



**Monroe
Center**
for Healthy Aging

**2023 Annual Report to
the Community**



Monroe Senior Citizens Center

15275 South Dixie Highway

Monroe, MI 48161

734.241.0404 FAX 734.241.5302

www.monroectr.org

Message from the President of the Board

To the Members, Staff, and Community Stakeholders of the Center,

As the in-coming President of the Board of Directors, I wanted to first extend my gratitude to Mark S. Braunlich, our immediate Past President. Judge Braunlich's term ended at the close of last year and was not eligible this year to run for another term. In total, he has served on the Center's Board of Directors for 25 years – offering authentic wisdom and leadership. We will miss him and trust that he will return for another term when he is again eligible.



Michelle LaVoy
Board President

The Center prospered under his leadership, and we are grateful. As we enter the first few months of 2024, we see that growth continuing. We're projecting an increase in hours of service, in fund raising, and programs. It's exciting, and I am proud to serve in a leadership capacity along with 12 other dedicated Board members. Together, we utilize our wealth of knowledge and experience to plan for the future. The youngest Baby Boomers turn 60 this year. The oldest of them are 78. And there are a lot of them! Our challenge is to meet the evolving needs as the older population not only increases, but changes.

Thanks for the opportunity to serve as your Board Chair.

Sincerely,

Michelle LaVoy

2023 Board of Directors

Mark S. Braunlich, President
Michelle LaVoy, Vice-President
Jaime McDonald, Treasurer
Peggy Barton, Secretary

William Bacarella
Troy Goodnough
Kevin Hemry
Richard Janssens
Diane Kamprath
Hobby Nels
Kassie Nipper
Sr. Janet Ryan
Jennifer Sell
David Swartout

2024 Board of Directors

Michelle LaVoy, President
Diane Kamprath, Vice-President
Jaime McDonald, Treasurer
Peggy Barton, Secretary

William Bacarella
Troy Goodnough
Kevin Hemry
Richard Janssens
Hobby Nels
Kassie Nipper
Sr. Janet Ryan
Jennifer Sell
David Swartout

The Board of Directors meets on the third Thursday of the month (except July, August and December).
The meetings are open to the public.

Message from the Director

"The privilege of a lifetime is to become who you really are."

~ Carl Jung

As I reflect on the past year, I realize how extremely blessed we are to have a senior center where we can be with people who appreciate what it's like to grow older. People who get us. I'm impressed with what I see. People are continuing to grow, learn, and become their true selves. My wish is that younger people will take advantage of our experiences and knowledge. To quote an African proverb, "The youth walk faster, but the elderly know the road."



Sandie Pierce
Executive Director

2023 was a great year for us. Hours of service were up 13% over last year – and exceeded pre-pandemic numbers. Hopefully, this will be the last year that we compare the "now" to the "before." Financially, we ended in the black primarily due to a \$10,000 grant from the National Council on Aging and another \$10,000 from the Michigan Relief Fund. These were new sources of funding which helped us keep the cost of meals stable at a time when prices continued to increase. It's all good.

My gratitude goes to the Board, staff, volunteers and members who make the Monroe Center a welcoming place where everyone belongs. Our tribe works mostly because of the individual attributes that people bring to the table. Thank you for being a part.

*When I get old, they're never going to say,
"What a sweet old lady."*

*They are going to say, "What on earth is that
crazy old woman up to now!"*

~ Life Traveled In Stilettos

A handwritten signature in blue ink that reads "Sandie Pierce". The signature is fluid and cursive.

Center Staff

Sandie Pierce, Executive Director
Linda Guyor, Accounting Clerk
Cheri Braunlich, Customer Service
Toni Solomon, Program Manager
Brenda Lewis, Volunteer Coordinator
Lisa Brown, Program Assistant
Jerry Pierce, Center Assistant

JoAnn Kunich, Balance Coordinator
Scott Suttles, Cook
Carol Huffman, Cook
Susan Stoner, Cook
Esther Thompson, Cook
Val Bezeau, Assistant Cook
Beth Berlin, RSVP Director
JoAnne Bray, RSVP Volunteer Coordinator

Strategic Planning Goals: Grow – Improve – Partner – Evaluate

Our Vision:

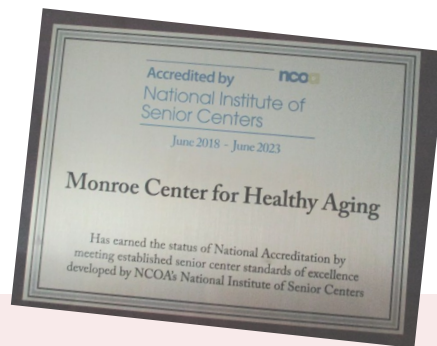
The Monroe Center for Healthy Aging is committed to improving the quality of life for older adults in Monroe County.

