Flu Shots

September 23 &
October 15 with Mike Stein

September 30 & October 22 with
Holly from Yinger Pharmacy

All are 8:30 to 11:00 a.m.
Please sign up!

Lunch and Learn

Monday, September 21, 2026

11:30 a.m. – Lunch

12:00 -- Program

The song "They Call Us The Elderly" is not about growing old. It's about living fully.

By Cajie D'Cunha

People often use the word "elderly" as though it tells the whole story. It doesn't. Behind the silver hair is a lifetime of experiences. We've witnessed history, not by reading about it—but by living it.

This song is about discovering that wisdom comes from experience, resilience grows through challenges, and the best chapters of life don't always come first. Because age is not the end of the story... It's the proof that you've lived one. Be proud of everything you've overcome and everything you've accomplished. This song will bring back wonderful memories and reminds us that every stage of life has value, purpose, and beauty.

If you're part of this remarkable generation, you need to attend. But ALL are welcome. This presentation will be our shared reflections on the theme of the song – "They Call Us The Elderly".

PLEASE VOLUNTEER

The Monroe Center is in desperate need of volunteers to help us serve meals during the evenings and on Saturday and Sunday.

As you know, we have been able to keep our meal prices steady at \$3.00 for dine-in meals. With the rising costs of food, more and more people are enjoying their meals here. But this increase in demand is putting a heavy toll on the few volunteers we have. If you can spare a few hours a week and would like some great exercise, please consider helping us.

If interested, please contact
Mikie at 241-0404.

~ JoAnn (Mikie) Kunich
Volunteer Coordinator

Members' Talent Show

Friday, September 18

Dinner at 5:00 p.m.

Program: 6:00 to 8:00 p.m.

Tickets are \$8 per person



We're looking for some talented — or not so talented — members to participate. Tell a joke. Do a skit. Dance. Play music. The world is your oyster.

PLEASE SIGN UP!

We need people to help with costumes, to do make-up and to BE characters.

Talk with Clara Lloyd.



Meal Program Changes

Please note: Dessert is not included among the substituted items.

Substitutions are allowed with the main entrée only and include the side salads, soup, or vegetables. Condiments cannot be substituted. Note that soup is a “side” of soup.

With hamburgers and sandwiches, the choice is chips, the side of the day or cottage cheese.

THE Zekelman HOLOCAUST CENTER

Lunch & Learn

Monday, September 28

11:30 Lunch

Program at noon

Keeping the Stories of the Holocaust Alive

Founded in 1984, The Zekelman Holocaust Center (The HC) first opened its doors on the campus of the Jewish Community Center in West Bloomfield as the Holocaust Memorial Center and relocated to the current award-winning Farmington Hills building in 2004.

The HC is home to not only our core Holocaust museum exhibit, but an extensive research library, archives, and special exhibit galleries.

As The HC continues to grow, so do our educational outreach efforts. Each year, we reach more than 150,000 people through our teacher training workshops, virtual museum experiences, public programs, and visits to the museum.

***Our mission is to engage, educate,
and empower by remembering the
Holocaust.***



Habits for Health

A Senior Wellness Group

Join us on a journey to a healthier, more vibrant life! This FREE group, guided by a Health Educator from the Monroe County Health Department, explores a different health topic each month. We'll focus on adopting healthy habits to improve overall well-being and better manage chronic conditions.

2nd Thursday of Every Month

1:30 - 3:00 PM

Monroe Center for Healthy Aging

- Sept. 10 — Conversations that Save Lives
 - October 8 — Germ Prevention 101
- Nov. 12 — Rethinking Winter Wellness

Presented by
Kristen Reed
Health Educator



New Sound System Upgrade

The Center is getting an upgrade to its sound system and WiFi.

The cost is \$13,400 for both.

We asked Members to consider a donation to the Center to cover this cost — we have reached our goal!

However, donations are still being accepted.



Monroe County

Library in Motion

Pick-Up

Sept. 10 — 11:30 a.m.

