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Your senior millage tax dollars at work!

August 2024

Engage!

VOLUME 24, ISSUE 8



Over 90 Celebration — 2023

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

Open 365 Days a Year

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

Breakfast 8:00 to 9:45 Lunch 11:00 to 1:00 Supper Mon.—Thurs. 4:15 to 6:00

Carry-Outs are available. Please call 734.241.0404

Staff

Executive Director: Sandie Pierce

sandie@monroectr.org

Center Support:

Kevin Hemry

Program Manager: Toni Solomon toni@monroectr.org

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

Customer Service Coordinator:

Cheri Braunlich cheri@monroectr.org

Accounting Clerk:

Linda Guyor

linda@monroectr.org

Volunteer Coordinator:

JoAnn (Mikie) Kunich

Bingo Coordinator:

Lisa Brown

Balance Instructor:

JoAnn (Mikie) Kunich

RSVP Director:

Beth Berlin

beth@monroectr.org

RSVP Volunteer Coordinator:

Jo Anne Bray

joanne@monroectr.org

Vision:

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



15275 South Dixie Highway Monroe, MI 48161

734-241-0404



Visit us on-line: www.monroectr.org

Board of Directors

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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

"God spoke today in flowers, and I, who was waiting for words, almost missed the conversation."

~ *Ingrid Goff-Maidoff*



I was thinking about the quote above and how many times that I missed the conversation. Mostly during times when I wasn't fully present or paying attention. Those are times I don't get back. I think about how much more I could have learned or how much more rewarding the experience could have been. Those were missed opportunities.

The challenge then remains to be more mindful in the future. To do that requires awareness and patience. For those of us who plant gardens, August is a month of waiting to be able to enjoy that first tomato. But, we can't sit back and just watch. During the "Dog Days," it's important that we continue to nurture, provide enough water — and weed. The work is worth the effort. And hopefully, the bounty is plentiful.

Life is like that too. In order to have positive results, it's important to invest the time. In our relationships with one another. In our choices as to how we spend our free time. And in how we show up. Are we choosing to smile and look for the good?

It's a balance too between doing for others and taking care of ourselves. It's also looking at our responses to requests. Are we quick to say no, when we could just as easily say yes? That doesn't mean we're a pushover and let people take advantage of us. But if someone asks us if we'd like to join them at an event, think about the difference between immediately saying "No" or responding with "Sure, I'd love to." Maybe it's not exactly our cup of tea, but the smiles might be worth it.

So during these "Dog Days," let's make a commitment to:

- Be present.
- Have patience with ourselves and one another.
- Listen to what is actually being said and not to what we think or expect to hear.
- And, pay attention to the small things all around us.

~ Sandie

News to Note . . .

- Bingo is on Tuesdays!
 Card sales at 1:30 p.m.

 Sunday Bingo—August 11
 Saturday Bingo Aug. 31
- Monday Massages & 1st-Wednesday of the month with JoAnn — 10:00 to 1:00
- August 7 Birthday
 Celebration during lunch
- August 7—Trivia Night at 5:00 p.m. Prizes!!
- **August 2** Women's Bible Study 3:00 p.m.
- **August 5** Lunch & Learn with Erin Peets, Elder Law
- **August 8** —at 11:30 Library in Motion Delivery
- August 8 Small Group with Pastor Aaron Werner
- **August 14 Movie —** "Unsung Hero" 1:30
- August 8 —Craft—3:00
- Aug. 10 & 24— Men's Bible
- **August 13** Class of '58
- **August 21** MHS Class of '67 Breakfast 3rd Wed.
- **August 15** Writing Group
- August 16— Over 90s
 Celebration with music
 by Bruce Freimark
- August 22 —ProMedica Health Odyssey
- August 22 Book Club "The Educated"
- August 30 \$2 Soup & Sandwich Day