Our Mission:

*The Monroe Center will continue to offer and expand services and assistance that promote positive aging, enhance quality of life, health, and inter-dependence for older adults in Monroe County, and serve as a leader in older adult services, information, and education. The Monroe Center will **always** be a place for fun, fellowship and support.*

1. The Monroe Center will provide an increased range of services, programs, information, and assistance that will focus on wellness, prevention, and healthy aging.
2. The Monroe Center will foster the relationships with our collaborative partners.
3. The Monroe Center will maintain a leadership role in providing and advocating for older adults.
4. The Monroe Center will maintain a balanced budget and remain accredited through the National Council on Aging/National Institute of Senior Centers.
5. The Monroe Center will achieve a minimum 95% satisfaction rate among its participants.
6. The Monroe Center will identify needs, make enhancements to our building, and improve our technology.

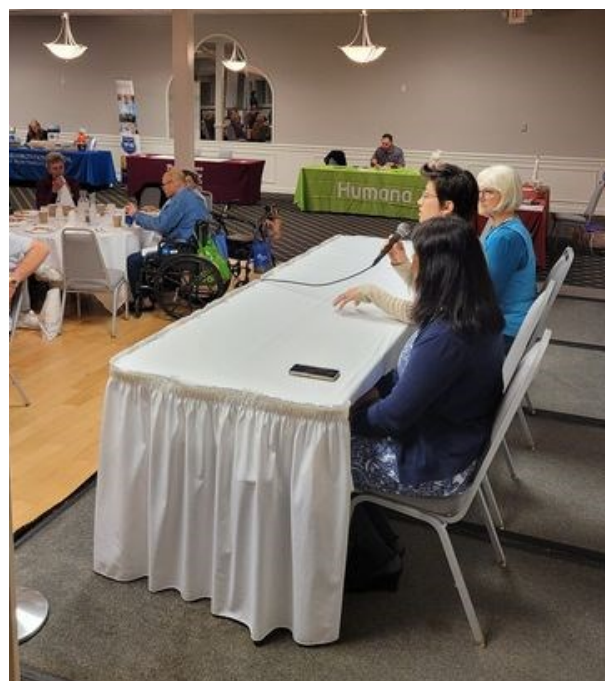
Accredited by 
National Institute of
Senior Centers



Community Involvement

The Monroe Center participates with the following community organizations:

- Monroe Aging Consortium
- Monroe Cancer Connection
- Monroe County Human Services Collaborative
- Monroe County Substance Abuse Coalition
- Building Healthy Communities of Monroe County
- United Way Directors' Association
- Commission on Aging Directors' Committee
- Michigan Directors of Services to the Aging
- Michigan Senior Center Association
- Michigan RSVP Directors Association
- Monroe County Backpack Committee
- National Council on Aging