Pinochle Winners



July 8 — Pat LaRoy

July 13 — Ron Bowman

July 15 — Nancy Gath

July 18 — Cindy Prusaitis

July 22 — Cindy Prusaitis

July 24 — Teresa Keane

July 25 — Teresa Keane

July 27 — Teresa Keane

July 29 — Dennis Eby

July 31 — Joan Milam

August 1 — Joan Milam

August 3 — Ron Bowman

August 5 — Gary Miller

August 7 — Joan Milam

August 8 — Cindy Prusaitis

August 10 — Pat LaRoy

*Thanks to Gary Miller
for running the
Pinochle Games!*



IN THE SPIRIT OF GIVING

Looking to downsize and find just the right place to donate your good, used furniture, beds, lamps, and other household goods?

In the Spirit of Giving is looking for all of these things! All items donated are given out freely to those in need.

*Can you be
someone's
angel today?*



Call us at
734-241-6088

www.inthespiritofgiving.com

Women's Coffee Hour with Maurine

Let's talk about health!
Sept.10 — 4:30 p.m.

Brain Aerobics

Monday Mornings

with Francine Roscoe and Gloria
Payne

Crosswords and Sudoku
available daily.

Exercise Classes

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

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

Tai Chi — Tuesdays & Thursdays at
4:15 p.m. with Betsy



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

Line Dancing — Mondays at 1:00

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

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

Friendly Poker Games (See Kevin)

Saturdays at 9:00 a.m.

Hand & Foot & Mahjong

We need players. Let us know if
you'd like to play.

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

Fun with Yarn For all Ages!

Fridays at 12:00 noon

- Drop in and meet the new knitters and crocheters.
- We have supplies and offer tutoring. It's fun and easy!
- Choose your project — crochet a granny square; knit or crochet a pair of slippers or a water bottle or cellphone tote.
- Or bring your own needlework.
- Stop by to chat or watch.

**Questions? Contact Toni
at 734-241-0404**

We are always grateful for donations
of yarn and patterns.

Calling All Writers

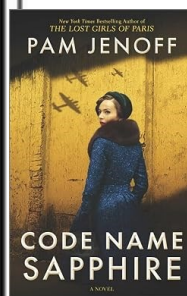
Sept. 14 & 24 2026

Are you interested in crafting some prose?
Join Betsy Bradley on **second Monday**
(life history) at 1:00 and the **fourth**
Thursday (poetry) of the month at 2:00

MONROE CENTER BOOK CLUB

Sept. 24, 2026 — 1:00

Code Name Sapphire
by Pam Jenoff



1942. Hannah Martel has narrowly escaped Nazi Germany after her fiancé was killed in a pogrom. When her ship bound for America is turned away at port, she has nowhere to go but to her cousin Lily, who lives with her family in Brussels. Fearful for her life, Hannah is desperate to get out of occupied Europe. But with no safe way to leave, she must return to the dangerous underground work she thought she had left behind.

October – *Where Rabbits Gathered* by Alisa
Valdes-Rodriguez

November – *The Bucket List* by Rachel Hanna
December – *My Friends* by Fredrik Backman

SAVE THE DATES!

Rib Dinner & Casino Night

Friday, October 30

Dinner: 4:30 to 5:30

Games: 5:30 to 7:30

Lake Erie Hexenbrut Dancing Witches

will preform again at the
Center at the end of October.

HEALTH CHECKS ARE RETURNING!

October 15 — Bedford

November 5 — Dundee

Thanks to Family Medical Center &
Wayne Mobile Health Unit

Last Rummage Sale
of the year is
November 12 & 13

American Cancer Society **RELAY FOR LIFE**

A Gathering of Hope

Sunday, September 20, 2026 | 1:00 PM - 7:00 PM
Frenchtown Community Center
2621 N Dixie Hwy | Monroe, MI 48162



Guest Speaker - 1:00 PM
Kick off the event with an inspiring message of hope and community.



