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Your senior millage tax dollars at work!

Engage!

**VOLUME 24, ISSUE 5** 

## May 2024

# AL MILLER TURNS 100 YEARS OLD ON MAY 21! MEMBER AND FRIEND SINCE 1987





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 — through May 9th

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: Brenda Lewis

brenda@monroectr.org

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**

PRESIDENT:

Michelle LaVoy

**VICE PRESIDENT:** 

Diane Kamprath

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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

"Happiness is an inside job."

~ William Arthur Ward

May is Older Americans Month — a time when we honor older adults. It began 61 years ago when President John F. Kennedy issued the first proclamation recognizing older Americans. At that time, a third of seniors lived in poverty, and close to half were without health insurance. Our Nation rallied together — passing Medicare, strengthening Social Security, which ultimately raised many Americans who had worked hard their whole lives out of poverty. I am grateful for the foundation that was established and for the on-going commitment of our Nation to fund services that help us live independent, happy lives.

The 2024 theme for Older Americans Month is "**Powered by Connection**", which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We are fortunate to have places like the Monroe Center where we can keep these relationships alive.

Our Center is full of individuals who have lived 60, 70, 80 or more years. To achieve this, it means we are doing something right and I think we should be proud to be old. Our experiences, our accomplishments, and our joy live not only in our memories, but in all of the moments that make up today and our tomorrows. Granted, tomorrow is not promised. All the more reason that we enjoy all of the moments that we have.

On May 29, we're celebrating National Senior Health and Wellness Day. We are having a national motivational speaker, Craig Zablocki, who will be talking about how connections are fun. He promises to re-invigorate our inherent enthusiasm and compassion. I'm excited about this opportunity and hope that you are too! Reservations for this event will be required as space is limited.

Kudos to all of you for reaching old age. May the best be yet to come.

~ Sandie

PS Happy Mothers' Day!

#### News to Note . . .

- Bingo is on Tuesdays!
   Card sales at 1:30 p.m.
   Sunday Bingo—May 5
   Saturday Bingo May 25
- Monday Massages & 1st-Wednesday of the month with JoAnn — 10:00 to 1:00
- May 1 Birthday
  Celebration during lunch
- May 1 —Trivia Night at 5:00 p.m. Prizes!!
- May 3 Women's Bible Study 3:00 p.m.
- May 6 Lunch & Learn with Oak Street Health
- **Tuesdays** Dr. Emily Neal in Exercise Room 3:00 p.m.
- **May 9** —at 11:30 Library in Motion Delivery
- May 8 Movie "Fall" 1:30 (Note it's intense)
- May 9 —Craft—3:00
- May 11 & 25 Men's Bible
- **May 14** Class of '58
- **May 15** MHS Class of '67 Breakfast 3rd Wed.
- **May 17** Friday Night Meal
- May 20 Lunch & Learn with Dr. Emily Neal, PT
- May 23 —ProMedica
   Health Odyssey on Vascular
   Health 734.241.0404
- May 23 Book Club "This Tender Land"
- May 31 \$2 Soup & Sandwich Day

Please Remember to Scan



## **Happy May Birthdays**

Janice Adams **Constance Goolsby** Linda Lamb Dawn Rafko Martha Leonard Debra Reaume Carolyn Alston Elizabeth Harrington Randall Reed Mary Ball Kathy Hartwig Evonne Loop Peggy Barton Norman Heath Walter Love Millie Rieger Thomas Beck Janess Hess Frank Lucas Sue Rodriguez **Bob Bess Elaine Hudkins** Tom Maxwell **Dennis Rohmver** Jill McBee Patti Rousselo Ferl Bomia John Hughes Robert Bomvea Jane McDonald Sue Stadler Violet Ingram Mark Braunlich Walter Jacobi Al Miller 100 Years! Jerry Stromberger Mary Bullard Mary K. Kenney Jovce Miller Chris Sturn Charlene Calkins Frankie Kerkenbush Dean Mink Scott Suttles Joe Costello Russell Kiebler Charlotte Moore Brenda Swathell Karen Davis Mary Kohlman Dale Morgan Jayne Van Belle Darwyn Elmore Barbara Kozicki **Roxanne Morris** Susan Vandevelde Adam Emmerdorfer Virginia Nagel Jim Wells Marjorie Kreps Don Faulhaber Jan Wood Jerry Kuehnlein Nancy Neal Dan Gautz Joe Kuehnlein **Judy Peterson** Clint Worrell Richard Genord Carol Yount

#### Birthday Celebration! — May 1

We'll have cake & ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a birthday in May enjoy a complimentary meal on Wednesday, May 1

Thanks to Joyce Rober for sponsoring the cake.