Highlights of 2023 – a focus on wellness

2023 – A Year in Review

Educational Programs	Health Support Programs
ProMedica Monroe Regional – Health Odysseys: January 26 – Cannabis and Vaping / V. Loveland February 23 – Depression and Older Adults March 23 – Physical Therapy April 27 – Prescription Medications May 25 – Heart Health June 22– Opiate Disorder/Medication Treatment July 27 – Skin Health August 24 – Stroke Awareness September 28 – Cancer Screening & Care October 26 – Traveling with Diabetes November 16 – Balance by Dr. Kalvala December 21 – 4 Pillars of Health by Dr. Emily Neal	Blood Pressure Checks once a month with and IHM Community Living – Monthly
MPACT – “Off Your Rocker” monthly show: January: Normal Aging February: Cannabis and Vaping March: Physical Therapy April: Prescription Medication June – Opiate Disorders / Medication Treatment July – Skin Health September – Cancer Screening November – Balance and Gait	Monthly Blood Sugar Testing – by IHM Community Living – Monthly
June 15 – PACE Presentation	Enhanced Fitness Classes by the Monroe YMCA – Mon Wed Fri
June 19 – Scam Presentation by United Health	National Senior Health & Fitness Day – Wednesday, May 31, 2023. Keynote: Molly Armstrong, sponsored by GFS Food Service
January 19, 2023 – Presentation on Scams by Sheriff Troy Goodnough (attended by 85 people)	Movin’ and Groovin’ exercise (Mon and Wed) with JoLynn Laderach
March 1 – Presentation on Budgeting by Kassie Nipper, First Merchants Bank	Balance Class on Mondays and Wednesdays. Master Trainer class – December 4 – 7, 2023.
Sept. 11 – Medicare Updates with United Health	Chair Yoga on Tuesdays and Thursdays mornings
Sept. 18 – Pain Management with Dr. Emily Neal, PT Courageous Rehab and Wellness	Weekly Rescue Dog Visits weekly w/ Mary Goode
October 23 – Presentation by PACE	Line Dancing on Monday afternoons
Special Events / Activities	Drumming & Yoga on Friday mornings
March 17 – St. Patrick’s Day Corned Beef and Cab- bage Dinner and music by Jon Moore and the gang. Sponsored by Meijer Raised \$819	Nutrition information is included on the menu
Easter Day Brunch. Trivia, Supper, & Easter Egg Hunt sponsored by Fountain View	Tai Chi demonstration on April 20, 2023 and June 15, 2023. (Not enough interest to start a class.)
Volunteer Appreciation Dinner – April 20, 2023. Sponsored by Bill Bacarella and Community Foundation	Health Fair – Know Your Four Numbers – December 21 – Community Foundation of Monroe grant
Accreditation Celebration – September 21, 2023. Funding provided by La-Z-Boy Foundation	Flu and Covid Shots by HomeTown Pharmacy – September 20 – October 11 and November 8 – NCOA’s vaccination initiative (\$10,000 grant)
Flag Day Celebration with VFW Post 1138 and Jon Moore and “Ala Carte” providing music	Fund Raising
Members Talent Show – August 18, 2023 sponsored by Roy’s Mart	Rummage Sale – May 12 and 13 raised \$2,767 August 11 and 12 raised \$1,811 and November 10 & 11 raised \$2,006
Over 90’s Party – September 25	Raffle Baskets – March, July, September, December Raised \$1,310
Holiday Party – Dec. 9, 2023 Sponsored by Sieb	Duck Burgers and Music by Manny. July 7, 2023 Sponsored by SeaCrest. Served 188. The event raised \$1,140.59
Holiday Sing-a-long with Jon Moore – Dec. 18	50/50 Raffles in 2023 raised \$6,358
	Steak Roast – September 15. Sponsored by McMullin Dental. Raised \$537
	Singles Mixer – October 13, 2023 – sponsored by Vibrant Life. Raised \$382
	La-Z-Boy Chair Raffle – December 2023 - \$1,040
	Vendor Show – May 6, 2023 raised \$250
	MI Non-Profit Relief Fund awarded \$10,000

Who We Serve: 1,518 individuals were served by the Center in 2023.

- ◆ In 2023, the Center provided 98,923 hours of service to 1,518 residents of Monroe County who are 60+ years of age or older.

