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Your senior millage tax dollars at work!

Engage!

VOLUME 24, ISSUE 4

April 2024

KUDOS TO MONROE PUBLIC SCHOOLS FOR ENGAGING THE COMMUNITY IN THEIR SPREADING KINDNESS PROJECT



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

Staff

Executive Director: Sandie Pierce sandie@monroectr.org

Assistant to the Director: Jerry Pierce

Program Manager: Toni Solomon toni@monroectr.org

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

Customer Service Coordinator: Cheri Braunlich

cheri@monroectr.org

Accounting Clerk: Linda Guyor

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Volunteer Coordinator:

Brenda Lewis

brenda@monroectr.org

Bingo Coordinator:

Lisa Brown

Balance Instructor: JoAnn (Mikey) Kunich

RSVP Director: Beth Berlin

beth@monroectr.org

RSVP Volunteer Coordinator: Jo Anne Bray

joanne@monroectr.org

Vision:

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



15275 South Dixie Highway Monroe, MI 48161

734-241-0404



Visit us on-line: www.monroectr.org

Board of Directors

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Michelle LaVoy

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Carry-Out Meals are available.

Call 734.241.0404

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

Watch "Off Your Rocker" on MPACT

Tuesdays at 5pm and Thursdays at 4pm

Comcast: Channel 21 or Charter: Channel 187

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





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

From the Director's Desk

"April is a reminder that something better is always around the corner."

-Unknown



Happy Springtime! Let me start by saying thank you to all of the staff and volunteers who held down the fort while Jerry and I enjoyed a respite in the sunshine. I greatly appreciate having a team who steps up to do whatever is needed. While I missed all of you, I can't say that I missed a big chunk of winter. Warm weather suits me, and I'm glad that Spring is here.

We've had a good year at the Center so far. Attendance has been steady this first quarter. We had a wonderful St. Patrick's Day celebration — enjoying the music of Jon Moore and the Ala Carte Band. Health Odysseys and Lunch and Learns have provided lots of education and have been well attended. Special thanks to all of you for being there to support these events and our Center.

Next up is the *Members' Talent Show!* Tickets are now available by table assignment. Last year, we had singers, dancers, musicians, and several other acts that don't seem to fit any category. You just have to be there to enjoy the show, laughter, and fellowship. There is still time if you'd like to join the list of performers.

In May, we'll have the annual Volunteer Appreciation Dinner to honor the volunteers who generously give of their time and talents. The Rummage Sale is May 10 and 11. We'll celebrate Mothers' Day and Memorial Day, and we'll have the annual Senior Health and Wellness Day event on May 29, Please mark your calendars for these special occasions.

As a reminder, the annual survey form was included with the February newsletter. If you haven't completed it yet, please take a few minutes to provide your input and return it to us. Your comments are appreciated and help us improve.

We're glad that you're a part of our Center and are glad when you're here!

~ Sandie

News to Note . . .

- Bingo is on Tuesdays!
 Card sales at 1:30 p.m.
 Sunday Bingo—April 14
 Saturday Bingo April 27
- Monday Massages & 1st-Wednesday of the month with JoAnn — 10:00 to 1:00
- April 3 Birthday
 Celebration during lunch
- **April 3 —Trivia Night** at 5:00 p.m. Prizes!!
- **April 5** Women's Bible Study 3:00 p.m.
- April 6 Game Day 2 p.m.
- **Tuesdays** Dr. Emily Neal in Exercise Room 3:00 p.m.
- **April 4** —at 11:30 Library in Motion Delivery
- **April 10— Movie —** " The Hill" 1:30
- **April 11 —Craft—**3:00
- April 12 Talent Show
- April 13 & 27 Men's Bible Study
- April 15 Lunch & Learn
- April 17 Poetry Class
- **April 17** MHS Class of '67 Breakfast 3rd Wed.
- April 22 Lunch & Learn
- April 25 —ProMedica Health Odyssey on 734.241.0404
- April 25 Book Club "The Secret Daughter"
- **April 30** \$2 Soup & Sandwich Day