Survivor Ice Cream Social - 1:30 PM
Celebrating survivors!
Register with Sue Pickens.
(734) 735-2083 | tinarusseaurflmonroe@gmail.com



Luminaria Lighting - 5:00 PM
Honor loved ones with a luminaria.
Available for a \$10 donation up to the event.



Register Here!



Kids & Family Fun
Bounce house, cake walk, kids activities, and more! Fun for the whole family.



Silent Auction & Chair-ity Auction
One-of-a-kind furniture by Monroe Artists.
Donate items: Contact **Karen Kidd**
(734) 735-0589 | jkkidd@yahoo.com



Mission Delivery/Resource Village
Resources and support to address health equity and guide cancer journeys to those in need.



Food, Music & More
There will be food trucks and music for everyone to enjoy.

Questions? Contact tinarusseaurflmonroe@gmail.com
Family Friendly Event | No Pets | No Alcoholic Beverages

Monroe Center participates in the KROGER COMMUNITY REWARDS

Go to Kroger.com/i/community/community-rewards to sign in or create an account.
The Center's number is WN763

THINGS TO KNOW:

- Remember the Center is scent free.
- Carry-out main entrees are now \$1 more than the dine-in price for main entrees.
- \$20 minimum to buy or add to Center meal gift certificates.
- The first row of parking is reserved for those attending the Monroe Center. The First parking space is Reserved for a 90+ member.
- Please remember to scan. Every time you come in to the Center and when you leave.





Sound System Donations



Thanks to the following for their part in reaching our \$13,400 goal!

Nancy Allen	Janice Johnston	Catherine Rykse
Tino Amaya	Lana Kaminska	Vicki Sacks
Debra Ananda & Phil Hall	Deborah Kansier	Mary Sancrainte
Helen Anson	Rose & Ben Kern	Deborah Saul
Denise Auten	Deborah Kirshman	Irene Nancy Savage
Carolyn Baumgartner	Betty Knapp	Laurie Schultz
Bonnie Bellino	Cathy Koch	Renee Schweitzer
Beth Berlin	Mary Kohlman	Ethel Sebolt
Eugene & Patti Bialy	Sandy Kraus	Sandra Shanteau
Shirley Bitz	Sandra Kroeger	Maurine & Matthew Sharp
Linda Boberg	Linda & Dennis Lamb	James & Pamela Sherman
Elizabeth Boitnott	Richard & Kathy Langton	Juliann Siech
Ken & Mary Ann Branchaeau	Diane LaPlante	Calvin Smith
Mark & Cheri Braunlich	Suzanne Leibenguth	Joyce St. Bernard
Ken Brooks	Brenda Lewis	Ken Steward
William Burkett	Dennis Livernois	David & Rosemary Stoner
Ron & Judy Carr	Clara Lloyd	Gerald & Faye Stromberger
Cheryl Carter	Pat MacDougall	John & Deanna Thoma
Beverly Castellese	Patsy Magee	Janice Thoma
Joseph Chytil, Jr.	David Manning – Soup Days	Bonnie A. Thompson
Kay Coombe	Ken Masserant	Carol Thompson
Joe & Michelle Costello	Earl Matthews	Nancy Thompson
Duane Dehner	Nancy McDonald	Dorothy Timko
Deborah Dennis	Pat McPhail	Joan Toth
Carol Dykstra	Ray Mitcallef	Bob & Joyce Kipf Trowbridge
James & Sharon Ellerman	Karen Mickens	Patricia Turner
Margaret A. Ellison	Denis & Joyce Miller	Diane Vajcner
Scott & Nancy Ellison	Dale Morgan	Charles & Jane VanBelle
Rita Ernest	Ken Morgan	Jayne VanBelle
Betty Faunt	Nick Mushisky	Charlotte & Vernon VanWasshenova
Gary Follbaum	Elaine Mushung	James & Kathy Vanisacker
Bryan & Judy Fowler	Rick & Sue Niciejewski	James VanWormer
Jeffrey & Cynthia Gallina	Ron & Janet Nieman	Bari & Wendy Waltz
John Gawle, Sr.	Janet Pavlat	Vickie Waltz
Walter Graves	James Penley	Al Warner
Fred & Diana Hammack	Jerry & Sandie Pierce	Jim & Bonnie Weber
Barbara Hampton	William & Joyce Poore	Georgetta Weiss
William Hancock	David Poulson	Donna Wickenheiser
Sue Ann Hartford	Diane Pursley	Carrie Williams
Barbara Heising	Marcelle Ramsey	Lena Wilt
Sharon Herrera	Norma Rauch	Jane Wolfenbarger
George Hess	Helen Raymer	Dale & Lynda Woolace
Sandra Hojnacki	Jim, Donna & Ron Reaume	Nancy Wortinger
Gabriele Huber	Dennis Richardville	Shirley Yoas
Sheri Hudson	Ann Rothman	Dr. Adam Yazback, DDS, PLLC
Pat Johnson	Robert & Joanna Russ	