26% are male
74% are female

38% are married
33% are widowed
22% are divorced
7% never married

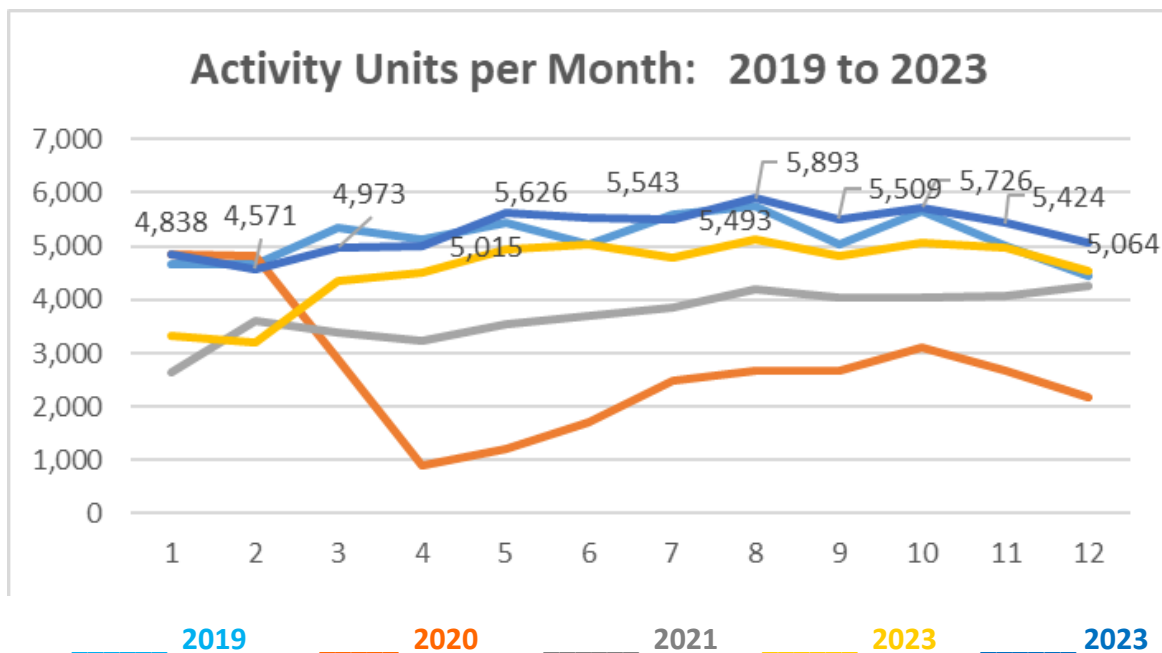
33% have incomes below \$25,000

21% are ages 60 to 69
43% are ages 70 to 79
19% are ages 80 to 85
17% are over 85

Total People 60+ Served:

1,338 in 2013
1,553 in 2014
1,507 in 2015
1,550 in 2016
1,652 in 2017
1,653 in 2018
1,664 in 2019
1,484 in 2020
1,363 in 2021
1,376 in 2022
1,518 in 2023

- ◆ **Average Daily Attendance** in 2023 was 121.9 which is up from the 105.7 average in 2022, and exceeds the average of 117 individuals served in 2019, pre-pandemic. (A report from LeadingAge™ shows that nationally, senior centers serve an average of 88 people per day.)
- ◆ Participation in Center activities is tracked through the use of MySeniorCenter. Individuals who come into the Center select the activities in which they are participating each day. In 2023, activity units totaled 63,675 units which is up from 54,643 in 2022, and exceeds the pre-pandemic number in 2019 of 61,666 units.



Monroe County Retired & Senior Volunteer Program (RSVP) continues to operate under the sponsorship of the Monroe Center. In 2023, 298 RSVP volunteers who are 60 years of age or older provided **60,140** hours of service. It is quite impressive that so many volunteers continued to serve our County throughout the pandemic and are back full force.

Meal Program Attendance

2022 Meals

2022 Meals	Breakfast	Evening Meals	Lunch	Health Odyssey	Sunday Dinner	Total Noon Meals
January 2022	218	456	1,110	29	259	1,398
February 2022	219	413	994	46	200	1,240
March 2022	347	624	1,371	60	227	1,658
April 2022	391	576	1,423	64	228	1,715
May 2022	463	654	1,526	58	287	1,871
June 2022	524	690	1,609	59	275	1,943
July 2022	485	635	1,511	58	307	1,876
August 2022	583	696	1,612	62	276	1,950
September 2022	523	612	1,568	63	233	1,864
October 2022	506	654	1,625	72	338	2,035
November 2022	538	616	1,644	81	221	1,946
December 2022	546	508	1,499	73	246	1,818
Totals	5,343	7,134	17,492	725	3,097	21,314
Change from 2021	44.7%	15.7%	9.2%	26.3%	2.3%	28.3%