Please Remember to Scan



Happy August Birthdays

Donna Fazekas Sharon Friedline

Fliot Garcia

Louise Bauerschmidt Lee Geisenhaver Linda Bess

Lisa Anneberg

Denise Auten

Linda L. Boberg

Bev Gerber Tom Goodart

Cheryl Bobich Flora Gootee

Michael Boron Maxine Gowman

Elaine Boudrie Mary Grenawitzke

Lee Bunge Linda Haag

Sandra Haynes Lorna Carter

Judy Collingsworth Crystal Heft

David Hehl

Karen Collins

Evelyn Copi Sandra Hensley

Marlene Cunningham Louella Howerton

Pasquale "Pat" DiCarlo Mitzi Jondro

Paula Diehl Carol Kamprath

Judy Drake Phyllis Keck

Pat Drummonds Brenda Keenan

Donna Elmore Deborah Kirshman

Rita Ernest Nancy Kirwen John Falconer

Jo Anne Klootwyk

Grace Falster Mary Kohler Janice Kraus

Andrea Labo

Tom Labo

Lynette Langland

Audrey Lazette

Laura Leicht

Debbie Lentz

Clara Lloyd

Sharon Lusch

Robert McDonald

Pat McPhail

Terri Meadows

Donna Miller

Margaret Morrison

Nick Mushisky

Elaine Mushung

Donna Navarre

Cindy Nolan

Marsha Oberleiter

John Parker

Janis Parriett

Tammy Perez

Ken Phillips

Donna Reaume

Harry Redford

Frank Regan

Joanna Russ

Vicky Sacks

Barbara Sampsel

Rosemary Satkowski

Pat Schassberger

Loretta Scheich

Karen Seger

Joyce St. Bernard

Jack Sturn

Bonnie Thompson

Tom Treece

Joann Trouten

Brenda Turnbull

Ron Turner

Kathy Vanisacker

Sr. Joselyn Weeman

Nia Weisbecker

Nancy Wortinger

Nancy Younglove

Birthday Celebration! — August 7

We'll have cake and ice cream and music with Bonnie, Jim, George, and

the gang.

Members

celebrating a

birthday in

August

enjoy a

complimentary

meal

on Wednesday,

August 7.

Kevin & Pat

Hemry are sponsoring the cake.



July Birthday Celebration Attendees

RECENT DONATIONS

Jerry & Sandie Pierce Nancy Kirwen & Jane Karau Veronica Carlson Nick Mushisky



in memory of Bernice Freimark

Jerry & Sandie Pierce



in memory of Mario Pace

Judge Joe and Amy Costello Family of Cheri Farmer, Barbara Monk, and Terri Magee

Thank you to those who donate to the coffee fund.

To date, we have collected \$490. It makes a difference.



DTE Energy For donating 84 cases of

For donating 84 cases of water during the heat wave.

WELCOME NEW MEMBERS

Pat Carpenter

Jim Crawford

Richard and Kaija Fry

Harry Grenawitzke

Margaret Hall

Kathy Heller

Bobbie Longworth

Earl Matthews

Ken Moore

Gloria Moyer

Danette Myers

Janis Parriett

Mary Lee Sochacki



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

Report on the 50/50 Raffles at Bingo

\$ 642.50 in January

\$ 630.50 in February

\$ 561.00 in March

\$ 609.00 in April

\$ 443.50 in May

\$ 431.50 in June

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

Thanks to Pat and Kevin Hemry for donating the July Cake and ice cream in memory of their brothers.

THANKS FOR FOOD DONATIONS!

\$ 381 — January to March \$205.61 in April \$163.69 in May \$161.00 in June



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

With sympathy ...

Bernice Freimark 6/13



Dave Lyke 6/1

Tom Radcliffe 6/20

Mario Pace 6/27

Arthur Bomia III 6/24

Richard Nagel 6/20



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

Monroe Ford Retirees — Monday, August 5— 8:30 a.m. Breakfast Salaried — 11:00 a.m. Lunch

BINGO

Bingo is held on Tuesdays

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

Sunday Bingo is August 11

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

NEW: Saturday Bingo — Aug. 31

HOSTED BY Mikie Kunich

Wednesday, August 7th 5:00 to 6:30 p.m.

Trivia

Free of charge.

Prizes Awarded!

