



15275 South Dixie Highway
Monroe, MI 48161

NONPROFIT
ORGANIZATION
US POSTAGE PAID
MONROE, MI
PERMIT NO. 485

Accredited by 
National Institute of
Senior Centers



Your senior millage tax dollars at work!

Engage!

March 2024

VOLUME 24, ISSUE 3

**PEN PALS: BEV GERBER AND VONNIE BESS —
A STROKE OF LUCK AND WONDERFUL RESULT**

For 58 years, Bev Gerber held onto a letter she never read. It was from a Pen Pal she had in fourth grade. Unfortunately, it was in French, so Bev could never read it.

Fast forward to 2024, Bev found Vonnie Bess at the Monroe Center. A native of Quebec City, Canada, Vonnie had French parents and learned to speak and write French and was able to translate the letter. It no longer is hid away in Bev's attic.



*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

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
linda@monroectr.org

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.*



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.



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



Visit us on-line:
www.monroectr.org

Board of Directors

PRESIDENT:

Michelle LaVoy

VICE PRESIDENT:

Diane Kamprath

TREASURER:

Jaime McDonald

SECRETARY:

Peggy Barton

BOARD MEMBERS:

Bill Bacarella

Troy Goodnough

Kevin Hemry

Richard Janssens

Hobby Nels

Kassie Nipper

Sister Janet Ryan, IHM

Jennifer Sell

David Swartout

IN THIS ISSUE:

Page

Contacts & Board of Directors	2
From the Director's Desk	3
Birthdays / New Members	4
Thank You's / Memorials	5
Center Activities & News	6—10
Volunteers Needed / RSVP	11
Member's News	12
Travel News	13
Community Pages	14—15
Ask the Pharmacist	16
Advertisers	17—21
Monthly Calendar	22
Evening Meals	23
Monthly Menu	24

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>



From the Director's Desk

"A kind word is like a spring day."

~ Russian Proverb



It's March. I sure am hoping for an early Spring. With Easter at the end of the month, it would be nice if the sun was shining during all of the egg hunts. The sun brings warmth and also good feelings. Just like a kind word.

Each day, we have the opportunity to add beauty to our world and those around us. When we plant flower seeds, we get beautiful flowers (as long as we tend to them.) It's kind of like our relationships with others. If we offer kind words, encouragement, compliments, and good will, we are planting relationship seeds and are nurturing positive interactions with others. It makes a difference. We might not know the extent of the impact that a smile makes. Smile anyway.

Here at the Center, we have the opportunity of meeting lots of people. By listening and sharing stories, we can learn what others have experienced in their lives. Their challenges may be different than ours, but rest assured, we have all been through some tough times. We held strong and are probably better people because of it. Our collective amount of wisdom is astounding. If only the young people would take advantage of what we know!

I'm glad that we have one another. The Center is full of people who genuinely care, who offer support, and who will go out of their way to help. Thanks for being part of it all. And, we're kind of like a quote I read recently: "Our tribe works because we're not all nuts on the same day." Know that that's said with love. Our uniqueness is what makes our Center perfect.

As the weather thaws and the roads are safer, I hope to see **all** of you back to enjoy our meals, to socialize, and join in on the fun. March 15 is our Jigs Dinner & Music. Health Odyssey is March 28, and Easter Dinner is Sunday, March 31. Plus our regular activities.

Thanks for being kind.

~ Sandie

News to Note . . .

- **Bingo is on Tuesdays!**
Card sales at 1:30 p.m.
Sunday Bingo—March 10
Saturday Bingo — Mar. 30
- **Monday Massages & 1st-Wednesday of the month—**
with JoAnn — 10:00 to 1:00
- **March 6 — Birthday Celebration** during lunch
- **March 6 —Trivia Night** at 5:00 p.m. Prizes!!
- **March 1 — Women's Bible Study** — 3:00 p.m.
- **March 5 — Dr. Emily Neal** in Exercise Room 5:00 p.m.
- **March 7 —at 11:30**
Library in Motion Delivery
- **March 13— Movie** — "Son of God" 1:30
- **March 13 —Craft—3:00**
- **March 9 & 23 Men's Bible Study**
- **March 20— Poetry Class** with Nancy Jackson at 1pm
- **March 20— MHS Class** of '67 Breakfast — 3rd Wed.
- **March 28—ProMedica Health Odyssey** on Strokes 734.241.0404
- **March 28 — Book Club** "Firekeeper's Daughter"
- **March 29 — \$2 Soup & Sandwich Day**
- **March 30 — Egg Hunt** 1 p.m.