Ask the Pharmacist....

with Jennifer Sell, RPh, Director of Pharmacy Services
ProMedica Monroe Regional Hospital

Click, Connect, Care: The Rise of Virtual Healthcare

The healthcare industry has undergone significant change in recent years, with virtual healthcare emerging as a practical alternative to traditional in-person visits. Often called telehealth or telemedicine, virtual healthcare uses digital technology to connect patients with healthcare providers remotely. The rapid expansion of virtual healthcare, particularly following the COVID-19 pandemic, has demonstrated its potential to improve healthcare access and convenience. However, it is not without challenges. Understanding both the benefits and drawbacks of virtual healthcare is essential for patients, providers, and healthcare organizations.

Advantages of Virtual Healthcare

1. Improved Access to Care

One of the most significant benefits of virtual healthcare is improved access to medical services. Patients living in rural or underserved areas can connect with specialists without traveling long distances. Virtual visits also benefit individuals with mobility challenges, chronic illnesses, or limited transportation options.

2. Greater Convenience

Virtual appointments allow patients to receive care from the comfort of their homes. Scheduling is often more flexible, and patients can avoid transportation barriers, travel time, and waiting room delays.

3. Enhanced Chronic Disease Management

Remote patient monitoring technologies allow healthcare providers to track patients with chronic conditions such as asthma, diabetes, hypertension, and heart failure. Devices can transmit health data directly to clinicians, enabling earlier intervention when problems arise. Regular virtual check-ins may help improve treatment adherence and reduce hospitalizations by identifying issues before they become severe.

4. Increased Patient Engagement

Many virtual healthcare platforms include secure messaging, online appointment scheduling, educational resources, and access to medical records. These tools encourage patients to become more involved in managing their health and communicating with providers.

Disadvantages of Virtual Healthcare

1. Limited Physical Examination Capabilities

A major limitation of virtual healthcare is the inability to perform comprehensive physical examinations. Conditions requiring imaging studies, laboratory testing, or hands-on evaluation generally still require in-person visits.

2. Technology Barriers

Not all patients have access to reliable internet service, smartphones, computers, or the technological skills necessary to participate in virtual visits. Technical difficulties such as poor connectivity, audio issues, or software malfunctions can disrupt appointments and negatively affect the patient experience.

3. Potential for Reduced Personal Connection

Some patients and providers feel that virtual interactions lack the personal connection of face-to-face visits. Nonverbal communication cues may be harder to interpret through a screen, which could affect patient-provider rapport and trust. For complex diagnoses, serious illnesses, or emotionally sensitive discussions, many patients prefer in-person interactions.

4. Not Suitable for All Medical Situations

Virtual healthcare is effective for many routine services, but it is not appropriate for emergencies. Patients experiencing chest pain, severe injuries, stroke symptoms, or other urgent medical situations require immediate in-person evaluation and treatment.

Virtual healthcare has transformed healthcare delivery by improving access, convenience, and patient engagement while offering opportunities like enhanced chronic disease management. However, challenges related to physical examinations, technology access, and limitations in clinical assessment must be considered. As I always recommend, talk to your provider! I encourage you to have a discussion on whether telehealth services are a good addition to your healthcare options.

