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Monroe, MI 48161

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National Institute of
Senior Centers



Your senior millage tax dollars at work!

Engage!

January 2023

VOLUME 23, ISSUE 1



Happy December Birthdays

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

Open 365 Days a Year — Pending Any Covid Restrictions

Sun. 10:00 to 2:00 Mon—Thurs. 8:00 to 7:00 Fri 8:00 to 4:00 Sat 8:00 to 2:00

NEW 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

Operations Manager:
Vacant
(Applications are being accepted!)

Program Manager:
Toni Solomon
toni@monroectr.org

Cooks:
Scott Suttles Esther Thompson
Carol Huffman Susan Stoner
Brenda Lewis Delanie Guyor

Customer Service Coordinator:
Cheri Braunlich
cheri@monroectr.org

Accounting Clerk:
Linda Guyor
linda@monroectr.org

Volunteer Coordinator:
Tommie Kruse
tommie@monroectr.org

Bingo Coordinator:
Lisa Brown

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.



Views and comments expressed in this newsletter are not necessarily the views and comments of the Monroe County Commission on Aging. The Monroe County Commission on Aging is a governmental agency, which funds community senior programming through millage dollars — including the Monroe Center for Healthy Aging. Those receiving services from these programs may have certain personal data shared within the funded agencies, except where HIPPA applies.



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:

Michelle LaVoy

TREASURER:

Jaime McDonald

SECRETARY:

Peggy Barton

BOARD MEMBERS:

Bill Bacarella

Troy Goodnough

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Richard Janssens

Diane Kamprath

Hobby Nels

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Sister Janet Ryan, IHM

Jennifer Sell

David Swartout

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Carry-Out Meals are available. Call 734.241.0404	

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

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

Tuesdays at 5pm & Thursdays at 4pm

Comcast: Channel 21 or Charter: Channel 187

You may also watch it on-line at
<https://www.youtube.com/user/MPACTstudio/videos>



From the Director's Desk

"A New Year. A fresh start. A new chapter waiting to be written."

- Sarah Ban Breathnach.



Happy New Year! We made it through another year. Whew. The road was still a bit bumpy, and I hope that you remained healthy. If this pandemic has taught us one thing, it's that there are no guarantees and it's all the more reason to be grateful for the blessings we enjoy.

It's also a reminder to be present in whatever we are doing at the moment. I see too many people being on their phones while out at a restaurant with their family or friends. That's a perfect opportunity missed for real conversation and connecting. I'm glad that cell phones weren't a thing when my kids were young. They're a great convenience, but hopefully are not a substitute for real live talking and interaction.

Being present also means listening. Sometimes our minds wander to our "to do" list instead of paying attention to what the person is telling us. We miss the message. We miss the connection.

2023 gives a chance for a fresh start. What can we do differently to build deeper relationships? Are there times when our body is present, but our mind is elsewhere? It's challenging, but I think we can all do better. Me included.

The Center provides the perfect spot to be with others. Lots of people are again enjoying the opportunity to be with others. 2022 was a good year in terms of attendance. By year end, we'll be at 87,000 hours. That compares to the 97,386 hours that we provided in 2019. We're well on our way to being back to that number. Also, the number of meals we've served at the end of October exceeds what we did in all of 2021. People are loving our food!

We are reaching these numbers because of the support of all of you. The Monroe Center belongs to the members, and we truly hope that you find it a place where all are welcome, supported, and appreciated. I'm glad you're one of us and wish you the best in the New Year!

~ Sandie

News to Note . . .

- **Bingo is on Tuesdays!**
Card sales at 1:30 p.m.
Sunday Bingo is Jan. 15
- **January 4 — Birthday Celebration** during lunch
- **January 4 — Trivia Night**
at 5:00 p.m. Prizes!!
- **Monday Massages and 1st-Wednesday of the month—**
with JoAnn — 10:00 to 1:00
- **January 12 — Crafts—3:00**
- **January 5 —**at 11:00
Library in Motion Delivery
- **January 11 — Movie**
"Ticket to Paradise" 1:30
- **January 18 —** Class of '67
Breakfast — third Wed.
- **January 19 — Scams and Frauds presented by Troy Goodnough,** Monroe County Sheriff. Lunch at 11:30. Program at noon. Please RSVP.
- **January 26 — Health Odyssey** Sponsored by ProMedica. Topic: TBA
Registration is requested.
734.241.0404
- **January 31 — \$2 Soup and Sandwich Day**

**Please Remember
to Scan**





Happy January Birthdays

Happy Birthday!