Please Remember to Scan





Happy April Birthdays



Dori Adams	Joseph Elmer	M. Jane Karau	Sandra Raymond
Sue Anspaugh	Judy Fowler	Rose Kern	Patsy Rochowiak
Majorie Bogle	Bruck Freimark	Joanna Kettinger	Francine Roscoe
Albert Brehmen	Josephine Gaglio	Francine Leonard	Robert Russ
Linda Brehmer	John Gebhardt	Donald Marchese	Jim Satkowski
Lisa Brightbill	Barb Griffith	Jon Moore	Nancy Scaggs
Barron Campbell	Nancy Groom	Sue Niciejewski	Maurine Sharp-Schaffter
Betty Cheney	Ken Hall	Eugene Opfermann	Elizabeth Smith
William Collingsworth	Steve Haynes	Louise Patania	Dianne Stewart
Dennis Crockett	Barbara Heising	Janet Patterson	David Swartout
Rick Didario	Don Jerrery	Mitchell Peer	Connie Volpi
Ken Dishneau	Sue Kamprath	Ruth Ann Peters	Terry Ward
Marian M. DuVall	Gregory Kapp	Jim Pulford	Sharon Young

Birthday Celebration! — April 3

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

Thanks to Huron Valley PACE for sponsoring the cake.



March Birthday Celebration Attendees

RECENT DONATIONS

in memory Polly Raymer

Jim & Ann Pulford

in memory of Jackie Wills

Mable Kehres Resident Assoc.

in memory of Gordon Nock

Mable Kehres Resident Assoc.

in memory of William Conger

Jim & Bonnie Weber

in memory of Sharon Kosa

Mable Kehres Resident Assoc.

in memory of John Faunt

Jim & Bonnie Weber



2023 Report on the 50/50 Raffles at Bingo

2023 total: \$4,051.00

\$ 642.50 in January \$ 630.50 in February

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

in memory of Leon Merkle Brenda Merkle

Mable Kehres Resident Assoc.

WELCOME NEW MEMBERS

Carolyn Alston

Julie Alston

Elaine Boudrie

Joe Chytil

Michael DeLovely

Judy Fowler

Carol Gawlinski

Mary Grenawitzke

Susan Hatch

Crystal Heft

George Hess

Walter Jacobi

James Jav

Crystal Johnson

Sharon Mansfield

Bob and Beverly McCain

Mary Mitchell

Gary and Mary Pinchoff

Greg Poupard

Joann Rhodes

Carol Smith

Jean Stepanian

Patty-Jo Thompson

Dave Torrence

Sally Venia

Terry Ward

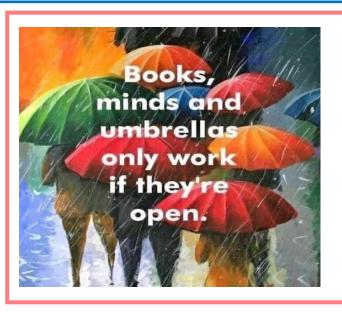
Joan Webster

Thanks to **United Heatlh** for sponsoring the March Birthday Cake.





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



Month

With sympathy ...

Oscar Vandevelde — February 18

Cindy Zak — March 3

Lonnie Brunswick — March 4





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

Monroe Ford Retirees — Monday, April 1—8:30 a.m. Breakfast



Bingo is held on Tuesdays

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

Sunday Bingo is April 14

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

NEW: Saturday Bingo — Apr. 27



Health Odyssey April 25, 2024

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

Topic: Lung Health — Smoking, Vaping and Marijuana by Dr. Kavala and Dr. Kelulawala

Please sign up: 734.241.0404

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

After the events, watch presentations on-line at

Craft — 3-D Art April 11 — 3:00 p.m.

Please sign up at the Front Desk.

HOSTED BY Mikey Kunich

Wednesday, April 3rd 5:00 to 6:30 p.m.



Free of charge.

Prizes Awarded!



Get a Team Together — limit of five people per team.

Ages 12+

April 10th Movie

"The Hill" — 1:30



The Hill is an inspiring, true story of baseball phenomenon Rickey Hill (Colin Ford). The son of a small-town traveling pastor (Dennis Quaid), Rickey shows an extraordinary talent for baseball

despite being burdened by leg braces from a degenerative spinal disease.