**Please Remember
to Scan**





Happy March Birthdays



Rosa Amato	David Duval	Beth Knapp	James Penley
Pam Arnold	Nancy Ellison	Betty Knapp	Cindy Prusaitis
Bob Bates	Ruthanne Elmer	Sandy Kozicki	Earl Reame
Bonnie Bellino	Glenda Frederick	Julius LaRoy	Sr. Janet Ryan
Val Bezeau	James Frederick	Michelle LaVoy	Brian Sanders
Joanne Bowman	Phyllis Gillispie	Kathy Marlow	Barbara Siebarth
Margaret Brightbill	Sylvia Gore	Amy Mason	Holly Simon
Candice Britten	Charles Homolka	Mary Ann McBee	Roseanne Stefanski
Vince Burkey	Ernie Howerton	Bob McCain	James Thompson
Beth Ann Choate	Gabriele Huber	Mariann Meyer	Sherri Troxler
Dorothy Conger	Sue Jewell	Barb Michaud	Betty Ann Uhl
Al Conner	Shelly Johnson	Matthew Miller	Sally Venia
Michael Cook	Joycelyn Kapp	Bob Neely	Cathy Verner
Julia B. Copi	Shirley Kenney	Millard Nieswender	Jim Weber
Elaine Culverhouse			

Birthday Celebration! — March 6

We'll have cake & ice cream & music with Bonnie, Jim, George, and the gang. Members celebrating a birthday in March enjoy a complimentary meal on Wednesday, March 6.

Thanks to United Health for sponsoring the cake.



February Birthday Celebration Attendees

RECENT DONATIONS

River Raisin Wood Carvers Club
Susan Anspaugh
Cheryl Carter
Marvin & Elaine Culverhouse
Joyce Rober

*Thank
You*

in memory of James & Cosette Weaver

Eddie Weaver

in memory of John Faunt

Betty Faunt

in memory of William Conger

Dorothy Conger

*Thank
You*

in memory of Larry and Troy

WELCOME NEW MEMBERS

Wendy Abbott	Beverly Moyers
Rosa Amato	Nina Ochs
Judy Barron	John Parker
Vince and Bonnie Burkey	Kim Pearch
Beth Ann Choate	Beth Perry
Michael Cook	John and Judy Peterson
Ken Dishneau	Dawn Rakfo
Robert Duffey	Carolyn Rath
Carolyn Dutton	Michele Rinne
Bryan Fowler	Brian and Lisa Sanders
James Frederick	Karen Seger
Linda Gartner	Linda Smith
Tom Goodart	Gary Standridge
Leann Herndon	John and Laura Trout
Mitzi Jondro	Sandra Vance
Gregory and Joycelyn Kapp	Sally Venia
Michael and Sandra Lenling	Dolly Vogel
Bob McCain	Jim and Jan Wells
Suzette McCrory	Lillian Williamson
Rick and Sue Niciejewski	Cheryl Wyatt

2023 Report on the 50/50 Raffles at Bingo

2023 total: \$4,051.00

\$642.50 in January

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

Thanks to **Fountain View**
for sponsoring the
February Birthday Cake.

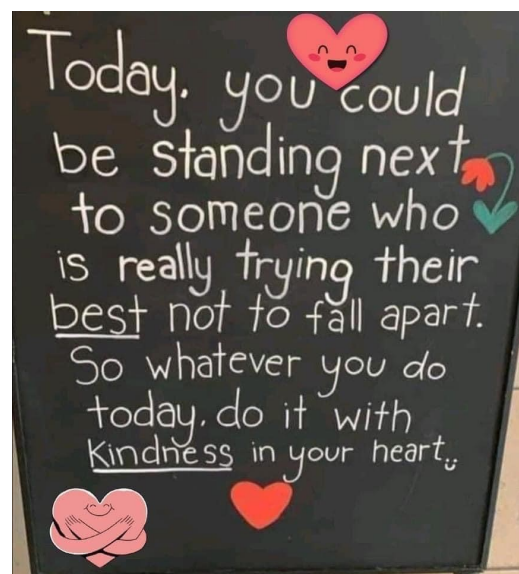
Memorial Leaves are available
for \$10 each. Order at the
Front Desk or see Linda Guyor.