Yvonne Acton	Ron Crumley	Sue Leibenguth	Dinah Russo
Patricia Adams	Debra Daniels	Frank Macaluso	Karen Smelter
Barry Allen	Karen Diedrich	David Manning	Toni Solomon
Bill Bacarella	Edna Drexler	Marvin Martin	Florence Stoddard
Duane Bair	Sherry Duffey	Yvonne McBee	Betsy Ann Stone
Sharon Beeker	Mary Durell	Karen McCalpin	Tammy Suzor
Diane Bilicic	Janet Esper	Nancy McDonald	Robert Sweat
Margaret Bobier	Kathy Fairchild	Brenda Merkle	Linda Thompson
Betty Bomia	Christine Frayer	Linda Micheles	Joan Toth
David Brooks	Cathy Friederichs	Kenneth Mink	Bob Trowbridge
Lisa Brown	Toni Giarmo	Tom Murphy	Barbara Turner
Connie Burchfield	Verdell Giebel	Donna Nash	Charles Van Belle
Mary Lou Burke	Karen Glover	Robert Niebuer	Paul Wagner
Chris Burkett	Troy Goodnough	Janet Niemann	Eddie Weaver
William Burkett	Eshter Happacher	Patricia Norton	Jacquelyn Weier
Debby Buress	Cindy Jividen	Virginia Oliver	Paulette Wilkie
Pam Carter	Burton Johnson	William Poore	Clarita Willingham
Darlene Chinavare	Louise Jones	Diane Pursley	Rena Wilson
Nella Clay	Doris Joseph	Marcelle Ramsey	Betty Wilson
Jean Cohn	Ivan Kamprath	Dan Ripple	Barb Wolfenbarger
Grover Connell	Lois Knegendorf	Helen Rosenberger	Roger Younglove
Debbie Cosby	Tommie Kruse	Terrie Rossi	David Ziegler, Sr.

Birthday Celebrations are Back!

The Birthday Celebration is January 4. We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a birthday in January enjoy a complimentary meal on Wednesday, January 4, 2023. The meal is sponsored by Monroe County Community College.



DUES FOR 2023

remain \$20 for people who are 55+ and Monroe County residents



WELCOME new members

Dori Adams
Anna Marie Blasdel
Naomi Braden
Teresa Esper
Al and Barb Michaud
Katherine Oklejas
Frank Regan
Nancy Scaggs
Fatima Vangel
Pat Wyman



Recent Donations

Ben Kern
Gabriele Huber
Herman Weller
Ethel Sebolt
UAW 723

Thank You

in memory of Charlotte Richardville-Hudkins

Dennis Richardville

in memory of Peter Rafko

Sandy Kraus

in memory of Jennifer Knapp

Juanita Hatcher

in memory of Troy Alan and Larry Allison

Anonymous

THANKS TO

L A  B O Y®

Live life Comfortably.®

for sponsoring the Center's
re-accreditation from the
National Council on Aging.

Accredited by 
National Institute of
Senior Centers

Thanks to Fountain View
for sponsoring
the December Birthday Cake.



FOUNTAIN VIEW
OF MONROE



Thank you for
donating!
We reach our goal!
\$1,200 was collected!

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



Cheri's Quote of the Month



With sympathy ...

Charles Kamor 10/28

James Phoenix 11/06

Barbara Steinman Nov. 2022

Ron Golubic (Barb Golubic's husband) 11/22

Ann Myland 12/01

Martha (Jeanette) Martin 12/02



JANUARY 2023

“What’s Going On” at-a-Glance

Holiday Craft — Puzzle Art



January 12 — 3:00 p.m.

Please sign up at the Front Desk.

Monroe Ford Retirees Monday,
January 2 at 8:30 and 11:30



Bingo is held on Tuesdays

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

Sunday Bingo is January 15

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

Health Odyssey



January 26, 2022

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

Topic: To Be Announced

RSVP Requested: 734.241.0404

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

Please respect others by listening.

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

HOSTED BY BETH & PATTI

Wednesday, January 4th

5:00 to 6:30 p.m.



Free of charge.

Prizes Awarded!

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



January Movie

“Ticket to Paradise”

January 11th — 1:30



George Clooney and Julia Roberts team up as exes who find themselves on a shared mission: to stop their lovestruck daughter from making the same mistake they once made.



Complimentary popcorn.

NEW!

“Colors Social”

Join Ellen Brockway as she leads a coloring class on Fridays from 1:00 to 2:00 pm beginning January 13th

Supplies will be provided. No charge.



Calling All Crafters!

Fridays **now** at 12:00 noon.

Join the group of people who are getting together to knit, crochet or **do other handiworks**. Make a dishcloth, scarf, or afghan. Beginning tutoring is offered for knitting and crocheting. Bring your own supplies. If you can questions, call Maxine at the Center on Friday mornings.

Also, donations of yarn are needed for baby blankets, hats, and other items that are donated to those in need.

Exercise Classes

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

Balance Class—Mondays and Wednesdays at 3:00 with Sandie



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

Line Dancing — Mondays at 1:30

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

Massages with JoAnn

Mondays and the 1st Wednesday of the month from 10:00 to 1:00
— \$1 per minute



NEW: Drumming and Yoga with Betsy

Fridays 8:45 to 9:45 a.m.