Jennifer



LOOKING FOR SUPPORT FOR YOU OR A LOVED ONE?

Marijuana Anonymous
MA12.org

MONROE COUNTY
SUBSTANCE ABUSE
COALITION

Craft — Pillows with Esther September 17 —3:00

Please sign up at the Front Desk.

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.



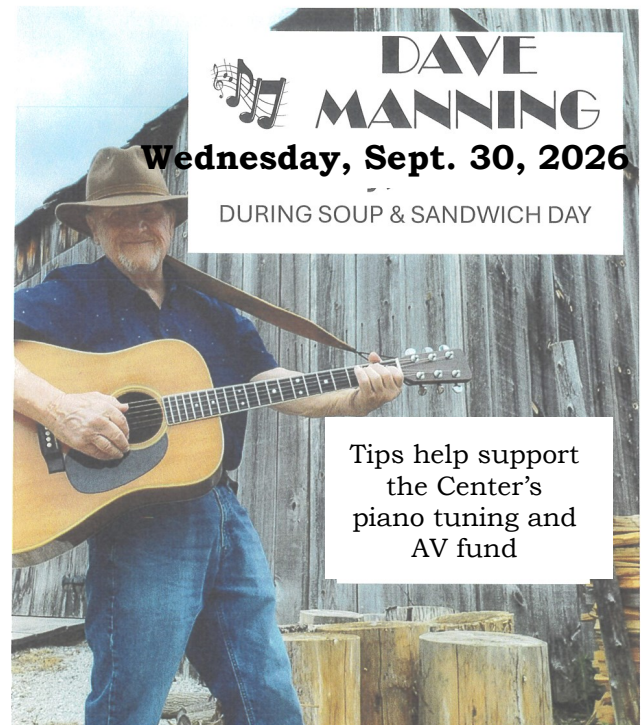
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Medical Closet

The Monroe Center has a medical
Closet available to anyone who might benefit
from an assistive device.
What's available is based on what we have on
hand, so call to inquire.

Items that we currently have:

- Shower chairs - Commodes
- Walkers with and without wheels
- Low Vision Machine - Canes

Call to inquire: 734.241.0404



MONROE CENTER TRAVEL

- October 12—14— Fall Colors Tour. Charlevoix, Mackina Island, Kewadin Casino. \$589 per person, double occupancy.
- October 21, 2026 — A Journey through Jewish History, Culture, and Resilience \$69 person
 - ◆ Depart Monroe Center at 9:00 a.m.
 - ◆ Tour Zekelman's Holocaust Center
 - ◆ Lunch on your own
 - ◆ Tour Adat Shalom Synagogue
 - ◆ Depart for Monroe Center at 3:30 p.m.
- August 2026 — **Iceland** — 8 days on Celebrity <https://grandamericantours.com/celeb-silhouette-iceland>
- February 15—27, 2027 — **Australia** — 13 days on Norwegian Spirit Sydney, Edit, Burnie, Melbourne, seven stops in New Zealand Call Grand American Tours: 1-800-423-0247
- May 2027 — Alaskan Cruise, Land & Rail (Anchorage, Mt. McKinley, Denali, Whittier) 11 days on Island Princess

Contact Maxine at 734-241-0404

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- Needle Exchange Program
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Choices Counseling Solutions is accepting new patients and receives senior millage funding to offer services in the home. Call 734.210.1071 with questions or to make an appointment.



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Dietitian-led program for those with a BMI (body mass index) greater than/equal to 30 and Medicare Part B.

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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 Diabetes Education and Nutrition Services
734-240-1813 (Monday-Thursday 8am – 4:30pm)*



Monroe County Begins “SAFE PROGRAM”

WHAT IS THE SAFE PROGRAM?

The SAFE Program improves communication between Monroe County first responders and residents with special needs before emergencies occur.