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



Health Odyssey August 22, 2024

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

Topic: Dr. Yeslinel Velez on Alzheimer's Disease

Please sign up: 734.241.0404

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

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

Craft — August 8 — 3:00 p.m.

Please sign up at the Front Desk.



August 14th Movie

"Unsung Hero" — 1:30 p.m.

Based on a remarkable true story, **UnSung**

Hero follows David Smallbone as he moves his family from Down Under (Australia) to the States, searching for a brighter future after his successful music company collapsed.

Daisy Betts (Actor), Joel Smallbone (Actor)

Rated PG Complimentary popcorn.



Women's Coffee Hour with Maurine

Thursday, August 1 at 4:30 p.m.

Let's talk about health!

Exercise Classes

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

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



Balance Machine

Mikie will be in the exercise room at 4:00 p.m. on Mondays to show folks how to use the Balance Machine.



EnhanceFitness®

Mon.—Wed.—Friday at 10:00

Line Dancing — Mondays at 1:00

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

Massages with JoAnn

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

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



Women's Bible Study led by Toni Solomon Friday, August 2, 2023 at 3:00 p.m.

Men's Bible Study — 9:00 a.m. August 10 and 24

Fun with Yarn For all Ages!

Fridays at 12:00 noon

Share your skills and challenges with knitters and crocheters — or bring any other needlework. Tutoring for knitting and crocheting is always available.

The one-of-a-kind afghan created by this group will be on sale (silent auction) soon!

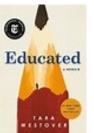
CRAFT SALE — Wednesday Nov 6 11am - 1pm

The Friday Knitter/Crocheter Group is sponsoring a craft sale with all proceeds to benefit the Monroe Senior Center. The group invites all crafters to donate their finest creations to this sale.

Items may be dropped off at the Center between October 14-30. Each item should be clearly marked with your name and suggested price. If no information is provided, items will be marked for sale or donated where needed.

Questions? Contact Maxine at 241-0404 We are always grateful for donations of yarn.

MONROE CENTER **BOOK CLUB**



August 22, 2024 at 1:00 p.m.

"The Educated"

By Tara Westover

Tara Westover was 17 the first time she set foot in a classroom. Born to survivalists in the mountains of Idaho, she prepared for the end of the world by stockpiling home-canned peaches and sleeping with her "head-for-the-hills bag". In the summer she stewed herbs for her mother, a midwife and healer, and in the winter she salvaged in her father's junkyard.

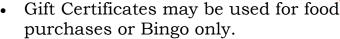
> September's Selection: "The Kite Runner"

Brain Aerobics

is Back — with Mikie Monday's at 9:00 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.





Musicians Wanted For Tuesday Jam Sessions!

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

You're invited to join in the fun.
Bring your instrument

Cheri's Quote of the Month



"Every strike Brings me closer To a home run."

~ Babe Ruth

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.

Calling All Writers

Are you interested in crafting your life history?

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

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

SAVE THE DATE!

ANNUAL STEAK ROAST
IS SEPTEMBER 20.
SPONSORED BY
MARIA MCMULLIN, DDS

Five Bad Things To Say at a Funeral (and Three Good Ones)

Listening and Responding in Tough Conversations

Join us as we continue the discussion from July in a smaller group format.

Sponsored by:

Thursday, August 8, 2024 at 1:00 p.m.



at the Monroe Center for Healthy Aging

~ Pastor Aaron Werner

RUMMAGE SALE is August 9 and 10, 2024

8:00 to 4:00 p.m. on Friday

8:00 to Noon Saturday

Donations of household goods and furniture are appreciated.

(No clothing at this time)

Lunch and Learn

Monday, August 5
with
Erin Peets,
Elder Law and Advocacy
Center

11:30 — Lunch Program at Noon

- Advocates
- Guardianships
- Powers of Attorney
 - and More

Over 90's Party is Friday, August 30, 2024

Members who are 90 years of age or older are invited to the annual "Over 90's Celebration" on Friday, August 30, 2024.

It will be an evening of fun, fellowship, meatloaf dinner, and music by Bruce Freimark and friend.