Women's Bible Study
will be led by Toni Solomon
beginning in February.
Watch for details.



Men's Bible Study — 9:00 a.m.

Every Other Saturday
with Ministers Solomon and Wiley

PRESENTATION ON SCAMS AND FRAUDS



**BY TROY GOODNOUGH,
MONROE COUNTY SHERIFF**

**THURSDAY, JANUARY 19, 2023
AT NOON**

**JOIN US FOR A COMPLIMENTARY
LUNCH AT 11:30 A.M.
IF YOU STAY FOR THE PROGRAM.**

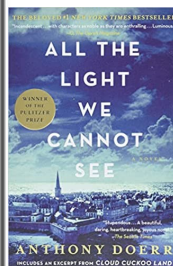
RSVP AT 734.241.0404

EUCHRE HAS RETURNED
TUESDAYS AT 11:00 A.M.



MONROE CENTER BOOK CLUB

Thursday, January 26
at 1:30 p.m.



"All the Light We Cannot See"
by Anthony Doerr

"All the Light We Cannot See"
is a New York Times

bestseller about a blind
French girl and a German boy whose
paths collide in occupied France as
both try to survive the devastation of
World War II.

"Ordinary Grace" by William Kent
Krueger is February's book selection.

Brain Aerobics

On Hold at the present time.
Crossword puzzles are available
daily at the Front Desk.



CENTER PARKING IS AVAILABLE

Thanks to the management of
Mable Kehres, the first row outside of the
Center is reserved for guests of the center.

Please know that the Monroe Center reserves
the right to tow cars that are in violation.

Also, please remember that
the Center is scent free.



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 pro-
vided, and you are able to keep the
first rosary you make for yourself.



**JOIN US IN A NEW WAY
TO LIVE UNITED —**

**THE 2022-23 CAMPAIGN
IS UNDERWAY.**

GIVE AT UNITEDWAYMLC.ORG

OR SEND A CHECK TO THE UNITED
WAY OF MONROE/LENAWEE
AT 216 NORTH MONROE STREET
MONROE, MI 48162

Men's Lunch, Chat and Games?

*Let's Do
Lunch!*

Once a month
beginning Thursday, January 5
in the conference room.

Men are invited to eat lunch in
the conference room, chat, and
play board or other games.
Corn Hole? Euchre? Chess?

When you attend, you'll be
entered into a drawing to win
a lunch ticket for the next
month's Men's Lunch.

Monroe County Community Health Assessment 2022

Adult Variables	2015 - 444 Surveys		2018 - 332 Surveys		2022 -262 Surveys		Michigan 2020	U.S. 2020
	All Adults	60+	All Adults	65+	All Adults	65+		
Health Status Perception								
Rated health as excellent or very good	55%	43%	53%	37%	45%	41%	55%	57%
Rated general health as fair or poor	12%	19%	14%	22%	16%	23%	16%	13%
Rated mental health as not good on four or more days in the previous month	20%		29%		29%		30%	26%
Average days physical health not good past month	3.0		3.6		4.1		4.3	3.7
Average days mental health not good past month	3.1		4.8		4.4		4.7	4.1
Health Care Coverage, Access, Utilization								
Uninsured	9%	2%	4%	2%	1%	0%	7%	11%
Had at least one person they thought of as their personal doctor or health care provider	89%		84%		85%		86%	77%
Visited a doctor for routine checkup in past year	64%		71%	85%	75%	85%	77%	76%
Needed to see a doctor past 12 months but could not because of cost	13%		12%	6%	NA		8%	10%
Asthma, Arthritis and Diabetes								
Had been diagnosed with asthma	17%	15%	20%	10%	14%	7%	15%	14%
Had been diagnosed with diabetes	13%	19%	8%	19%	14%	19%	12%	11%
Cardiovascular Heath								
Had angina or coronary heath disease	6%		3%		3%		5%	4%
Had a heart attack	6%		3%		6%		5%	4%
Had a stroke	3%		1%		3%		4%	3%
Had been diagnosed with high blood pressure	32%	55%	32%	64%	35%	69%	35%	33%
Had been diagnosed with high cholesterol	35%	61%	31%	50%	39%	55%	35%	33%
Had cholesterol checked within the past five years	81%		83%		86%		91%	87%
Cancer								
Diagnosed with skin cancer	4%		7%		0%		6%	6%
Diagnosed with any other type of cancer	8%		9%		8%		8%	7%
Diagnosed with cancer at some point in their lives	12%		16%		8%		NA	NA
Weight Status								
Overweight (BMI of 25.0 to 29.9)	42%	47%	34%	41%	31%	36%	35%	35%
Obese (BMI of 30.0 and above)	31%	29%	35%	35%	48%	43%	35%	32%



DENTAL CONCERNS?

THE ORCHARD EAST COMMUNITY HEALTH HUB DENTAL CLINIC
IS HERE TO SERVE YOU.