2023 Meals

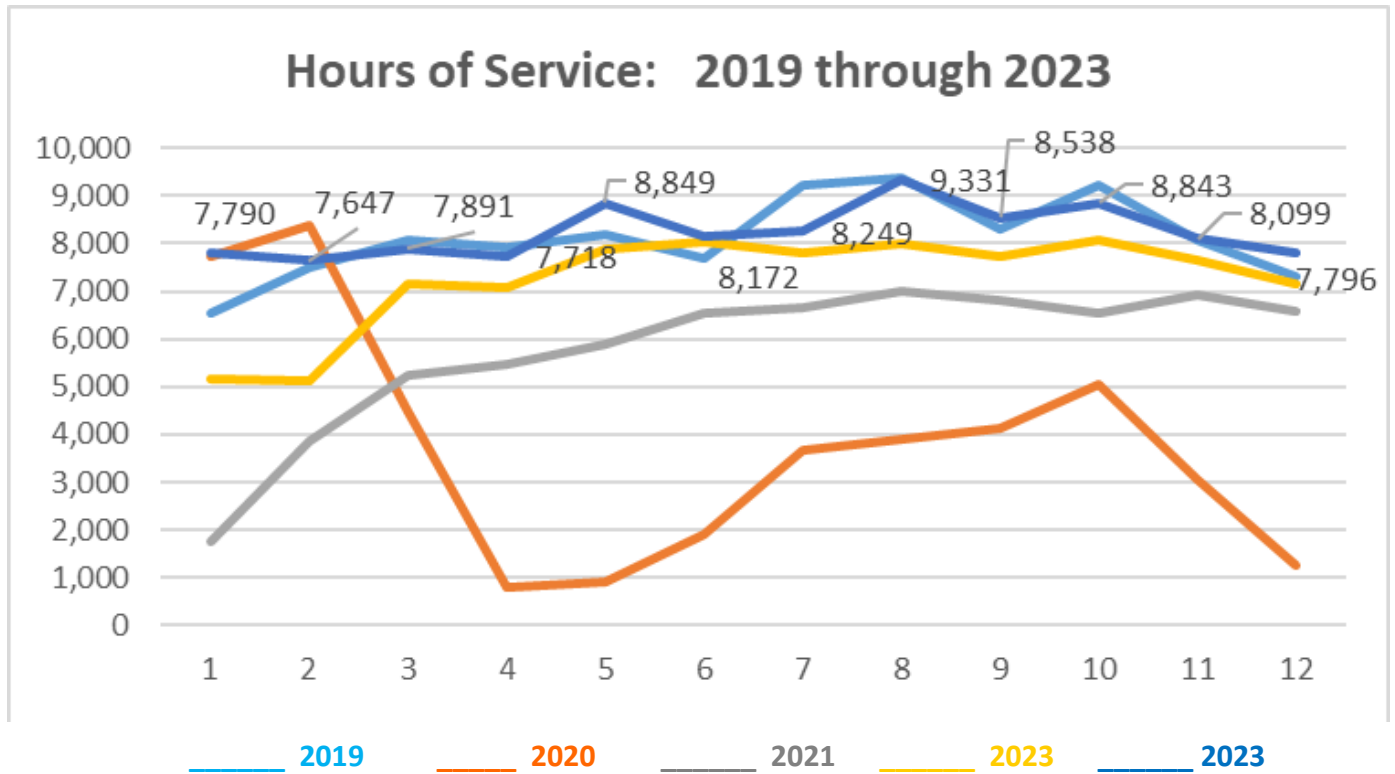
2023 Meals	Breakfast	Evening Meals	Lunch	Health Odyssey	Sunday Dinner	Total Noon Meals
January 2023	520	565	1,532	71	329	1,932
February 2023	502	598	1,483	73	259	1,815
March 2023	624	624	1,579	75	271	1,925
April 2023	559	563	1,600	84	353	2,037
May 2023	708	692	1,677	89	272	2,028
June 2023	664	720	1,769	98	277	2,144
July 2023	662	770	1,722	81	297	2,097
August 2023	699	772	1,817	90	295	2,202
September 2023	646	565	1,791	83	278	2,152
October 2023	610	753	1,748	64	331	2,143
November 2023	616	667	1,788	71	269	2,128
December 2023	500	615	1,657	75	296	2,028
YTD Total	7,310	7,904	20,163	954	3,527	24,631
Change from 2022	36.8%	10.8%	15.3%	31.6%	13.9%	15.6%

The number of noon meals served in 2023 was a 15.6% over 2022 and exceed the pre-pandemic number of 21,002 meals served in 2019. The meals are home cooked, nutritious and remain a great value. The amount charged for members for the main choice alone remains \$3 during the week and \$4 on Sundays.

Participation

Total Hours at the Center increased from
86,864 in 2022 to 98,923 in 2023

The hours serviced in 2023 exceeded the pre-pandemic number of 97,384 in 2019.



The Center also measures the impact that participation has on individual's lives. The following was reported for 2023:

- ◇ 45.2% reported that their lives significantly improved since attending.
- ◇ 41.1% reported that their lives improved since attending the Center.
- ◇ **100% reported that they were satisfied or very satisfied with the services.**

"Senior Centers are wonderful. I wish that my parents had had a place to go to have lunch and meet and mingle with other seniors."