Prior to the celebration, the Over 90's members are asked to share with us their "Words to Live By" along with a picture (we'll take one if preferred.) Those words will be used in a PowerPoint the night of the event. So ponder this a bit and get your submission to us by August 12.

If you're not 90 or older, you can still attend for dinner and music. Cost is \$5.



FROM THE VOLUNTEER COORDINATOR:

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 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 and keeps our brains active!

~ Joanne Kunich



LOOKING FOR A CHALLENGING VOLUNTEER OPPORTUNITY?

The Michigan Medicare Assistance Program, part of AgeWays Nonprofit Senior Services, is looking for volunteers who would like to help Medicare beneficiaries navigate their benefits – and ideally save money. Training is provided. Counselors work year-round by phone or in person, typically at a library or senior center.

Please call 248-602-1879 for information about how to sign up to volunteer.

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.



Losing Weight After 70: Healthy Diet and Exercise Tips for Aging

Losing weight after turning 70 is a lot like losing weight after turning 30 or 40 or 50: It's often way harder than we think it is going to be. But it is also very doable, and if our health depends on it, it's very worth it.

When I say it is much harder, it is because we tend to idealize being younger as a time when things were easier, and to an extent, that is true in most lives. But think back: When you were 30, you probably lamented at how easy it was to lose weight in your 20s. And when you got to your 50s, you probably looked back on your 30s as glory days when the living was easy.

That's human nature. But the flip side of nostalgia is that even if you thought it was hard in your 30s, you were still able to do it. That's why you look back on it fondly now. And that means that you'll be able to lose weight in your 70s with the same hard work and careful living.

There are many reasons to lose weight after 70, but they all boil down to the same thing: living your best possible life. Improved health, better mobility, and more energy mean that you can attack life with a sense of adventure, a sense of joy, and the truth of independence.

We want to make sure that you're not just looking back at our 70s as the salad days, but that we are truly ready to enjoy our 80s and beyond.

To start with, we want to make it clear we aren't advocating weight loss simply to conform to arbitrary standards and certainly not weight loss for its own sake. Indeed, there are studies that say that for seniors, having a few extra pounds is actually healthy and can be beneficial if facing chemo or a lingering illness. The key, of course, that the ideal weight varies from person to person depending on a number of factors. You should always consult with your doctors about the need to lose weight.

But many people do carry more than a "few pounds." Indeed, nearly 25% of Americans over 65 qualify as obese (and we admit that these standards aren't universal). This is up from 14% in 2000.

The truth is, losing excess fat and gaining strength can be a good idea, no matter our age, if it will benefit your health.

What Are the Health Benefits of Losing Weight?

- Increased mobility. More movement means less reliance on others, which means more independence.
- Lower chances of heart attack or stroke. Heart and circulation troubles are a leading killer of older adults. We can lower the risk of both by losing weight.
- Lower risk of diabetes. 25% of older adults have diabetes. It's vital to lower this epidemic.
- Lower risk of inflammation. Obesity can lead to painful skin conditions and joints.
- Lower cost of living. Less medicine, fewer doctor's visits.
- Less burden on caregivers. A blunt fact of life: It is harder for caregivers to move and care for obese patients.
- Lower rates of depression. It's a cruel shame, but obesity can lead to isolation, a lowered sense of self, and raised rates of depression.

Healthy Diet and Exercise Tips

- Start with walking. Walking regularly at a moderate pace is extremely healthy.
- Get regular exercise. 3 times a week to start.
- Portion control. We need about 100 fewer calories a day for every decade of our life, generally.
- Eat the right foods. Part of losing weight is gaining muscle for strength and balance. But we need the energy to begin and continue exercising. Reducing fatty foods while increasing protein and fruits and vegetables is a good start to eating healthy.
- Keep eating nutritiously. A key to losing weight and keeping it off is adopting healthy eating as a lifestyle. Note: It can be very easy to eat unhealthily, so it is a choice we must continue to make.