OPPORTUNITY CENTER
120 EASTCHESTER STREET
MONROE, MI 48161



SERVICES ARE AVAILABLE FOR THE INSURED AND UNINSURED.
CALL FOR MORE DETAILS AND TO SCHEDULE AN
EVALUATION.

734.241.2775 EXT. 244



community foundation
of monroe county

Members Corner . . .

Liparotos observe 65th anniversary

Samuel and Barbara Liparoto of Monroe are observing their 65th wedding anniversary

Samuel J. Liparoto married Barbara Hehl Nov. 30, 1957, at St. Mary Catholic Church.



The couple's children are Kimberly (Paul) Stieve of Monroe, Julie Hartman of St. Joseph, David (Blayne) Liparoto of Ventura, Calif., and Chris (Liza) Liparoto of Oakland Township. They also have 11 grandchildren and five great-grandchildren.

Samuel Liparoto was employed 34 years as a chemical process engineer for Ford Motor Co., Monroe, retiring in 1991.

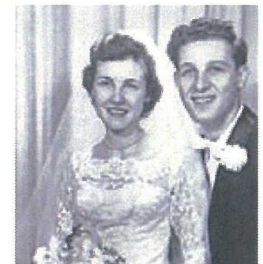
He is a 1954 graduate of Monroe High School and a 1956 graduate of the General Motors Institute business program. He is a member of Monroe Council 1266 and Assembly 0488, Knights of Columbus, Ford Retirees, and the Monroe Center for Healthy Aging.

He enjoys yard work and walking. Barbara Liparoto is a homemaker.

She is a 1956 graduate of Monroe High School and attended Central Michigan University. She is a member of the ProMedica Monroe Regional Hospital Guild. She enjoys sewing.

The Liparotos enjoy golfing, playing cards and spending time with family.

They are members of St. John the Baptist Catholic Church.



Pinochle Winners



November 16 — Luther Conner

November 18 — Renee Schweitzer

November 23 — Richard Genord

November 26 — Mary Rhoades

November 28 — Renee Schweitzer

November 30 — Gary Miller

December 5 — Shelly Cooper

December 7 — Al Miller

December 10 — Luther Conner

December 12 — Jean Moore



Today's Quotes:

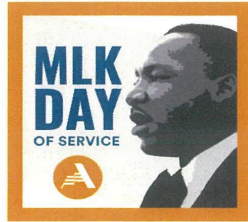
"Why pay a dollar for a bookmark? Why not use the dollar **as** the bookmark?"

- Steven Spielberg

"The world is changed by your example, not by your opinion."

~ Paul Coelho

RSVP Supports Martin Luther King, Jr. Day of Service



FOOD DRIVE

Contribution Dates:

Thurs Jan. 5 — Thurs Jan. 12

Contributions will support the following food pantries in Monroe County:

- * Bedford Veterans Center Food Pantry
- * MCOP in Monroe
- * MCOP RX in Temperance
- * Oaks of Righteousness Food Pantry
- * Salvation Army Food Pantry
- * St. Anne's Food Closet

ITEMS NEEDED:

- * CEREAL OR OATMEAL
- * PASTA & SAUCE
- * JELLY / JAMS
- * PEANUT BUTTER
- * PANCAKE MIX / SYRUP
- * SOUPS

Contributions can be made in our offices in the Monroe Center for Healthy Aging and dozens of other locations in Monroe County ~ call to find the closest location near you (241-0408).



Donation Boxes were generously provided by the Bay Corrugated Container company.

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 again offering a few trips in 2022 and 2023.
See the flyers at the Center for more information
or call Maxine at 734.241.0404 on Friday mornings.

It's Back — Caesars Windsor Special! One Day Only. Caesar's Windsor is finally back. No restrictions to cross the border. No more app to download. No vaccine requirement. No proof of negative COVID test. Crossing the border is like before the pandemic — Passport or Enhanced License is required. **Caesar's Windsor** has all the table games and slots you could ask for. All in a smoke-free environment. Receive five to six hours of free time to gamble and receive \$15 in casino incentive.
Departs Monday, January 30, 2023 for only \$30 per person.

The Jack is Back! Jack Casino in Cleveland. At The Jack Cleveland, you will find over 2,100 of the newest, hottest slots and over 60 table games. "The Jack" Cleveland has what you are looking for, whether you want to hit a Blackjack table, roll at the Craps or take a spin on the Roulette table, they've got you covered. Receive \$10 in casino incentive. Depart: Sunday, February 5, 2023. \$49 per person

Hawaii— March 11 through 18, 2023
Cruise out of Honolulu, Oahu Explore Kahului, Maui; Hilo and Kona, Hawaii;
and Nawiliwili, Kauai \$5,342 to \$5,971 per person

Holy Lands & Aegean Majesty (Jerusalem to Rome) —
October 5 through 17, 2023

Includes roundtrip airfare to Jerusalem and 11 nights with Oceania Cruises on the Oceania Nautica — stopping in Limassol, Cyprus; Rhodes, Greece; Ephesus, Turkey; Athens, Greece; Santorini, Greece; Sicily, Naples, and Rome, Italy.
\$4,198 to \$7,998 per person. Final payment is due June 6, 2023.