With sympathy ...

Polly Raymer — January 19
Leon Merkle — January 30



Cheri's Quote of the Month



MARCH 2024

“What’s Going On” at-a-Glance

Monroe Ford Retirees — Monday,
March 4 — 8:30 a.m. Breakfast



Bingo is held on Tuesdays

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

Sunday Bingo is March 10

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

NEW: Saturday Bingo — Mar. 30



Health Odyssey

March 28, 2024

11:30 a.m. Lunch

12:00 Program

Topic: Stroke Awareness by
Julie Shawver PA-C

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>

HOSTED BY BETH & PATTI

Wednesday, March 6th

5:00 to 6:30 p.m.



Free of charge.

Prizes Awarded!

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



March 13th Movie

“Son of God” — 1:30



This powerful and
inspirational film
depicts the life story
of Jesus from his
humble birth through
his teachings,
crucifixion and
ultimate resurrection.

Starring Diogo Morgado,
Portuguese Actor

Rated G

Complimentary popcorn.



2024 Dues are Now Payable



This is the last newsletter
you’ll receive if you dues
aren’t paid for 2024.

Craft —

March 14 — 3:00 p.m.

Please sign up at the Front Desk.



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.



St. Patrick's Day Dinner
4:00 to 6:00 p.m.

- Jigs Dinner
- Music with Jon Moore & Ala Carte
- Raffle Baskets

Dinner Tickets are \$8

Please sign up at the
Front Desk by March 8

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



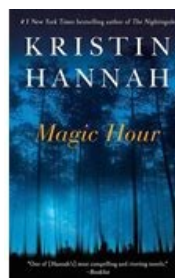
Drumming & Yoga with Betsy or Kathy
Fridays 8:45 to 9:45

Women's Bible Study
led by Toni Solomon

Friday, March 1, 2023 at 3:00 p.m.

Men's Bible Study — 9:00 a.m.
March 9 and 23

MONROE CENTER BOOK CLUB

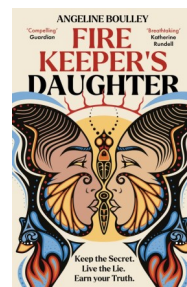


"Magic Hour"
by Kristen Hannah
Was moved to February.

March 28, 2024
at 1:00 p.m.

"Firekeeper's Daughter"
by
Angeline Boulley

Firekeeper's Daughter is a young adult novel that follows Daunis Fontaine, a half-native, half-white young adult who witnesses her friend's murder and becomes involved in an FBI investigation revolving around a new drug.



Boulley, who is Ojibwe, spent 10 years working on the novel as she researched "the intricacies of illegal drugs, to law enforcement, to hockey, to the ways of her own tribe, the Ojibwe people."

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.



MEMBER'S EASTER EGG HUNT

Saturday, March 30, 2024 — 1:00 p.m.

Join the Fun Hunting
Easter Eggs.
Saturday Bingo follows.



(Good Friday: Center closes at 2:00 p.m.)



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

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

If you're interested in becoming a Coach, please sign up at the Front Desk. You can

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.

Save the Date!

April 12 is the Members'
Talent Show.

The last one brought lots of applause — and laughs.

Start to think about what talent you and your group can offer.

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

Effective January 31, 2024

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!



Friendly Poker Games

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



Pinochle Winners



Jan. 12 — Cindy Prusaitis

January 15 — Dee Mitchell

January 17 — Cindy Prusaitis
(winning with a Triple Run!)

January 19 — Luther Conner

January 20 — Joan Milam

January 22 — Renee Schweitzer

January 24 — Dee Mitchell

January 26 — Pat LaRoy

January 27 — Pat LaRoy

January 29 — Al Miller

January 31 — Joan Milam

February 2 — Jean Moore

February 3 — Luther Conner



February 5 — Dee
Mitchell

Monthly "Poets Society"

with Nancy Jackson

Wednesday, March 20
at 1:00 p.m.