Driven by his faith and love of the sport, he continues to play against his father's wishes. But when a scout for the major league (Scott Glenn) arrives, he must overcome his worsening condition and the division it causes in his family in order to fulfill his dream of playing professional baseball.

Rated G

Complimentary popcorn.

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 & crocheting. Bring your own supplies. If you have questions, call Maxine at the Center on Friday mornings.

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

Exercise Classes

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

Balance Class—Mondays & Wednesdays at 3:00 with JoAnn (Mikey)



EnhanceFitness®

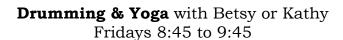
Mon.—Wed.—Friday at 10:00

Line Dancing — Mondays at 1:30

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

Massages with JoAnn

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



Women's Bible Study
led by Toni Solomon
Friday, April 5, 2023 at 3:00 p.m.

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

April 12 is the Members'

Talent Show

Dinner at 5:00 p.m. Show at 6:00 p.m.

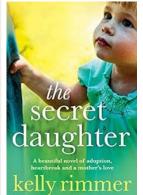
Tickets are available By table — \$8 each

The last one brought lots of applause — and laughs.

Join the fun!

Game Day — Saturday, April 6 2:00 p.m.— Join the fun! Play Board Games, Cards, etc.

MONROE CENTER BOOK CLUB



April 25, 2024 at 1:00 p.m.

"The Secret Daughter" By Kelly Rimmer

Set in Australia, **The Secret Daughter:** A
beautiful novel of
adoption, heartbreak
and a mother's love.

The book is told from Sabrina's, her birth mother **Lily** and her mum Megan's points of views. Lily's pregnancy is described and how Megan came to adopt the baby.

May's Selection: The Tender Land by William Kent Krueger

Brain Aerobics

is Back — with Tommie!



Monday's at 10:00 a.m.

THINGS TO KNOW:

- The first row outside of the Center is reserved for guests of the Center. The Monroe Center reserves the right to tow cars that are in violation.
- Please remember that the Center is scent free.



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

Melissa Williamson from Hospice of Northwest Ohio will be here on April 22 for a Lunch and Learn.

Subject: Advanced Care Planning (and the Importance of it.)

Please Register: 734.241.0404





JoAnn (Mikey) Kunich & Sandie Pierce recently were certified as Master Trainers in the A Matter of Balance program.

As Master Trainers, we can train Coaches to teach the class. If you're interested in becoming a Coach, please sign up at the Front Desk. You can then lead classes.

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.

Women's Coffee Hour with Maurine

Thursday, April 4 at 4:30 p.m. Let's talk about health!

> .Save the Date Lunch & Learn May 6, 2024



Donations for the Center's

2024 RUMMAGE SALES

can be brought in at any time.

(No clothes please)

Next Sale is May 9 & 10!

CHANGE IN AVAILABILITY OF SHAKES & SUNDAES

Milkshakes are available on Monday Evenings.

Sundaes are available on Wednesday Evenings.

Still \$2 each.

Breakfast Hours

Breakfast is served from 8:00 a.m. **until 9:45 a.m.** Monday through Friday.

This gives the Cooks just a bit more time to have lunch ready by 11:00 a.m.

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





Pinochle Winners

February 10 — Cindy Prusaitis

February 12 — Renee Schweitzer

February 14 — Gary Miller

February 16 — Luther Conner

February 17 — Joan Milam

February 19 — Cindy Prusaitis

February 21 — Luther Conner

February 23 — Cindy Prusaitis

February 24 — Luther Conner

February 26 — Richard Genord

February 28 — Al Miller

March 1 — Cindy Prusaitis

March 2 — Luther Conner

March 4 — Al Miller

March 6 — Jean Moore

March 8 — Luther Conner



March 9 — Al Miller

March 11 — Dee Mitchell

Friendly Poker Games

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



Monthly "Poets Society"

We are looking for someone to take over this class.



If you're interested, please talk with Toni Solomon .

SAVE THE DATE!

National Senior Health & Wellness Day

Wednesday, May 29

Know Your Numbers Testing Health Information Keynote Speaker

Dr. Emily Neal, PT, LSVT-BIG

Looking for exercise tips? Dr. Emily Neal will be in the Exercise Room each Tuesday from 3:00 to 5:00 p.m. to help you create a routine.