Alaska — on the Celebrity Solstice
8 days and 7 nights — May 12 through 19, 2023
Depart Seattle, Washington, cruising to Ketchikan, Juneau, Skagway, and the Alaska Inside Passage, then to Victoria British Columbia, and returning to Seattle.
Rates are \$2,623 to \$3,861 per person, double occupancy, and includes round trip air fare from Detroit.

Canada & New England — on Royal Caribbean's
Vision of the Seas — 10 days and 9 nights —
September 28 through October 7, 2023

Depart Baltimore, Maryland, cruising to Boston, Massachusetts, Portland, Maine, Bar Harbor, Maine, Halifax, Nova Scotia, and Saint John, New Brunswick, returning to Baltimore, Maryland.

Rates are \$2,357 to \$3,337 per person, double occupancy,
And includes round trip air fair from Detroit.



Monroe County Library in Motion Pick-Up

January 5 — 11:00 a.m.

Social Security Announces 8.7% Benefit Increase for 2023

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 8.7 percent in 2023. On average, Social Security benefits will increase by more than \$140 per month starting in January. Increased payments to SSI beneficiaries will begin on December 30, 2022.

The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics. "This year's substantial Social Security cost-of-living adjustment is the first time in over a decade that Medicare premiums are not rising and shows that we can provide more support to older Americans who count on the benefits they have earned," Acting Commissioner Kilolo Kijakazi said.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$160,200 from \$147,000.

You are invited to Virtual
Caregiver Coffee with
MemoryLane Staff



Would you like to talk to other caregivers about their experiences? Join us for Virtual Coffee with MemoryLane Staff Wednesdays at 2 pm without having to leave home.

This is your chance to talk with other caregivers and to share insights, advice, and encouragement. The discussion will provide practical tips and resources that provide support and assistance.

**You may choose video-conference
or phone.**

Bring your own coffee!

For details, call: 419-720-4940

Support Services

- Jackie Drouillard answer your **Medicare** and insurance questions. Please call for an appointment: 734.241.0404
- **Monroe County Senior Legal Services** can answer your legal questions. Please call for an appointment. 734.241.0404
- **MCOP Resource Advocates** can assist with questions about Medicare, Medicaid, and other issues. Call 734.241.0404 to make an appointment.
- **Blood Pressure Checks** with Gena Craft from IHM — January 26 at 10:00 a.m.
- **Memory Lane Care Services** offers coaching and support groups for caregivers and in-person Adult Day Care for individuals with memory loss. Contact Cheryl Conley at Memory Lane: 2500 North Reynolds Toledo, Ohio 43615 Phone: 419-720-4940 Serves Monroe County!



“ASK THE PHARMACIST” —

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



Ask the Pharmacist with Ashley Sayyae Pharm. D. 2024 Candidate - University of Michigan

Strokes are one of the most debilitating, even deadly, diseases worldwide. According to the CDC, someone has a stroke every 40 seconds in the United States. Even further, someone dies of a stroke every 3.5 minutes. While strokes are most often correlated with increased age and certain risk factors, a stroke can happen at any age and to otherwise healthy individuals. However, knowing the signs and symptoms of a stroke can drastically increase the likelihood of survival and lessen damage to the brain. With that, the first-line medications most often used for emergency treatment of stroke must be administered in three-to-four hours from the onset of symptoms.

The signs and symptoms of stroke can be assessed by an acronym known as **B.E.F.A.S.T.** The letter **B** refers to balance. An individual being unable to keep their **balance** may be indicative of stroke. The letter **E** stands for **eyes**. An individual having a stroke may suddenly develop blurred or loss of vision in one or both eyes. The letter **F** refers to the **face**. You can ask the individual to smile; one side of their face could be drooping in the case of a stroke. The letter **A** refers to the individual's **arms**, in which if they are unable to keep one of their arms up when asked to hold them out horizontally then they could be having a stroke. The next letter is **S**, which refers to **speech**. When the individual is asked to repeat an easy phrase, do they either say it back with slurred speech or say something completely different? The last letter is **T**, which refers to **time**. If any of these signs are present in an individual, **call 911 immediately**.

Key Takeaways (B.E.F.A.S.T):

B: Balance Did the individual develop sudden loss of coordination?

E: Eyes Did the individual develop blurred or double vision in one or both eyes?

F: Face When asked to smile, is one side of the individual's face drooping?

A: Arms When asked to raise both arms out in front of them, is the individual unable to hold one of their arms up?

S: Speech When asked to repeat a simple sentence, does the individual struggle to repeat it back without slurring their speech or saying something incoherent?