In this class, participants will discuss and learn
how to write poetry.

LUNCH & LEARN MONDAY, MARCH 18

Complimentary Lunch at 11:30 a.m.
for those who stay for the program.

Program on Pre-Paid Funerals,
POA's and Burials

Presented by:
Brian Merkle



MERKLE
FUNERAL SERVICE
& FLORAL EXPRESSIONS

PLEASE
REGISTER

Dr. Emily Neal, PT, LSVT-BIG

Looking for exercise tips? Dr. Emily Neal will be in the Exercise Room each Tuesday from 5:00 to 7:00 p.m. to help you create a routine. Starts March 5.



Courageous Rehab
and Wellness
Create a new normal

2024 CALENDAR FUNDRAISER "A YEAR WITH FRIENDS"



PRICE REDUCED!



**American
Red Cross**

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!

A FEW LINES FROM THE VOLUNTEER COORDINATOR ...

Well wishes to you. Thanks to those who volunteer their time!

Things are going well here at the Monroe Center with all of the volunteer areas. Volunteers are working at the Front Desk, serving the food, and providing transportation. Volunteers also assist with the newsletter mailing, rummage sales, special events, and the list goes on. The Center's Volunteers are a great group of people who willingly give of their time and talents.

With the New Year, we're renaming the Transportation Team:

H.E.A.R.T

Helping **E**lderly **A**chieve **R**eliable **T**ransportation

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.

Members Corner

MATCH THE MEMBER ON THE LEFT WITH HIS/HER OCCUPATION ON THE RIGHT.
THE PERSON WITH THE MOST CORRECT ANSWERS WINS A LUNCH!

JoAnne (Mikie) Kunich	Marathon Gas Station & Manager of Roy's Restaurant
Al Miller	River Raisin Paper Company (Union Camp) after 45 years
Stan Simmons	Ford Motor — Acrylic Nails & Kresge's Food Counter
Kevin Hemry	Custer Beer Company
Rose Kern	Brest Bay Marina VP & Toledo Zoo
Hobby Nels	RN at St. Vincent's Hospital
Marie Baehr	Ford Motor— Pilot Plant, Dearborn
Bev Gerber	Ford Motor — Mazda Plant & Fermi
Helen Cole	Lincoln School Breakfast Cook
Jon Moore	Monroe High School Baker & Cook / Stuffer at the Monroe Evening News
Harry Redford	Gratton Construction — Retired in '86
Val Bezeau	Monroe ISD & Family Counseling
Luther Conner	Sylvania Family Practice— Office Mgr.
Debbie Lentz	Detroit Edison
Joyce Rober	United States Post Office
Lois Knegendorf	Van Buren School System, Belleville — Music Teacher



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.

Mississippi / Indiana / Tennessee — Six Days of Gambling — March 24—29, Three nights stay in Tunica, MS at the Fitz. Two nights at the Bally's Resort in Evansville, IN, Step-on Guided Tour of Memphis, TN. Receive \$120 in casino incentives. \$659 per person, double occupancy.

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.

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



community foundation
of monroe county

Area Agency on Aging 1-B



New Name.

Same Great People. Same Great Programs.

While our name has changed, our programs, people, and dedication to supporting older adults, adults with disabilities, and family caregivers remains the same. So does our phone number. You can reach us at **800-852-7795** whenever you, or an older adult you know, needs assistance.

Want to know more about our name change?
Visit [AgeWays.org/NewName](https://www.AgeWays.org/NewName) or scan the QR code:



Contact Us:

[AgeWays.org](https://www.AgeWays.org)

800.852.7795

THE ANNUAL CAMPAIGN CONTINUES!



PLEASE MAIL DONATIONS TO:
**UNITED WAY OF MONROE
COUNTY**
**216 NORTH MONROE
MONROE, MI 48162**

Save the Date:

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.)



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)



Accredited Program



**Monroe County
Library in Motion
Pick-Up
March 7 — 11:30 a.m.**

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 encourage-
ment. 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



FRENCHTOWN-DIXIE BRANCH
LIBRARY
**Informal DEMENTIA
SUPPORT GROUP**

**Second & 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 — March 21 — 2:00 to 3:00 p.m.
Frenchtown-Dixie Branch Library

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 — March 28 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!