2024 CALENDAR FUNDRAISER "A YEAR WITH FRIENDS"



PRICE REDUCED!



Blood Drive

Monday, April 29 10:00 to 3:00 p.m.

Are you a blood donor?
We're looking for 40 people to sign up to give blood at the Center.
Can you help? We NEED 40 people for this to be a go!
Please sign up at the Front Desk.

Give blood — Get a free lunch!

Bonus — Several Musicians will be here to entertain us!

MUSICIANS WANTED

FOR TUESDAY JAM SESSIONS!



Dave Manning, Bruce Freimark, and a few other musicians are getting together on Tuesday afternoons at 1:00 p.m. in the conference room.

You're invited to join in the fun.

Bring your instrument
and share your talents!





Accredited Program

Diabetes and Nutrition Services

For each patient, we customize a plan to meet your specific diabetes and/or nutrition health goals and needs.

FREE

MEDICARE WEIGHT LOSS PROGRAM

Dietitian-led free Medicare program for those with a BMI (body mass index) greater than/equal to 30 kg/m2 and Medicare Part B. Up to 22 visits with dietitian in one year.

You'll need a referral from your physician.

They can fax it to 734-240-1892, provide you with a paper referral or complete an electronic order if they are a ProMedica-affiliated provider.

Questions call 734-240-1813 (Monday-Thursday 8am - 5:30pm)

DENTAL CONCERNS?

THE ORCHARD EAST COMMUNITY HEALTH HUB **DENTAL CLINIC** PROVIDES SERVICES FOR THE INSURED AND UNINSURED.



OPPORTUNITY CENTER 120 Eastchester Street Monroe, MI 48161

CALL FOR MORE DETAILS AND TO SCHEDULE AN EVALUATION.

734.241.2775 EXT. 244







Voters will be asked to renew the Senior Millage in August.

Please Vote.

SPRING HEALTH CHECKS



May 29 — Bedford May 23 — Dundee 8:00 a.m. — Noon

Lunch and Learn

April 15

LEARN ABOUT WHAT'S AVAILABLE AT St. Joseph CEMETERY.

Lunch — 11:30 Program at Noon

Please Register

ST. JOSEPH **CEMETERY**

EVENTS AT THE CEMETERY

SUNDAY, MAY 12 Complimentary Mother's Day Breakfast | 10 a.m.-2 p.m.

> **MONDAY, MAY 27 Memorial Day Mass** 9:30 a.m.

We serve all faiths.

Julie Standifer-Family Service Advisor (734) 241-1411 | cfcsdetroit.org 909 N. Monroe St.



A FEW LINES FROM THE VOLUNTEER COORDINATOR ...

THE ANNUAL VOLUNTEER APPRECIATION DINNER IS THURSDAY, MAY 2, 2024

WATCH FOR YOUR INVITATION IN THE MAIL.

THE DINNER IS OUR TIME TO RECOGNIZE THE SIGNIFICANT
CONTRIBUTIONS THAT VOLUNTEERS MAKE AT THE MONROE CENTER
AND TO RECOGNIZE SEVERAL WHO DESERVE EXTRA PRAISE
FOR GOING WAY ABOVE AND BEYOND!

H.E.A.R.T: Helping Elderly Achieve Reliable Transportation

While we are looking for volunteers in all of the areas, our highest need is for volunteers who will drive people to non-emergency medical and other critical appointments.

If you'd like to join the wonderful group of volunteers, please stop by or give me a call 734.241.0404 on Monday, Tuesday, or Thursday mornings. Volunteering is good for our health!

Brenda Lewis

RSVP Monroe County





RSVP is a volunteer network for people 55 and over. Use the skills and talents you've learned over the years (or develop new ones) while serving in a variety of volunteer activities right here in Monroe County.

If you would like to volunteer with us, call Beth or Jo Anne at 241-0408.



MONROE CENTER TRAVEL

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

Belterra Casino — April 14 & 15, 2024. \$199 per person, double occupancy. Deluxe Motorcoach Transportation. Hotel accommodations at Belterra Casino. Rising Star Casino and Belterra Park Racetrack. \$52 in casino incentives. There will be a pick-up in Monroe. Please sign up and pay now!