"The services are very much appreciated. "I don't know what I'd do if I didn't have the Center."

"The service is extremely beneficial."

Our Finances

The Center enjoys the support of its members and community, as well as receives approximately 60% of its funding from the Monroe County senior millage through the Monroe County Commission on Aging.

	2019	2020	2021	2022	2023
Income					
Commission on Aging	349,600	358,568	408,520	412,377	\$420,958
Federal Grant — RSVP	92,429	89,798	77,327	89,091	96,344
Commission on Aging — RSVP	71,503	41,880	75,000	80,601	87,495
LaSalle Township	600	600	600	600	600
Program Fees / Memberships	170,770	116,489	159,155	184,031	202,586
Fundraising / Interest	30,069	763	24,418	33,072	43,019
Grants / Sponsors / Other	11,909	4,675	8,143	16,744	33,792
Individual Donations	15,575	24,402	31,670	37,243	22,769
PPP Forgivable Loan/ MI Relief Fund	0	70,781	0	0	10,000
In-Kind Services/Goods	357,345	221,595	321,557	341,766	425,316
Total	\$1,099,800	\$929,551	1,102,390	1,195,525	1,342,879
Expenditures					
Personnel Totals	456,519	439,592	445,072	493,272	522,118
Staff Travel	1,293	283	1,704	541	1,067
Liability Insurance	8,868	11,212	10,185	12,311	11,824
Conference / Training	3,475	813	911	285	1,757
Advertising	1,245	2,463	1,033	678	1,314
Depreciation	8,752	11,720	32,212	20,711	18,323
Telephone & Internet	6,027	6,484	6,448	6,810	6,442
Supplies	26,118	23,989	22,106	10,815	18,004
Duplication / Printing / SeniorSource	743	1,000	12,797	4,095	13,653
Postage	4,894	4,019	4,257	4,653	4,396
Subscriptions / Manuals	300	385	502	534	540
Equipment Lease	6,749	7,510	7,510	7,055	2,448
Dues / Licenses / Fees	3,018	3,635	4,299	4,729	3,095
Equipment / Facility Maintenance	5,384	6,808	6,985	12,451	9,213
Trash Removal	2,951	3,071	3,174	3,335	3,588
Food and Disposals	94,651	75,753	102,495	141,306	145,759
Volunteer Recognition	8,448	1,491	12,775	6,490	5,669
Volunteer Travel & Meals	56,997	43,098	46,935	67,278	80,758
Contract Services	9,238	5,035	1,530	900	1,400
Professional fees	19,040	19,040	19,990	17,827	18,506
Sales Tax Expense	9,453	6,947	8,605	10,292	11,072
Donated Services / Facilities	357,345	221,595	321,557	341,766	425,316
Fundraising Activities	5,193	441	604	10,530	17,616
Health / Needs / Interest	0	442	318	976	952
Total Expenses	\$1,096,701	\$896,826	\$1,074,004	\$1,179,640	1,324,830
Net Change	\$3,099	\$32,725	\$28,386	\$ 15,885	\$ 18,049

Center Volunteers – Donated 11,344 hours in 2023

Dori Adams
Marie Baehr
Mary Ball
Peggy Barton
Roland Barton
Bob Beadles
Valerie Bezeau
Naomi Blade
Nancy Bonk
Barbara Bosse
Cheryl Brightbill
Lisa Brown
Mary Bullard
Tonya Burkey
Taylor Castle
Linda Chinavare
Jean Cohn
Helen Cole
Kendrick Crawford
Millie Daniels
Karen Diedrich
John and Patricia Diehl
Edna Drexler
Jackie Drouillard
Carolyn Dutton
Nancy Ellison
Bobby Eppler
Sandra Estep
Susan Fahey

Thanks!