Most of life is a choice. Our health and independence depend on it. Managing our weight is an important choice to make that can us to live longer and happier. Losing weight after 70 is one way to embrace the possibilities of aging instead of accepting limitations.



MONROE CENTER TRAVEL

The Center is offering trips in 2024.

See the flyers at the Center for more details or call Maxine at 734.241.0404 on Wednesday or Friday mornings.

Put-In-Bay — **August 29, 2024** —149 per person (Sign up by August 15) Motorcoach and Ferry Ride. Visits to Heineman Winery, Crystal Cave, Butterfly House, Antique Car Museum, Perry's Monument Visitor Center Pick-Up at McDonald's on LaPlaisance at I-75

Reefs and Rhythms — Oceania Cruises — December 3 to 13, 2024
Depart Miami, cruising the Straights of Florida to Costa Maya, Belize,
Guatemala, Honduras, Costa Rica, Panama, and Colombia. Rates
range from \$3,346 to \$5,646 per person. Double occupancy. Includes airfare. Passport.

California Coast — Ruby Princess — April 20 to 27, 2025 (Departs San Francisco)

Alaska — Queen Elizabeth — August 21 to 28, 2025 (Cunard and Seattle)

Eastern Caribbean — Sky Princess — February 2 to 9, 2025 (Ft. Lauderdale)

For more details, please see the bulletin board at the Center or watch for details in the September newsletter.



CAREGIVER SUMMIT

Presented by: The Monroe Aging Consortium
Partnered with: Age Ways

Thursday, August 22, 2024

10:00 a.m. to 1:30 p.m.

LaRoy's Hall 12375 S. Telegraph Rd, La Salle MI 48145

10:00 Participants Visit Sponsor and Vendor Tables

10:50 Brunch (\$5.00 suggested donation)

11:30 Presentations

PLEASE REGISTER BY AUGUST 12: CALL 734.240-3290

Member Spotlight ...

Clayton Navarre was born in June 1931. Early French explorer Francois Navarre, his ancestor, received his prime real estate from the native Potawatomi tribe and it resulted in the beginning of the Frenchtown settlement (renamed Monroe). The Navarre House even played a military role during the War of 1812, serving as the headquarters for James Winchester during the ill-fated Battle of Frenchtown.

Fast-forward to the 19th century. Dr. Alfred Sawyer, a proponent of homeopathy, took up residence here from 1859 to 1870. When the original Navarre House was removed in 1873, the Sawyer House replaced in. It flaunts Italianate architecture and even boasts a stair banister crafted from timbers salvaged from its predecessor.

Dr. Sawyer might have moved on, but his family kept the property. Generations later, his daughter, Jenny Toll Sawyer, gifted the house to the city of Monroe in 1938. Over the years, the Sawyer House has hosted a lively bunch: the Monroe County Historical Museum, the Red Cross, the Camp Fire Girls, and the Boy Scouts.

Eventually, a group of dedicated citizens pooled their resources, restored the building, and formed the custodial group known as The Sawyer Homestead. Their mission? Keeping this gem well-maintained and open to the public. So, if you're ever in the mood for a slice of Monroe's past, swing by the Sawyer House. It's not just a house; it's a living, breathing chapter of Michigan's history! (Edited Al internet reprint)

Submitted by, Kathleen Navarre Venzke Daughter

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

Pinochle Winners

June 10 — Mary Rhoades

June 12 — Pat LaRoy

June 14 — Al Miller

June 15 — Luther Conner

June 17 — Pat LaRoy

June 19 — Pat LaRoy

June 21 — Luther Conner

June 22 — Joan Milam

June 24 — Luther Conner

June 26 — Al Miller

June 28 —Joan Milam

June 29 — Al Miller

July 1 — Luther Conner

July 3 — Elizabeth Rubel

July 5 — Holiday

July 8 — Pat LaRoy

Thanks to Gary Miller for running the Pinochle Games!

Friendly Poker Games

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

#

Hand & Foot — Fridays

We need players. Let us know if you'd like to help form a group.