HOW TO ENROLL

- Scan the QR Code for the enrollment form.
- Three decals will be mailed — one for the entry door and two for vehicles (driver side rear window).



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and resources that provide support
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phone.**

Bring your own coffee!
For details, call: 419-720-4940

Support Services

- **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** — Maurine Sharp will be at the Center at 10:00 on Sept. 2
- **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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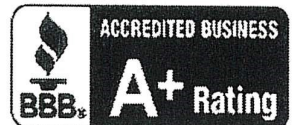
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888-247-5701

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Every day, hospice volunteers make a difference in the lives of our patients and their families—offering companionship, providing relief for caregivers, and sharing their talents.

Arbor Hospice is currently seeking volunteers in Washtenaw, Livingston, Jackson, Lenawee, and Monroe counties and surrounding areas.

All Arbor Hospice volunteers attend an interview, a one-day orientation, and complete background checks, fingerprinting, and TB testing.

For more information, please visit
www.arborhospice.org

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Director of
Operations
567-316-6745



September

2026

734-241-0404

6	Sunday Dinner 11:00 a.m. To 1:00 p.m.	7	Ford Retirees - BK Labor Day Center is open from 8:00 a.m. Until 2:00 p.m.	8	Class of '58 Lunch MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	9	Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 BP Checks 12:00 Pinochle 3:00 Balance	10	9:00 Balance Exercise 10:15 Chair Yoga 1:30 Habits for Health 4:15 Tai Chi 4:30 Let's Talk Health With Maurine Sharp	11	Newlywed Game 8:45 Cardio-Yo 10:00 EnhanceFitness 11:30 Pinochle 12:00 Knit/Crochet	12	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
13	Bingo Cards at 1:30 Play at 2:00 Sunday Dinner 11:00 a.m. To 1:00 p.m.	14	Canasta /Ford Lunch 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 1:00 Writing with Betsy 3:00 Balance	15	9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	16	Class of '67 Breakfast 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 BP Checks 12:00 Pinochle 3:00 Balance	17	9:00 Balance Exercise 10:15 Chair Yoga 3:00 Crafts 4:15 Tai Chi	18	Talent Show 8:45 Cardio-Yo 10:00 EnhanceFitness 11:30 Pinochle 12:00 Knit/Crochet	19	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
20	Sunday Dinner 11:00 a.m. To 1:00 p.m.	21	Newsletter Crew Lunch & Learn 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 Brain Aerobics 12:00 Class of '65 & '66 12:00 Pinochle 1:00 Dancing/ 3:00 Balance	22	MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	23	Monroe Senior Legal 8:30 Flu Shots w/Mike 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 BP Checks 12:00 Pinochle 3:00 Balance	24	Health Odyssey 9:00 Balance Exercise 10:15 Chair Yoga 1:00 Book Club 2:00 Writing with Betsy 4:15 Tai Chi	25	Live Jewelry Auction 8:45 Cardio-Yo 10:00 EnhanceFitness 11:30 Pinochle 12:00 Knit/Crochet	26	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
27	\$6 Rib Special 11:00 a.m. To 1:00 p.m.	28	Lunch & Learn 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 3:00 Balance	29	9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	30	Soup & Sandwich \$2 8:30 Flu Shots w/Yinger 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 BP Checks 12:00 Pinochle 3:00 Balance	• Medicare assistance is now by appointment. Please call. • Call to inquire as to whether Mahjong has been scheduled. • Health Odyssey and Lunch & Learns – please sign up in advance.					



September Evening Meals

Served 4:15 to 6:00 p.m.