Pacific Northwest—Princess Cruises—April 27—May 4, 2024
Depart San Francisco to Victoria, Canada, Vancouver, Canada,
Seattle, and Astoria, Oregon. \$2,826 to \$3,386 per person, double
occupancy, Includes roundtrip airfare. Passport required.



Pacific Northwest — Celebrity Cruises — May 4 — 10, 2024
Depart Los Angeles to Catalina Island, San Francisco, and Victoria, British Columbia.
\$2,282 to \$2,871 per person, double occupancy, Includes roundtrip airfare. Passport required.

Alaska Cruise, Land and Rail — Princess Cruises — June 12 to 22, 2024

Arrive Anchorage. Board a motorcoach for your journey to the Mt. McKinley Lodge and then to Denali Lodge. Enjoy a scenic rail journey and then return to your ship to Anchorage, Hubbard Glacier, Skagway, and Ketchikan. Rates \$4,855 to \$6,420 per person, double occupancy.

Includes airfare from Detroit. Passport required.

Northern Europe — Norwegian — July 25—Aug. 4, 2024 OR Sept. 5 — 15, 2024 Depart Reykjavik, Iceland, to Norway, Netherlands, Belgium, and London. \$4,717 to \$5,435 per person, double occupancy, Includes roundtrip airfare. Passport required.

Canada & New England — Royal Caribbean — September 19 to 28, 2024

Depart Baltimore, cruising to Boston, Portland, St. John, and Halifax.

Rates are \$1,695 to \$1,795. Includes airfare. Balcony cabins are available upon request. Passport required.

Reefs and Rhythms — Oceania Cruises — December 3 to 13, 2024

Depart Miami, cruising the Straights of Florida to Costa Maya, Belize, Guatemala, Honduras, Costa Rica, Panama, and Colombia. Rates range from \$3,346 to \$5,646. Double occupancy.

Includes airfare. Passport required.

"ASK THE PHARMACIST" — with Jennifer Sell, RPh, Director of Pharmacy Services



Eczema, Because its Red Does Not Mean You Have to be Blue

Written by: Michael Gruntfest, PharmD candidate 2025

Eczema, also known as dermatitis, is a common skin condition that affects 16.5 million adults in the US. There are many types of eczema but it is generally characterized by dry, red, and itchy skin during mild flare ups, in more severe flare ups symptoms can include weeping, crusting, and even bleeding. These flare ups can last a few days and up to several weeks, occasionally covering a significant portion of the body. If you are prone to eczema it is crucial to know and avoid your triggers. Some common triggers include allergens, certain materials in clothing, dry weather, perfumes, and some household cleaners. In order to avoid a flare up of eczema it is helpful to maintain a regular bathing and moisturizing routine. Good maintenance moisturizers have one or a combination of the following ingredients: oat or shea butter, aloe, glycerin, hyaluronic acid, or petrolatum.

If a flare up does occur it is important not to scratch or rub the affected area. It is also helpful to wear loose and breathable clothing during this time. Over the course of the flare up it is important to monitor the area for symptoms of a severe flare up such as weeping, crusting, or bleeding, as well as signs of an infection: pus, excessive redness, or heat. If you experience any symptoms of a severe flare up or infection you should go see your doctor.

Over the counter medications are a helpful tool in the management of eczema, they can be used to help make the symptoms more tolerable or treat the flare up All together. Common medications that may be helpful include Tylenol (acetaminophen), Motrin (ibuprofen), and Aleve (naproxen) for symptoms such as pain and inflammation.

You can also take allergy medications to help alleviate the itching: Zyrtec (cetirizine), Claritin (loratadine), and Allegra (fexofenadine) are some common examples of allergy medications. Topical hydrocortisone cream can be very helpful in managing symptoms of a flare up when applied to the affected area. It is best used 1-4 times per day for up to 7 days.

Sometimes a flare up can occur on your scalp, in those situations it is recommended to use a medicated shampoo containing ketoconazole, selenium sulfide, or zinc pyrithione. These would help manage scalp itchiness and dandruff.

If a flare up is difficult to manage with over the counter treatments, you should speak with your doctor and talk about starting a prescription agent. Find what works best for you, eczema is a very individual skin condition and some products may work better for your skin.