HEALTHLINE NEWSLETTER

SIX WAYS TO REDUCE WATER RETENTION (EDEMA)

Medically reviewed by Katherine Marengo LDN, R.D., Nutrition — Written by Rachael Ajmera, MS, RD and Hrefna Palsdottir, MS — Updated on July 11, 2023

Water retention, also known as edema or fluid retention, occurs when excess fluids build up in your body. This may cause swelling in your feet, ankles, hands, and legs (peripheral edema). Edema could have several causes, such as:

- hormonal changes or pregnancy
- lack of physical
- chronic kidney disease
- congestive heart failure
- capillary leak syndrome
- lymphatic dysfunction (lymphedema)
- obesity
- malnutrition
- infections that may trigger inflammation / swelling
- certain medications, including: oral contraceptives, corticosteroids, nonsteroidal anti-inflammatory drugs, calcium channel blockers, some diabetes medications

Sometimes, fluid retention may be a symptom of a serious medical condition that could require medical treatment. But if your swelling is mild and you don't have an underlying health condition, you may be able to reduce water retention with these six methods.

1. EAT LESS SALT

Salt is made up of sodium and chloride.

Sodium binds to water in your body and helps maintain the balance of fluids inside and outside your cells. If you often eat foods that are high in salt, such as many packaged foods, your body may retain water. The most common advice for reducing water retention is to decrease sodium intake. However, many other factors are also involved in regulating fluid balance, and the effects of salt on water retention may vary from person to person.

2. Increase magnesium intake

Magnesium is a key mineral involved in more than 300 enzymatic reactions that keep your body functioning properly. Some research suggests that increasing your magnesium intake may help reduce water retention. Good sources of magnesium include nuts, whole grains, and leafy green vegetables. It's also available as a supplement.

3. GET MORE VITAMIN B6

Vitamin B6, also known as pyridoxine, is a water-soluble vitamin that plays a central role in red blood cell formation, protein metabolism, brain function, and immune health. It also regulates fluid balance and may help reduce water retention. If you want to increase your vitamin B6 intake, you can do so by eating foods such as bananas, potatoes, chickpeas, walnuts and tuna.

4. EAT MORE POTASSIUM-RICH FOODS

Potassium serves several important functions, especially regarding heart health, muscle contractions, and nerve function. It's also essential for maintaining blood volume and fluid balance to help decrease water retention. Low potassium levels may also increase blood pressure, risk for kidney stones, bone turnover, urinary calcium excretion, salt sensitivity.

Foods that are high in potassium, such as bananas, avocados, and tomatoes, can help support healthy fluid balance.

5. TRY DANDELION

Dandelion (*Taraxacum officinale*) has long been used as a natural diuretic in folk medicine. It may help reduce water retention by increasing urine production. Speak with a healthcare professional before adding dandelion supplements to your routine.

6. LIMIT YOUR REFINED CARB INTAKE

Refined carb sources such as white bread and pasta are typically high in carbs or added sugar and low in fiber. As a result, consuming these foods may lead to rapid spikes in blood sugar and insulin levels. High insulin levels may cause more sodium retention by increasing sodium reabsorption in your kidneys. In turn, this may lead to more fluid volume in your body and increased water retention.

Fiber-rich whole grains, such as oats, brown rice, and whole wheat bread, are better food sources than refined carbohydrates.



Monroe County Library in Motion Pick-Up

August 8 — 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 — August 15 - 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

or phone.Bring your own coffee!

For details, call: 419-720-4940

Support Services

- Jackie Drouillard can answer your **Medicare** and insurance questions. Please call for an appointment: 734.241.0404
- **Monroe County Senior Legal Services** can answer your legal questions. Please call for an appointment: 734.241.0404
- MCOP Resource Advocates can assist with questions about Medicare, Medicaid, Home Heating Tax and other issues: Call 734.241.0404 to make an appointment.
- **Blood Pressure Checks** with Gena Craft from IHM August 22 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!



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

Call 734.210.1071 with questions or to make an appointment.