Main Choice: \$3 for dine-in / \$4 for carry-out

31 Ranch Chicken Country Potatoes Mixed Vegetables Fruit	1 Sloppy Joes Potato Salad Baked Beans	2 Pork Chops with Sauerkraut Mashed Potatoes Broccoli Applesauce	3 Salmon Patties with White Sauce Baked Potatoes Green Peas
7 Labor Day No Evening Meal	8 Chicken Legs Red Skin Potatoes Vegetable Cottage Cheese	9 Pot Roast with Potatoes, Carrots, Celery, Onion Cole Slaw	10 Grilled Chicken Brown & Wild Rice Broccoli Fruit
14 Spaghetti Green Beans Garlic Bread Fruit	15 Pork Loin Roast with Potatoes, Carrots, Celery Applesauce	16 Baked Potato Bar with Chili, Cheese, Broccoli, Bacon Fresh Fruit	17 Baked Cod Country Potatoes Vegetable Cole Slaw
21 BBQ Pork Sandwich French Fries Baked Beans Fruit	22 Chicken Fajitas Stewed Tomatoes Refried Beans Chips & Salsa	23 Roast Beef Mashed Potatoes Green Beans Fruit	24 Egg McMuffin Sandwich Two Sausage Hash Browns Whole Banana
28 Swedish Meat Balls Brown & Wild Rice Stir Fry Vegetables Cottage Cheese	29 Lemon Herb Pork Sweet Potatoes Corn Applesauce	30 Patty Melts Mashed Sweet Potato Cauliflower Fruit	October 1 Chicken Caesar Wraps Veggie Chips Celery Salad Fruit

Milk Share are available on Monday Nights — \$2.00

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

 September 2026 734-241-0404		1	Stuffed Cabbage Mashed Potatoes Stewed Tomatoes Fruit 665 cal. 23g fat 59 carb 52g protein	2	Birthday Dinner Chicken Marsala Mashed Potatoes Broccoli Birthday Cake & Ice Cream 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod (No sandwiches today)	3	Class of '69 Lunch Spiral Ham pineapple Country Potatoes Charles Vegetables 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod	4	Lasagna Spinach Side Salad /Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod	5	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00		
6	Pork Roast /Chicken Baked Potatoes Broccoli Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	7	Ford Retirees Patty Melts with Sautéed Onions French Fries Mixed Vegetables / Fruit 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	8	Class of '58 Lunch USA Wild Caught Cod Brown and Wild Rice Broccoli 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod	9	Chili Multi-Grain Bread Celery Salad 666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbs; 34.7 g protein	10	BBQ Pork Sandwich Sweet Potato Wedges Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	11	Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	12	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
13	Bingo Roast Beef / Salmon Red Skin Potatoes Green Beans / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	14	Turkey Burgers with Sautéed Onions Sweet Potato Wedges Mixed Vegetables / Fruit 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	15	Corn Flake Chicken Brown & Wild Rice Cauliflower Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot. 1,278 mg sod.	16	Class of '67 Breakfast Mostacolli Dinner Roll Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.	17	Chicken Noodle Casserole with Peas & Carrots / Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	18	Pork Chops with Mushroom Gravy Mashed Potatoes Green Beans Fresh Fruit 683 cal. 15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	19	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
20	Roast Turkey Sweet Potatoes Green Beans Cranberries 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.	21	Class of '65-66 Lunch Beef Tips Over Noodles Beets Broccoli Salad 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod	22	Ranch Chicken Country Potatoes Normandy Vegetables Fresh Fruit 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.	23	Baked Salmon Red Skin Potatoes Mixed Vegetables 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sod.	24	Health Odyssey Salsa Meat Loaf Mashed Potatoes Green Beans / Fruit 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod (No other options today)	25	Liver & Onions or Salisbury Steak Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	26	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
27	\$6 Rib Special BBQ Ribs or Chicken Baked Potatoes Vegetable Dessert 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod	28	Lunch & Learn Grilled Chicken over Lettuce /Cottage Cheese Multi-Grain Bread / Fruit 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod	29	Sloppy Joes Spaghetti Salad Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	30	Soup & Sandwich \$2 Chicken Tortilla or Bean & Ham Soup Egg or Tuna Salad Sandwich / Cookie (No other options today)	Lunch is Served 11:00 a.m. to 1:00 p.m. Chef Salad Option Monday thru Thursday. Salad Bar on Fridays. Soup, as available. Menus are subject to change.					