**April Birthday Celebration Attendees** 

#### RECENT DONATIONS

Herb and Iris Stotz

Monday Canasta Ladies

#### in memory of Oscar Vandevelde

Lynn Weeman

Dean and Irene Bond

Fran Ingels

#### **New: Fundraising Campaign**

THE CENTER IS NOW ACCEPTING DONATIONS TO PURCHASE AN AIR CONDITIONER FOR OUR KITCHEN.

PLEASE HELP TO KEEP OUR COOKS COOL.

### WELCOME NEW MEMBERS

Lisa Anneberg Beth McDonald
Julie Bartlett Jane McDonald
Darlene Brittain Stephen Mosher

Sandra Brown Mitchell and Alyssa Peer

Ron and Trish Cole Randy Pincheff

Eliot Garcia Jack and Deb Poupard

Wanell Janes Debra Reaume

Carol Keene Randall and Theresa Reed

Dick and Martha Leonard Karen Turner

Sharon Lusch

May the sun bring you new energy by day.

May the moon softly restore you by night.

May the rain wash away your sorrows.

May the breeze blow new strength into your being.

May you walk gently through the world and know it's beauty all the days of your life.

# 2023 Report on the 50/50 Raffles at Bingo

2023 total: \$4,051.00

\$ 642.50 in January \$ 630.50 in February \$ 561 in March

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

Thanks to **Huron Valley PACE** for sponsoring the
April Birthday Cake.





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

### With sympathy ...

LaDonna Slifco	1/4
Nancy C. Waltz	2/07
Gary Lazette	2/19
Dennis Goldsmith	3/23
Patricia Poupard	3/27
Rose DeSmet	3/31
Larry D. Poore	4/01

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

Cheri's Quote of the Month



# MAY 2024 "What's Going On" at-a-Glance

Monroe Ford Retirees — Monday, May 6— 8:30 a.m. Breakfast

## BINGO

#### Bingo is held on Tuesdays

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

Sunday Bingo is May 5

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

NEW: Saturday Bingo — May 25

## ◀ PROMEDICA | WELL CONNECTED.

# Health Odyssey May 23, 2024

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

Topic: Vascular Health

By Dr. Kasper and Dr. Aree

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 — Painting with Brenda May 9 — 3:00 p.m.

Please sign up at the Front Desk.

#### **HOSTED BY Mikie Kunich**

Wednesday, May 1<sup>15</sup> 5:00 to 6:30 p.m.

## TRIVIA

Free of charge.

Prizes Awarded!

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

## May 8th Movie



"The Fall" -1:30

For best friends Becky and Hunter, life is all about conquering fears and pushing limits.

However, after they climb 2,000 feet to the

top of a remote, abandoned radio tower, they find themselves stranded with no way down.

Now, their expert climbing skills are put to the ultimate test as they desperately fight to survive the elements, a lack of supplies, and vertigo-inducing heights.

Rated PG-13 (But Caution — it's very intense)

Complimentary popcorn.



Stamp Out Hunger Food Drive
Letter Carriers
will be accepting food
donations on Saturday, May 11

#### **Exercise Classes**

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

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



#### **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, May 3, 2023 at 3:00 p.m.

Men's Bible Study — 9:00 a.m. May 11 and 25

# Fun with Yarn For all Ages!

Fridays at 12:00 noon

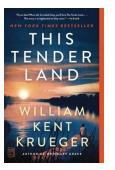
Share your skills and challenges with knitters and crocheters — or bring **any** other needlework.

Tutoring for knitting and crocheting **is** always available.

Questions? Call Maxine at the Center on Friday mornings. 734.241-0404

Donations of yarn accepted so we can create projects to donate.