#

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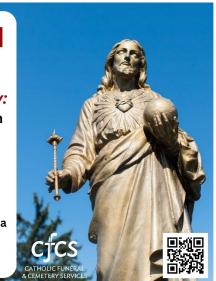
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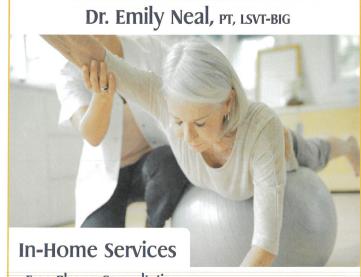
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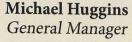
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Monroe Center for Healthy Aging				1 Medicare with Jackie by appointment 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga 4:30 Women's Coffee Hour	2 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot (?) 12:00 Knit / Crochet	3 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
/34.241.0404	0404			7:00 Model A Car Club	3:00 Women's Bible	11:00 Pinochle
4 Sunday Dinner 11 a.m. to 1 p.m.	5 Ford Retirees BK / Lunch 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 11:30 Lunch and Learn 10—1 Massages with JoAnn 12:00 Pinochle 1:00 Dancing/3:00 Balance	6 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers 7:00 Coin Club	7 Birthday Dinner 9:00 Movin' &Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance 5:00 Trivia w/JoAnn aka	8 Medicare with Jackie 9:00 Balance Exercise 10:15 Chair Yoga 11:30 Library in Motion 3:00 Craft— Sign up at the Front Desk	9 RUMMAGE SALE 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot (?) 12:00 Knit / Crochet	10 RUMMAGE Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 9:00 Men's Bible 11:00 Pinochle
11 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	12 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 12:00 Pinochle 1:00 Dancing 3:00 Balance	13 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 11:30 Class of '58 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers	14 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance ® Fitness 12:00 Pinochle 1:30 Movie: "Unsung Hero" 3:00 Balance	15 Medicare with Jackie by appointment 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga 2:00 Writing Class With Betsy Bradley	16 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot (?) 12:00 Knit / Crochet 4:15 Over 90 Party	17 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
Sunday Dinner 11 a.m. to 1 p.m.	19 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 12:00 Pinochle 1:00 Dancing / 3:00 Balance	9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers	21 Class of '67 BK 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance	22 Medicare with Jackie by appointment 9:00 Balance Exercise 10:15 Chair Yoga 11:30 Health Odyssey 1:00 Book Club 2:00 Writing Class **	23 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot (?) 12:00 Knit / Crochet	24 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 9:00 Men's Bible 11:00 Pinochle
Sunday Sunday Ribs Dinner \$6 11 a.m. to 1 p.m.	26 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 12:00 Pinochle 1:00 Dancing / 3:00 Balance	 27 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers 	28 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance	29 Medicare with Jackie by appointment 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga	30 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:00 Soup & Sandwich 11:30 Pinochle 12:30 Hand & Foot (?) 12:00 Knit / Crochet 4:00 Over 90 Party	S1 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 SAT BINGO



2024

Evening Meals

Served 4:15 to 6:00 pm

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

	manifestion polose det in or only out			
Monday	Tuesday	Wednesday	Thursd	lay
29 Salmon Patties w/ Peas & White Sauce Cole Slaw Applesauce	30 Tacos Refried Beans Stewed Tomatoes Corn Casserole	31 Hamburger Gravy over Mashed Potatoes Vegetable Fruit	Augst 1 Southwest Chick Chips & Salsa Fruit	ken Bake
5 Baked Potato Bar with Chili, Cheese, Broccoli Fruit	6 Porcupine Meatball Mashed Potatoes Vegetable	7 French Toast Sausage Banana	8 Ham Slices AuGratin Potato Vegetable	es
12 Cabbage Roll Casserole Cottage Cheese Dinner Roll	13 Zucchini Boats Multi-Grain Bread Fruit	14 Baked Chicken Legs Potato Salad Baked Beans	15 Chicken Marsala over Spaghetti Side Salad	16 Meatloaf Mashed Potatoes Cancelled
19 Patty Melts French Fries Cottage Cheese	20 Turkey Ruebens Country Potatoes Fruit	21 Boiled Dinner — Ham Cabbage, Potatoes, Carrots Dinner Roll	22 Mosticcoli Side Salad Garlic Bread	
26 Chicken Enchilada Corn Casserole Chips & Salsa	27 Spaghetti and Meatballs Green Beans Multi-Grain Bread	28 Cuban Sandwich Pasta Salad Fruit	Grilled Chicken Salad Cottage Cheese Corn on the Cob	30 Over 90 Meatloaf Mashed Potatoes Veggies Crisp