Dementia and the Dangers of Wandering

By Emily Zarecki February 2024 Alzheimer's, Caregiving, Dementia

Imagine your loved one is missing, even for a short time. That thought can send panic through anyone caring for an adult living Alzheimer's disease or dementia who gets lost outside their home. They may walk away in the grocery store or leave the car while waiting for you. They may go for a walk to the mailbox, but not be able to find their way home. Wandering and getting lost can be dangerous.

Adults with any type of dementia are at increased risk of wandering, getting lost, or feeling confused in familiar settings. According to the National Council on Aging, it's estimated that more than 30% of people with dementia will wander.

While the "why" of wandering isn't always clear, being alert to potential triggers can help you guide your loved one and keep them safe. This blog post is intended to help you understand wandering in dementia, its dangers, and what you can do to create a safe haven for your loved one.

POTENTIAL TRIGGERS OF WANDERING

A wide range of triggers can spur a person with Alzheimer's disease, dementia, or other types of short-term memory loss to wander. One trigger could be the need to seek familiarity. The disorientation that comes with dementia can make a person feel as if they're in an unfamiliar place. Wandering may be an attempt to find a recognizable space, a person they miss, or even their past home. Confusion about the time, where they are, or their identity can also lead them astray. "An unmet need can also cause a person with dementia to wander. Perhaps he or she is feeling restless or bored. The desire to be active could make the person walk away," said Cheryl Conley, MA, LSW, Director of Social Services at MemoryLane Care Services.

Another trigger could be environmental factors. Bright lights and loud noises could cause the person to seek out a more soothing environment.

THE DANGERS OF WANDERING

Wandering, especially in cold weather, can have serious consequences. First, exposure to the elements, even for a short amount of time, can be dangerous. Being outside without the proper outerwear, including a coat, boots, hat, gloves, and scarf, can make someone vulnerable to frostbite and hypothermia.

Being in an unfamiliar area because of wandering can lead to a number of negative outcomes, including injuries from a fall, drowning, or being hit by a car.

KEEPING YOUR LOVED ONE SAFE

Fortunately, you can minimize the risk of wandering and keep your loved one safe. Here are some tips:

- Secure the environment: Lock doors and windows, secure car keys, utilize alarms, and put away items such as coats, purses, and sunglasses.
- Maintain a routine: Consistent schedules and activities can provide stability and reduce confusion.
- Address triggers: Identify and eliminate factors that may cause anxiety or disorientation.
- Engage in meaningful activities: Stimulate their mind and body with regular walks, music, or crafts.
- Seek support: Connect with us for caregiver coaching, resources, and guidance.

Remember, you are not alone. By understanding the reasons behind wandering and taking proactive measures, you can create a safe environment for your family member or friend with dementia.

For more information about the Caregiver Coaching program at MemoryLane Care Services, contact Lyndi Wyrostek at 419-720-4940.



Monroe County Library in Motion Pick-Up

April 4 — 11:30 a.m.

FRENCHTOWN-DIXIE BRANCH LIBRARY EMENTIA PPORT GROUP econd & Fourth Wednesday **OF THE MONTH** From 1:00 pm - 3:00 pm This is an informal, unmoderated support group for current and former caregivers of loved ones with dementia to give voice to their frustrations, concerns and moments of joy during this journey we are on with this disease. Frenchtown-Dixie Branch Library 2881 Nadeau Road, Monroe MI (734) 289-1035 **Drop-In Advice for Laptops, Cell Phones, Tablets** Third Thursday — April 18 - 2:00 to 3:00 p.m. Frenchtown-Dixie Branch Library

You are invited to Virtual Caregiver Coffee with MemoryLane Staff



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

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

You may choose video-conference

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

or phone.

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, Home Heating Tax and other issues: Call 734.241.0404 to make an appointment.
- Blood Pressure Checks with Gena Craft from IHM April 25 at 10:00 a.m.



MemoryLane Care Services offers coaching and support groups for caregivers and in-person Adult Day Care for individuals with memory loss. Contact Cheryl Conley at MemoryLane: 2500 North Reynolds Toledo, Ohio 43615 Phone: 419-720-4940 Serves Monroe County!