T: Time If an individual is exhibiting any of these signs or symptoms, call 911 as soon as possible. Time is the most important factor in survival from a stroke.

Contact Jennifer Sell, RPh, about pharmaceutical questions: 734-240-8400

Stay Healthy!



No, we're not getting any younger. But eating the right foods can protect our vision and keep you healthier. Research says that foods rich in vitamins C and E, zinc, lutein, zeaxanthin, and omega-3 fatty acids are linked to lower risk for age-related macular degeneration (AMD), cataract and perhaps even dry eye later in life. A nutrient-rich diet includes:

- **Vitamin C.** Foods with lots vitamin c are oranges, grapefruit, kiwifruit, strawberries, tomatoes, red and green peppers, and broccoli.
- **Vitamin E.** Healthy sources of vitamin E include almonds, sunflower seeds, olive oil, and avocados.
- **Zinc.** Legumes (beans and lentils), seeds, meat/ seafood, dairy, and eggs are all good sources of zinc.
- **Lutein and zeaxanthin.** Both of these nutrients are found naturally in the retina—the light sensitive tissue lining the back of the eye. This is why boosting your diet with lutein and zexanthin is a win for your eye health. Both are found in leafy green vegetables like kale, spinach, and swiss chard. Broccoli, asparagus, and colorful fruits like raspberries, papaya, peaches, and mangoes also have eye-healthy carotenoids.

CATARACT PREVENTION IN THE PRODUCE AISLE

Did you know that regularly enjoying a piece of fruit and a side of vegetables can help prevent vision loss from cataracts? Studies show that a diet rich in foods with antioxidants may reduce your risk of developing cataracts by delaying or slowing down oxidation, which causes aging or cell death. Oxidation can lead to cataracts by causing changes in the eye's lens, making the lens cloudy.

WHAT FOODS CONTAIN ANTIOXIDANTS?

Foods rich in vitamins A, C and E, carotenoids, lutein and zeaxanthin, and selenium (pasta, bread and grains) all help protect our cells from damage. Studies show, however, that antioxidant supplements do not help prevent cataracts. Supplements may even be harmful. So load up on fresh veggies and delicious fruits—not on high-dose supplements—knowing you are doing your eyes and your health a favor.

THE MEDITERRANEAN DIET

Studies show the plant- and seafood-based diet may reduce your risk of age-related macular degeneration (AMD). This diet includes:

- green leafy vegetables and colorful fruits
- tree nuts like almonds, cashews and walnuts
- seafood as your primary meat source
- healthy fats. Choose olive oil over butter
- whole grain bread, cereal, and pasta
- lots of herbs and spices
- moderate amount of dairy (yogurt, cheese, eggs)

LOW-GLYCEMIC INDEX DIET

People who have or are at risk for age-related macular degeneration can benefit by following a low-glycemic index diet. Blood sugar levels that get too high can cause serious health problems and can lead to vision loss. Switch to:

- Oatmeal or muesli over sweetened breakfast cereal
- Brown rice over white rice
- Whole-grain bread over white bread
- Wheat pasta or sweet potatoes over a baked potato
- Nuts over potato chips

HEALTHY FATS FOR DRY EYE

Dry eye is when the eyes do not produce enough tears to keep them lubricated and comfortable. Artificial tears and medication are very helpful, but adding omega-3 and omega-6 fatty acids to your diet may also provide relief. Omega-3 fatty acids are found in oily fish (like salmon, trout and sardines). Nuts and oils like walnuts and sunflower oil are other great natural sources.

AREDS2 FORMULA FOR AMD

People with certain forms of AMD may be able to slow the progression of the disease to advanced form by taking AREDS2 supplements. This formula includes:

Vitamin C (500 mg)	Vitamin E (400 IU)
Lutein (10 mg)	Zeaxanthin (2 mg)
Zinc oxide (80 mg) and	Copper oxide (2 mg)

Note, however, that the AREDS studies found that the supplements do not help with cataract progression. Be sure to talk with your ophthalmologist to learn if they are recommended for you. Some people should not take large doses of antioxidants or zinc. As you think about ways to improve your eye health, remember: vitamins and nutritional supplements are not a cure for eye disease, nor will they give you back vision that you have already lost. But good nutrition at all ages is vital for your entire body, and plays an important role in maintaining healthy eyes.



The **Monroe County Building Healthy Communities Coalition** is a collaborative workgroup with representatives from health and human services agencies across the county focused on improving the health and wellbeing of residents. Each month, as part of the Community Health Improvement Plan the group selects a focus area. Eye Health was chosen for the Month of January.