Milk Shakes are available on Monday Nights

Wednesday is Sundae Night \$2.00

Vanilla, Chocolate, Caramel or Strawberry

				1	2	3
Monroe		ATIMITIES	IST	Salmon Patties with Peas and White Sauce Red Skin Potatoes Fruit	Chicken, Shrimp and Rice Stew with peas Cole Slaw	Breakfast 8:00 to 1:00
for treating Aging 734.241.0404	bua		2024	603 cal. 123g fat 85 carb. 426 sodium Protein 35	728 Cal. 10g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium	Noon Meal 11:00 to 1:00
Roast Beef / Salmon Red Skin Potatoes Cauliflower Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	5 Ford Retirees BK/ Lunch Lunch & Learn Sweet & Sour Pork Brown and Wild Rice Stir Fry Veg. / Dessert Or Chef Salad & Dessert 600 cal. 8g fat 94 carb 9g fiber 24g sug. 25g pro. 904mg sod.	6 Home-Made Pizza (Pepperoni or Veggie) Fresh Fruit Broccoli Salad	7 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)	Stuffed Pepper Stuffed Pepper Mashed Potatoes Stewed Tomatoes Pears 665 cal. 23g fat 59 carb	9 Rummage Sale BBQ Chicken Sandwich Potato Salad Baked Beans/ Watermelon 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	10 Rummage Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
11 Bingo Roast Turkey Sweet Potatoes Mixed Vegetables Cranberries 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.	12 Baked Salmon Brown and Wild Rice Spinach 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	13 Class of '58 Lunch Beef Tips Over Noodles Beets Fruit 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro.1,189mg sod	Salsa Meat Loaf Salsa Meat Loaf Mashed Potatoes Mixed Vegetables Birthday Cake & Ice Cream 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.	Chicken Ala King with Peas & Carrots over Biscuits Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	16 Over 90—Evening Ranch Chicken County Potatoes Mixed Vegetables 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro	17 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
Pork Roast or Cod Mashed Potatoes Corn / Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	Cornflake Chicken Legs Baked Potatoes Mixed Vegetables 880 cal. 23g fat 127 carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	Spaghetti Spinach Garlic Bread / Fruit 518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod	21 Class of '67 Breakfast Pork Chops with Sauerkraut Mashed Potatoes Green Beans Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	22 Health Odyssey Chicken Bruschetta Red Skin Potatoes Peas / Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod. (No other options today)	23 Taco Salad with Chips Rice and Red Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	24 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
25 \$6 Special BBQ Ribs or Chicken Baked Potatoes Vegetable Dessert	26 Special 26 BQ Ribs or Chicken aked Potatoes egetable Broccoli essert fiber 8g sugar 29g protein fi	272830 soupTurkey Burgers with Sautéed Onions Sutéed Onions French Fries Mixed VegetablesCountry Potatoes Sweet Potato Wedges BroccoliSweet Potato Wedges Sweet Potato Wedges Grilled Ch Chery SaladMixed Vegetables 600 cal. 15g fat 66 carb 4g fiber 18g sugar600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 15g fiber 18g sugar1,088 cal. 46g fat 98 carb 15g fiber 10 sugar 31g pro. 15g fiber 18g sugar(No other Over! Ov	28 USA Wild Caught Cod Country Potatoes Broccoli 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium	29 BBQ Pork Sandwich Sweet Potato Wedges Celery Salad 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	& S. Hai Hai Chilli Chilli dwi dwi opt	andwich \$2 3.1 Breakfast Broot fast 8:00 to 1:00 ch /Dessert ions today) L1:00 to 1:00

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