We offer short- and long-term rehabilitation, stroke aftercare and follow-up, cardiac and pulmonary care, neurological treatment and therapy, respite stays, home safety and functional assessment and much more.

Residents enjoy private rooms, onsite library, daily religious services and pastoral care, chef-prepared meals and much more.

We accept Medicare, Medicaid, managed/commercial insurances and private pay.

734-240-9697.

A MINISTRY OF THE IHM SISTERS
610 W. Elm Ave. • Monroe, MI 48162

Experience More from the Most Experienced

- Expert pain and symptom management
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29 8:45 Cardi-Yo 30 Breakfast 10:00 Enhance®Fitness 8:00 to 1:00 11:30 Pinochle 12:30 Hand & Foot 11:00 Finochle 12:00 Knit / Crochet Center Closes at 2:00	5 6 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 11:00 Knit / Crochet 3:00 Women's Bible 2:00 Game Day	12 Breakfast 8:45 Cardi-Yo 8:00 to 1:00 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 5:00 Talent Show	20 Bingo 8:45 Cardi-Yo Breakfast 10:00 Enhance®Fitness 8:00 to 1:00 11:30 Pinochle 11:00 Mon Meal 12:30 Hand & Foot 9:00 Men's Bible 11:00 Pinochle	26 27 Bingo 8:45 Cardi-Yo Breakfast 10:00 Enhance®Fitness 8:00 to 1:00 11:30 Pinochle Noon Meal 12:30 Hand & Foot 11:00 Pinochle 12:00 Knit / Crochet 1:00 Egg Hunt
734-241-0404 12:00 cent	4 Medicare with Jackie by appointment 10:00 Poker Game 10:15 Chair Yoga 11:30 Library in Motion 4:30 Women's Coffee Hour with Maurine 7:00 Model A Car Group 3:00	1.1 Medicare with Jackie 1.2 by appointment 8:45 10:15 Chair Yoga 10:00 11:30 Class of '58 12:30 3:00 Craft— 3-D 12:00 Sign up at Front Desk 5:00	18 Medicare with Jackie by appointment 8:45 10:15 Chair Yoga 10:00 10:00 Poker Game 12:30	25 Medicare with Jackie 26 by appointment 8:45 10:15 Chair Yoga 11:30 11:30 Health Odyssey 12:30 1:00 Book Club 12:00
2024	Birthday Dinner 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 10-1 Massages w/ JoAnn 12:00 Pinochle 3:00 Balance 5:00 Trivia w/Beth & Patti	10 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 1:30 Movie: "The Hill" 3:00 Balance	17 Class of '67 Breakfast 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 1:30 Poetry Class 3:00 Balance	24 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance
	10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 3:00 Fitness Equip. Help 6:00 Woodcarvers 7:00 Coin Club	9 MCOP Support Services 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 3:00 Fitness Equip. Help 6:00 Woodcarvers	16 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 3:00 Fitness Equip. Help 6:00 Woodcarvers	23 MCOP Support Services 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 3:00 Fitness Equip. Help
	1 Ford Retirees BK 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance	8 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Dancing/3:00 Balance	15 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 11:30 Lunch and Learn 12:00 Pinochle 1:30 Dancing / 3:00 Balance	22 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 11:30 Lunch & Learn 12:00 Pinochle
Monroe Center	31 Easter Sunday Dinner 11 a.m. to 1 p.m.	7 Sunday Dinner 11 a.m. to 1 p.m.	14 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m.	Sunday Dinner 11 a.m. to 1 p.m.