“ASK THE PHARMACIST” —

with Jennifer Sell, RPh, Director of Pharmacy Services



LET’S TALK ABOUT CHOLESTEROL!

Hello friends! I wanted to share some guidance and reminders about managing our cholesterol levels. The goals for cholesterol levels have been updated and there are a number of factors to consider when deciding the right time to start therapy with a statin or other drug.

As a reminder, our total cholesterol level is made up of two numbers – LDL (“bad”) cholesterol and HDL (“good”) cholesterol. In general, a total cholesterol level of 200 mg/dl or less is considered healthy. This would mean an LDL less than 100 mg/dl and an HDL of greater than 60 mg/dl. A person would be considered at risk if their total was between 200 and 239 mg/dl, their LDL was between 100 and 159 mg/dl and their HDL is between 41 and 59 mg/dl. Dangerous cholesterol levels would be a total cholesterol of greater than 240 mg/dl, LDL greater than 160 mg/dl and an HDL less than 40mg/dl. These numbers are for a person with no other risk factors like diabetes, a family history of heart disease and obesity. If any of those risk factors are present, the goals for these values would change and treatment would start earlier and potentially be more aggressive. The decision to start treating cholesterol levels with a statin or other drug should be individualized based on current lipid levels, family history and risk factors.

We have discussed statins in past articles and they are still considered the mainstay of therapy because of their accessibility, affordability and effectiveness. They do have side effects though and the decision to start statin therapy should be a conversation with your physician about your current lipid levels and risk factors. In addition, there are a number of things you can do to help manage your cholesterol levels and be more aware of your risk for heart disease:

- Learn your family history.
- Maintain a healthy weight – losing just 5 to 10% of your total body weight can cause a major reduction in cholesterol levels.
- Exercise! Aim for at least 2 hours and 30 minutes each week.
- Check your food labels for saturated fats and trans fats.
- Foods like cheese, eggs, fatty meats and whole milk are high in saturated fats.
- Trans fats raise bad cholesterol levels and lower good cholesterol levels.
- Substitute your oils. The best oils for cooking include peanut, avocado and canola oil.
- Eat more fruits and vegetables to consume more soluble fiber and help to lower your cholesterol levels. Here are some great options:

Eggplant and Okra

Beans

Oats/Barley/Whole Grains

Nuts

Apples/Grapes/Strawberries

Fatty Fish

- Quit Smoking!



Stay healthy and warm!

~ Jennifer

Monroe County's Only Full Service Funeral Provider

734.384.5185



MERKLE
FUNERAL SERVICE
& FLORAL EXPRESSIONS

North Monroe Dundee South Monroe Erie
visit us on the web at merklefs.com



IHM Senior Living Community

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
- ◆ Comprehensive care and support services
- ◆ Care wherever patients live
- ◆ Three state-of-the-art Hospice Centers
- ◆ No one turned away due to inability to pay
- ◆ A team of highly trained volunteers
- ◆ Special help for caregivers
- ◆ *Sincera*™ palliative care services for those with serious, chronic illness not on hospice



419-661-4001
hospicenwo.org



419-931-3440
sinceracare.org

Thank you to our Sponsors & Advertisers.

Disclaimer - The views & opinions expressed here are solely those of the paid advertiser.

Bacarella Funeral Home

Traditional Funerals ~ Cremation
Pre-Planning ~ Personalized Services
Monuments & Markers



Wm. A. Bacarella Dee Maurice Jeffrey C. Rupp

1210 S. Telegraph Rd, Monroe
(734)241-4600
bacarellafuneralhome.com

MG-32287947

Have Medicare questions? I have answers.

Monica Ross-Williams, MBA
Licensed Sales Agent
866-630-6338, TTY 711



Vibrant Life
Senior Living
T E M P E R A N C E

- Assisted Living & Memory Care
 - Beautiful Patios
 - Community Room
 - 24 Hour Staffing

667 W Sterns Rd
Temperance, MI 48182

734-847-3217

SIEB Plumbing
Heating & A/C

Serving you since 1868!

- High Efficiency Furnaces, Boilers, A/C & Humidifiers
- Tank or On-Demand Water Heaters
- Bath & Kitchen Faucets, Sinks & Fixtures
- Walk-in Showers & Bath remodeling
- Plumbing repairs, Pipes Replaced
- Backflow checks & certifications
- Sump pumps & back-up systems



(734) 241-8898

Thank you to our Sponsors & Advertisers.