New Year's Resolutions Can Add to a Healthy, Happy Life

YES, FITNESS GOALS ARE INCLUDED — BUT THE BEST RESOLUTIONS ARE THOSE THAT ARE DESIGNED TO ENRICH OUR EMOTIONAL HEALTH AND SPIRIT.
EXCERPTS FROM AN ARTICLE BY ZEE KRSTIC NOVEMBER 22, 2022

New Year's Eve feels more cheerful and promising than it has in many years — a true celebration as the future holds hope in 2023. Annual resolutions have never been more crucial as a way to take stock of what's *truly* important in our life — and it's helpful to pause and reflect long before midnight on December 31 (but still not too late in January). If living through a global pandemic has taught us anything, it's that we shouldn't take health and wellness for granted. In 2023, zeroing in on our body, mind *and* soul is a great way to organize our long-term goals for the new year. Here are some suggestions to consider:

- Build a better budget.
- Practice mindfulness. Practicing mindfulness means doing everything you can to be grateful for what you have in the moment, where you are in life, and who you are *right now*.
- Cook something new each week.
- Read more books.
- Create a cleaning schedule you'll stick to.
- Drink less alcohol.
- Plan Weekly Meal Prep with Grocery Lists
- Commit to a healthier sleep routine.
- Join a club.
- Quit smoking.
- Learn to love vegetables.
- Exercise your brain.
- Become a plant owner.
- Take the stairs.
- Start doing yoga.
- Plan a vacation.
- Head to a day spa.
- Drink more water.
- Chill out. Constantly feeling angry can impact the body in more ways than just one — it can induce headaches, anxiety, digestion problems and high blood pressure.
- Volunteer regularly.
- Get in a body-positive mindset.
- Give your feet better support.
- Try a new diet plan.
- Learn or hone a new skill.
- Continue fun learning at home.
- Stop procrastinating a tough decision.
- Decorate with family history.
- Keep clutter out of the kitchen.
- Explore new hobbies.
- Give yourself a new look.
- Start walking more.
- Write to yourself. Journal.
- Make your bed every morning.
- Go to bed on time
- Spend more time outside — without your phone.
- Give yourself more compliments.
- Say goodbye to toxic friends.
- Be current about the news.
- Add more citrus to your grocery cart.
- Chow down on blueberries and walnuts.
- Ease stress with kindness — especially kindness toward yourself.
- Get artsy — engage in a bit of culture.
- Make your home more fragrant.
- Makeover your daily routine

Is Willpower Enough??

According to Chris Kresser, Health Consultant, and the CDC, only 7% of Americans actually practice the healthy habits that **we know** are good for us — eating right, exercising, getting enough sleep, and reducing stress. And, 90% of New Year's resolutions fail. Why? Willpower alone does not work. It's a limited resource and one that is often not sustained. So what can we do? Chris Kresser suggests that we "**shrink the change**" into small steps that are concrete and doable. Shrinking the change removes willpower from the equation and boosts confidence when we achieve the steps. Our brain responds by producing dopamine — the feel good chemical.

How do we do thing? First, select **one** behavior that you'd like to change in the next 30 days. Then, list the steps that can be taken (for example, buy a pedometer. Get 2,000 steps in today; work up to 3,000 by next week, etc.) And lastly, make the progress visible. Keep track of your accomplishments. Our brains like success! We'll be rewarded with the feel-good chemical. We'll gain confidence and will be on our way to making real behavior change! Let's make 2023 the year that we actually keep our New Year's resolutions!

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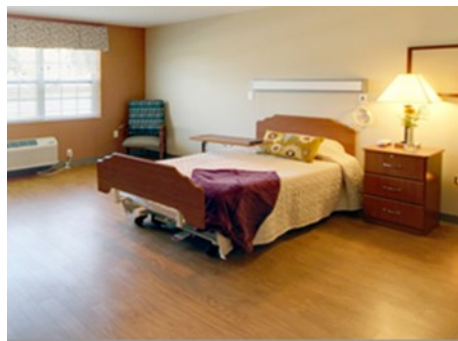
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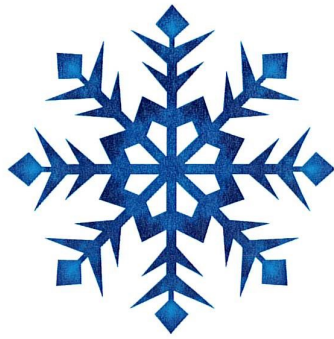


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8 Sunday Dinner 11 a.m. to 1 p.m.	9 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10-1 Messages w/ JoAnn 12:00 Pinochle 1:30 Line Dancing 3:00 Balance	10 MCOP Support Services 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	11 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 1:30 Movie "Ticket to Paradise" 3:00 Balance	12 Medicare with Jackie by appointment 10:15 Chair Yoga 11:00 Jefferson Class Reunion / Lunch 3:00 Craft	13 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 1:00 Colors Social	14 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
15 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	16 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Messages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance	17 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	18 8:30 Class of '67 BK 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance 6:00 Caroling	19 Medicare with Jackie by appointment 10:15 Chair Yoga 11:30 Presentation on Fraud and Scams with Sheriff Troy Goodnough Please RSVP	20 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 1:00 Colors Social	21 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle Men's Bible Study
22 Sunday Dinner 11 a.m. to 1 p.m.	23 Canasta 9:00 Movin' & Groovin' 10—1 Messages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance	24 MCOP Support Services 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	25 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	26 Medicare with Jackie by appointment 10:15 Chair Yoga 11:30 Health Odyssey Please RSVP	27 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 1:00 Colors Social	28 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
29 \$6 Special Sunday Dinner 11 a.m. to 1 p.m.	30 Canasta 9:00 Movin' & Groovin' 10—1 Messages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance	31 Soup & Sandwich 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	 <h1>January 2023</h1>			