2024

Evening Meals

Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thursda	y
March 25 Turkey Rueben French Fries Fruit 1 Salmon Patties with Peas & white sauce Mashed Potato	26 Baked Cod Country Potatoes Vegetable 2 Open Faced Turkey Sandwiches Mashed Potatoes	27 Chili Multi-Grain Bread Cottage Cheese & Fruit 3 Island Meatballs Brown Rice	28 Smothered Chicke with Tomato & M Mashed Potatoes 4 Taco Casserole Corn Chips & Sals	en Thighs ushroom / Peas
8 Cauliflower Chowder Grilled Ham and Cheese Sandwich Fruit	Green Beans 9 Pork Chop with Mushroom Gravy Mashed Potatoes Vegetable	Mixed Vegetables 10 Beef Tips over Noodles Beets Cottage Cheese	11 Chicken Thighs Stuffing Vegetable	12 Talent Show
15 Grilled Chicken Wraps Veggie Chips Fresh Fruit	16 Baked Potato Bar With Broccoli, Chili, and Cheese Fruit	17 Tuscon Chicken Mashed Potatoes Vegetable	18 Hamburger Stroganoff Beets Side Salad	
22 Chicken Biscuit Bake Side Salad Fruit	23 Turkey Burger Pasta Salad Vegetable	24 Stuffed Cabbage Casserole County Potatoes Applesauce	25 Turkey Chili Multi-grain Bread Fruit	

Milk Shakes are available on Monday Nights

Vanilla, Chocolate, Caramel or Strawberry

\$2.00

Wednesday is Sundae Night \$2.00

o - 9	o - 0	o - 9	o - 9	
Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	Dreakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	7 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	Monroe Center for Healthy Aging 734.241.0404
6 8:0 8:0 No	13 Br 8:0 8:0 No 11:0	20 Br 8:0 No 11:C	27 Br 8:0 No	Monroe Center for Healthy Aging 734.241.0404
Spaghetti Spinach Garlic Bread / Fruit 518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod	12 Talent Show BBQ Chicken Sandwich Sweet Potato Wedges Celery Salad 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	Taco Salad with Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	26 Pork Chops & Sauerkraut Country Potatoes Broccoli / Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	C for 2024 734
4 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	Sweet & Sour Pork Brown and Wild Rice Stir Fry Vegetables Fruit 600 cal. 8g fat 94 carb 9g fiber 24g sugar 25g protein 904 mg sod.	18 Chicken Ala King with Peas & Carrots over Biscuits Fruit 11g fiber 10g sugar 10g pro. 689 mg sod.	25 Health Odyssey Ranch Chicken Mashed Sweet Potatoes Mixed Vegetables Side Salad / Fruit 880 cal. 23g fat 127 carb 12gfiber 47g sugar 40g pro 1,211 mg sod. (No other options today)	112dT
3 Birthday Dinner Marinated Chicken Breast / Brown and Wild Rice / Peas Birthday Cake & Ice Cream 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod (No hamburgers today)	10 USA Wild Caught Cod Country Potatoes Brussel Sprouts 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium	17 Class of '67 Breakfast Salsa Meat Loaf Mashed Potatoes Mixed Vegetables Fruit 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.	24 Liver & Onions or Salisbury Steak Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	AP
2 Shepherd's Pie Cottage Cheese with Peaches 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium	9 Stuffed Cabbage Mashed Potatoes Stewed Tomatoes Pears 665 cal. 23g fat 59 carb 52g protein	16 Baked Salmon Brown and Wild Rice Cauliflower & Broccoli 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg	23 Broccoli Quiche or Ham and Onion Quiche Hash Brown Potatoes Fresh Oranges & Bananas	30 Soup & Sandwich \$2 Tomato or Ham & Lentil Soup Grilled Cheese or Grilled Ham & Cheese / Cookie (No other options today)
1 Ford Retirees Grilled Pork Chops Mashed Potatoes Broccoli Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	S Corn Flake Chicken Mashed Potatoes Mixed Vegetables 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	15 Turkey Burgers with Sautéed Onions French Fries Mixed Vegetables 1,088 cal. 46g fat 98 carb	Sloppy Joes Veggie Chips Baked Beans 1,088 cal. 46g fat 98 carb	Lasagna Green Beans / Salad Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod
31 Easter Spiral Ham AuGratin Potatoes Prince Edward Vegetables Fruit Salad Easter Eggs Desserts \$5	Roast Beef or Salmon Red Skin Potatoes Cauliflower / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar	14 Bingo Pork Roast or Cod Mashed Potatoes Corn / Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	Roast Turkey Mashed Potatoes & Gravy /Green Beans Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.	28 \$6 Special BBQ Ribs or Chicken Baked Potatoes Prince Charles Veggie Dessert

Menus are subject to change. Monroe Center meals are open to the public. Chef Salad Option Monday thru Thursday. Betty's Salad on Fridays. Soup, as available.