Disclaimer - The views & opinions expressed here are solely those of the paid advertiser.

 PROMEDICA
MONROE REGIONAL
HOSPITAL

YOUR HEALTH. OUR MISSION.

**Offering Pace-Setting
Health Care in Monroe, MI**

**Thanks to ProMedica Monroe
Regional Hospital for sponsoring
the Health Odyssey Program.**

Dr. Emily Neal, PT, LSVT-BIG



In-Home Services

- Free Phone Consultation
- Chronic Pain Management
- Parkinson's Specialty Treatment
- Fall Risk and Home Safety Assessment
- Injury Consultation
- Strength Training



**Courageous Rehab
and Wellness**
Create a new normal

734-735-2421

America's Choice in Homecare.
VisitingAngels®
LIVING ASSISTANCE SERVICES



Compassionate One-To-One Personal Care

15649 South Telegraph Road
Monroe, MI 48161
734.344.7331

Maria T. McMullin, DDS
McMullin Dental Care



(734) 241-5115

116 Cole Rd. Monroe 48162

www.McMullinDentalCare.com

Thank you to our Sponsors & Advertisers.

Disclaimer - The views & opinions expressed here are solely those of the paid advertiser.

Mable H. Kehres



A ROSE COMMUNITY

Now Accepting Applications
1 & 2 Bedroom Apartments

734.241.6222 TTY 711

MableHKehres.com



Frenchtown Place



A ROSE COMMUNITY

Now Accepting Applications
1 Bedroom Apartment from \$600

734.241.8500 TTY 711

FrenchtownPlace.com



Huron Valley PACE®

Huron Valley PACE provides medical and wellness services to older adults, enabling them to stay in their homes and communities for as long as possible.

CALL FOR INFORMATION
734.879.0322

HuronValleyPACE.org

2940 Ellsworth Road, Ypsilanti, Michigan 48197

COMMERCIAL BANKING | PERSONAL BANKING | PRIVATE WEALTH

COMMUNITY: THE TRUE RETURN ON INVESTMENT

We believe in lifting up our communities through more than just banking – we volunteer, sponsor education, and dig in. That's because we are our communities. We're the dependable little league coach approving your car loan, or the welcoming financial advisor stocking shelves at the food pantry. We are neighbors first, and bankers second. For more information, please call 1.800.205.3464 or check us out at firstmerchants.com.



First Merchants Bank

Helping you prosper

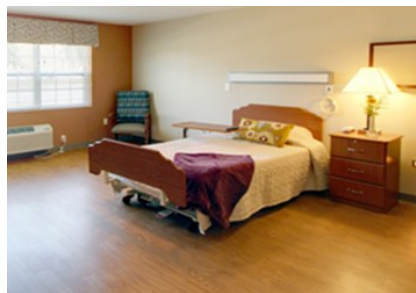
Deposit accounts and loan products are offered by First Merchants Bank, Member FDIC, Equal Housing Lender.

First Merchants Private Wealth Advisors products are not FDIC insured, are not deposits of First Merchants Bank, are not guaranteed by any federal government agency, and may lose value. Investments are not guaranteed by First Merchants Bank and are not insured by any government agency.





Ciena Healthcare Managed Facility



16 private suites
Private bathroom
Flat Screen TV
Private phone

Compassionate, extraordinary care every day

951 Hickory Creek Drive, Temperance, MI 48182

P 734.206.8200

hickoryridgeoftemperance.com



Serving All Faiths Since 1928



- Local Service
- Local Prices
- Local Ownership
- Local Management

Choice lots \$1,000 to \$1,400

roselawnmemorialpark.com

13200 S. Dixie Hwy., LaSalle • 242-2475

Roselawn
MEMORIAL PARK



FOUNTAIN VIEW
 OF MONROE



Services:

- Around the Clock nursing care
- E-stim/ultra sound therapy
- Pain Management
- Physical, Occupational, & Speech Therapy
- Wound Care Management
- Dietary & Nutritional Services
- Medication Administration



- Hospice
- IV Therapy
- Respite Care
- Tube Feeding

Amenities:

- Beautician/Barber Shop
- Cable TV / In-Room Phones
- Individual Heating & Cooling Units for each room
- On-Site Activities
- Private dining room for family gatherings
- Religious / non-denominational services
- Transportation to nearby appointments
- Visiting pets are welcome



1971 North Monroe Street
 Monroe MI 48162

Phone: 734-243-8800

Fax: 734-243-8835

Website: cienafacilities.com

Thank you to our Sponsors & Advertisers.