January

Evening Meals

2023

Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thursday
December 26 No Evening Meal Center closes at 2:00 p.m.	27 Honey Mustard Chicken Breast Country Potatoes	28 BLT Sandwich French Fries Cottage Cheese	29 Chicken Thighs Mashed Potatoes Vegetable
2 Bean Soup Corn Bread Fruit	3 Pork Chop with Mushroom Gravy Riced Cauliflower Vegetables	4 Southern Breakfast Omelet with Gravy and Hashbrowns Fruit	5 Italian Beef Sandwich Red Skin Potatoes Side Salad
9 Chicken Enchilada Corn Casserole Stewed Tomatoes	10 Baked Potato Bar with Chili, Broccoli and Cheese / Fruit	11 Turkey Reuben Sandwich Broccoli Salad Veggie Chips	12 Island Meatballs with Rice Vegetables
16 Macaroni & Cheese Sloppy Joes Fruit	17 Ham Scalloped Potatoes Vegetable	18 French Onion Soup 1/2 Turkey Sandwich Cranberry Salad	19 Porcupine Balls Mashed Potatoes Vegetable
23 Creamed Chicken over Mashed Potatoes Vegetables	24 Taco Pizza Chips and Salsa Side Salad	25 Breakfast Burritos Hashbrowns Fruit	26 Tomato Soup Grilled Cheese Fruit

Monroe Center meals are open to the **public**. Menu subject to change. 734-241-0404

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

Thursday is Sundae Night: \$2.00

1	Roast Beef or Salmon Red Skin Potatoes Cauliflower / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	2 Ford Retirees Corn Flake Chicken Brown and Wild Rice Mixed Vegetables 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.	3 Spinach & Ground Turkey Lasagna Garlic Bread Side Salad 616 cal. 26g fat 41 carb 7g fiber 2g sugar 32g protein 757mg sod	4 Birthday Dinner Open Faced Turkey Sand. Mashed Potatoes Green Beans Birthday Cake & Ice Cream 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod. (No hamburgers today)	5 Baked Salmon Red Skin Potatoes Normandy Vegetables 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	6 Chicken Cordon Bleu Baked Potatoes Broccoli 828 Cal. 20g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium	7 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
8	Pork Roast /Chicken Mashed Potatoes Green Beans Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	9 Salisbury Steak Mashed Potatoes Mixed Vegetables 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.	10 French Toast Casserole Two Sausage Links Grilled Apples 728 Cal. 10g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium	11 Beef Stew Dinner Roll Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.	12 Chicken Noodle Casserole with Peas Cole Slaw 717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g protein 948mg sodium	13 Pork Chop with Sauerkraut Mashed Potatoes Broccoli / Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	14 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
15 Bingo	Spiral Ham with Pineapple / Salmon Au Gratin Potatoes Cauliflower 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.	16 Shepherd's Pie Cottage Cheese with Peaches 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium	17 Chicken, Shrimp and Rice Stew with peas Broccoli Salad 728 Cal. 10g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium	18 Class of '67 Breakfast Spaghetti Spinach Garlic Bread / Fruit 518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod	19 White Chicken Chili Multi-Grain Bread Celery Salad 666 calories; 11.6 g fat; 2726 mg sodium. 53 g car- bohydrates; 34.7 g protein	20 BBQ Pork Sandwich Sweet Potato Wedges Cole Slaw 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	21 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
22	Roast Turkey / Cod Mashed Potatoes With Gravy Corn / Cranberries 600 cal 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 sod.	23 Turkey Burgers with Sautéed Onions Sweet Potato Fries Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	24 Chicken Fettuccini Carrots Cole Slaw 791 cal. 44g fat 46 carbs. 53g protein 723mg sodium	25 Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	26 Health Odyssey Marinated Chicken Breast Baked Potato Peas / Side Salad / Fruit 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod (No other options today)	27 Salsa Meat Loaf Mashed Potatoes Asparagus 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.	28 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
29 \$6 Special	BBQ Ribs or Chicken Baked Potatoes Normandy Veggies Dessert	30 USA Wild Caught Cod Country Potatoes Mixed Vegetables 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium	31 Soup & Sandwich \$2 Vegetable Soup or Chicken Noodle Soup Sloppy Joe or Grilled Cheese Sandwich Dessert (No other options today)				