Mary Faryniarz
Terrie Fircha
Christine Frayer
Allison and Nick Fuller
Amy and Jack Fuller
Richard Genord
Beverly Gerber
Mary Goode
Judee George
Maxine Gowman
Janie Groven
Rose Harris
David Heilman
Kevin and Pat Hemry
MaryAnn Hill
James Huffman
Fran Ingels
Mary Kenney
Ben Kern
Rose Kern
Lois Knegendorf
Mary Kohler
Christine Kosal
Janice Kraus
Mary and Mick Krueger
JoAnn Kunich
Andrea LaBo
Linda Lamb
Rose Leddy

Debbie Lentz
Debra Lindsay
Samantha Lindsay
Clara Lloyd
Dave Manning
Ken Masserant
Pat McPhail
John Meyer
Linda Micheles
Gary Miller
Kim Montague
Jenny Morales
Dale Morgan
Gloria Payne
Jim and Ann Pulford
Marcelle Ramsey
Diane Redmond
Mary Rhoades
Joyce Rober
Francine Roscoe
Patti Rousselo
Linda Salisbury
Holly Simon
Carla Strunk
Judee George-Terrizno
Bonnie Thompson
Bonnie Weber
Joe Wise
Nancy Wortinger

Thanks!

Award Recipients for Service in 2022

*Earl and Hazel Barron Service Award
Francine Roscoe & Gloria Payne*



*Rose Post Sunshine Award
Debbie Lentz*

*Rohen-Simonton Leadership Award
Clara Lloyd*

*Pamela LaPan Humanitarian Award
Linda Lamb*



*Service Above Self Award
Val Bezeau*

Volunteer of the Year Bonnie Thompson



Individual Contributors in 2023

Barry & Linda Allen

Nancy Allen

Richard & Diane Angelocci

Mary Ann Barbier

Lisa Barren

Thomas & Diane Beck

Beth Berlin

Linda Boberg

Sharon Bondy

Bob & Betsy Bradley

Mary Ann Brancheau

Mark & Cheri Braunlich

Lisa Brown

Darlene Chinavare

Philip & Jean Cole

Betty Curley

Luann Diroff

Mary Durell

Nancy Ellison

Barbara Fitzgibbon

Christine Frayer

Mark & Polly Fredericks

Earl & Bernice Freimark

Nancy Groom

Mark & Sally Gruber

Kathy Hartwig

Pamela Harwood

Kevin & Pat Henry

Jeff Honeycutt

Garbiele Huber

Gail Hutra

Fran Ingels

Jane Karau

Ben & Rosalyn Kern

Nancy Kirwen

Lois Knegendorf

Sandy Kraus

Mike & Mary Krueger

Jo Anne Kunich

Linda Lamb

Kenneth Muir

Robert Nietubicz

Paul Peterson

Jerry & Sandie Pierce

Jim & Ann Pulford

Marcelle Ramsey

Jim Reaume

Mary Rhoades

Dennis Richardville

Rebecca Roberts

Sr. Janet Ryan

Gail Sachs-Muir

Ethel Sebolt

Pam Straka

Brenda Swathell

Bonnie Sype

Steve & Bonnie Thompson

Joan Toth

Nancy Waltz

Don & Barbara Wolfenbarger

Nancy Younglove



A special thanks to
Earl and Bernice Freimark, and
Nancy Kirwen and Jane Karau
for their continuous, generous
support of the Center.



Supporters

Grant Funding for the Monroe Center for Healthy Aging for 2023 was provided by:



Monroe County Commission on Aging



Corporation for National Community Service

Corporate / Organizational Support:



Bacarella Funeral Home
Canasta Group
Clear Captions
Community Foundation of Monroe County
Dr. Emily Neal, PT
Dr. Maria McMullin, D.D.S.
DTE - Giving Fund
First Merchants Bank
Floral City Model A's
Fountain View of Monroe
Gena Craft c/o IHM Senior Living
Great Lakes Marketing
Humana
Huron Valley PACE
Ida Public Schools
Jack's Lawn Service
Kroger Store
Merkle Funeral Services
Mable Kehres Association
Monroe County Community College
Monroe Community Credit Union
Monroe Good Time Cruisers
Monroe Woodcarvers
Network for Good
ProMedica Monroe Regional Hospital
Roy's Mart
SeaCrest Nursing Center
Sieb Plumbing & Heating
United Health Care
Vibrant Life

In-Kind Donations / Services were received from:

Rose Community — In-Kind Rent
Volunteer Time — 11,344 hours
Community Service — 970 hours
IHM Senior Living — Blood Pressure Checks
Monroe Family YMCA — Enhance®Fitness
HomeTown Pharmacy— Flu Shots
Dee Mitchell, Lisa Brown, Val Bezeau, Debbie Lentz, JoAnn Kunich, EnhanceFitness Class —
Donations of Bottled Water

Up-Coming Capital Improvement Project:

Donations are being accepted for the installation of an air conditioning unit in the kitchen and for enhanced video equipment.
Support is greatly appreciated.