Disclaimer - The views & opinions expressed here are solely those of the paid advertiser.

March 2024

734-241-0404

3 Sunday Dinner 11 a.m. to 1 p.m.	4 Ford Retirees BK 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Messages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance	5 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 5:00 Fitness Equip. Help 6:00 Woodcarvers	6 Birthday Dinner 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10-1 Messages w/ JoAnn 12:00 Pinochle 3:00 Balance 5:00 Trivia w/Beth & Patti	7 Medicare with Jackie by appointment 10:15 Chair Yoga 11:30 Library in Motion 3:00 Craft— Sign up at Front Desk 7:00 Model A Car Group	8 8:45 Card-i-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	9 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 9:00 Men's Bible 11:00 Pinochle
10 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	11 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Messages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance	12 MCOP Support Services 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 5:00 Fitness Equip. Help 6:00 Woodcarvers	13 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 1:30 Movie: <i>"Son of God"</i> 3:00 Balance	14 Medicare with Jackie by appointment 10:15 Chair Yoga 10:00 Poker Game	15 8:45 Card-i-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 4:00 Jigs Dinner & Music with Jon Moore	16 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
17 Sunday Dinner 11 a.m. to 1 p.m.	18 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Messages with JoAnn 12:00 Pinochle 1:30 Dancing / 3:00 Balance	19 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 5:00 Fitness Equip. Help 6:00 Woodcarvers	20 Class of '67 Breakfast 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 1:30 Poetry Class 3:00 Balance	21 Medicare with Jackie by appointment 10:15 Chair Yoga	22 8:45 Card-i-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	23 Bingo Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 9:00 Men's Bible 11:00 Pinochle
24 Sunday Dinner 11 a.m. to 1 p.m.	25 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Messages with JoAnn 12:00 Pinochle 1:30 Dancing / 3:00 Balance	26 MCOP Support Services 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 5:00 Fitness Equip. Help 6:00 Woodcarvers	27 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	28 Medicare with Jackie by appointment 10:15 Chair Yoga 11:30 Health Odyssey 1:00 Book Club	29 Soup & Sandwich 8:45 Card-i-Yo 10:00 Enhance®Fitness Soup & Sandwich 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	30 Bingo Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle 1:00 Egg Hunt



March

Evening Meals

2024

Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thursday	
February 26 Mostaccioli Side Salad Garlic Bread	27 Porcupine Meat-balls Mashed Potatoes Vegetables	28 Hamburger Gravy over Potatoes Vegetable	29 Chicken Thighs Country Potatoes Coleslaw	
4 Salmon Patties with Sauce and Peas Mashed Potatoes Fruit	5 Spaghetti with Meat Sauce Side Salad Garlic Bread	6 Bean with Ham Soup Corn Bread Fruit	7 BBQ Pork Sandwich Broccoli Salad Baked Beans	
11 Pineapple Chicken Brown Rice Stir Fry Vegetable	12 Enchiladas Stewed Tomatoes Chips and Salsa	13 Turkey Burger Potato Salad Side Salad Fruit	14 Pizza Cucumber Salad	15 St. Pat's Jigs Dinner \$8.00
18 Chicken Marsala Pasta Side Salad	19 Pork Chop Suey Egg Rolls Brown Rice	20 Open Faced Roast Beef Sandwiches Mashed Potatoes Carrots	21 Apple Butter Pork Sweet Potatoes Broccoli / Applesauce	
25 Turkey Rueben French Fries Fruit	26 Baked Cod Country Potatoes Vegetable	27 Chili Multi-Grain Bread Cottage Cheese & Fruit	28 Smothered Chicken Thighs with Tomato & Mushroom Mashed Potatoes / Peas	

Milk Shakes are available on Monday Nights \$2.00

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

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