# MONROE CENTER BOOK CLUB



May 23, 2024 at 1:00 p.m.

*"This Tender Land"* by William Kent Krueger

In the summer of 1932, on the banks of Minnesota's Gilead River, the Lincoln

Indian Training School is a pitiless place where Native American children, forcibly separated from their parents, are sent to be educated. It is also home to Odie O'Banion, a lively orphan boy whose exploits constantly earn him the superintendent's wrath. Odie and his brother, Albert, are the only white faces.

June's Selection: "Two Old Women"

By Velma Wallis

#### **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.

#### RUMMAGE SALE

May 10th & 11th

8:00 to 4:00 on Friday 8:00 to Noon on Saturday

The public is invited.

Enjoy lunch Between 11:00 and 1:00

Donations are Needed (No clothes, please.)

## 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, May 2 at 4:30 p.m. Let's talk about health!

### Lunch & Learn

May 6, 2024



Lunch at 11:30

Main Choice or Chef Salad Only

Program at Noon on Services provided by Oak Street Health

Please Register!



# NATIONAL SENIOR HEALTH & FITNESS DAY

Wednesday, May 29, 2024 8:30 a.m. to 1:30 p.m.

National Senior Health & Fitness Day is celebrated each year. This year, the focus of National Senior Health & Fitness Day is on the *importance of having fun and a purpose in life as we grow older*.

The day will include: Demonstration of the Center's Chair Yoga class, Movin' and Groovin' by Jo Lynn, EnhanceFitness Class, Blood Pressure and Blood Sugar Checks, Blood Cholesterol Checks (limited to 40 people), Height and Weight, and Dr. Emily Neal, PT will be in the Exercise Room.

Complimentary Lunch at 11:30 a.m.

At noon, **motivational speaker Craig Zablocki** will speak. Craig is a nationally recognized speaker who has shared his message of "lightening up" and "reclaiming our natural spontaneity" with groups across all 50 states and abroad. Described as a "chiropractor for the soul," Craig works with the audience, where unexpected magic brings real change. His message for older adults is about the importance of continuing to be present in our lives – to find purpose – and joy.

Reservations are required for this event! 734.241.0404

## 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.



SAVE THE DATE! **LUNCH AND LEARN**DR. EMILY NEAL WILL BE PRESENTING
MAY 20 AND AGAIN ON JUNE 17TH.

# 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
and share your talents!

# Lunch & Learn with Dr. Emily Neal, PT

Monday, May 20

Lunch at 11:30 Main Choice or Chef Salad Only Program at Noon

Please Register

#### **In-Home Services**

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





734-735-2421

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

#### **Pinochle Winners**

March 11 — Dee Mitchell

March 13 — Dennis Eby

March 15 — Gary Miller

March 16 — Mary Rhoades

March 18 — Pat LaRoy

March 20 — Joan Milam

March 22 — Cindy Prusaitis

March 23 — Mike Strube

March 25 — Jean Moore

March 27 — Mike Strube

March 29 — Luther Conner

March 30 — Mary Rhoades

April 1 — Pat LaRoy

April 3 — Al Miller

April 5 — Cindy Prusaitis

April 6 — Mary Rhoades

April 8 — Cindy Prusaitis

# Friendly Poker Games

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

## "Poets Society"

We are looking for someone to take over this class.

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

#### **COMMUNICATION**

Many people think that You must have a large vocabulary to communicate your thoughts.

Many times I've found
My best thoughts
Have been sent and received
With only a wink and a smile.

By Robert L. McDonald



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.

# # # # # #

# TRANSFORMATIONAL CHOICES COUNSELING

New patients are being accepted. Call 734.559.3540

# SPRING HEALTH CHECKS

May 9 — Bedford Mt. Carmel Church Temperance, MI

May 23 — Dundee Assembly of God Church M-50 in Dundee

8:00 a.m. — Noon



#### **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
On August 6.

Monroe County
Senior Millage



# A FEW LINES FROM THE VOLUNTEER COORDINATOR ...

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

IF YOU'VE VOLUNTEERED FOR THE CENTER, YOU SHOULD HAVE RECEIVED AN INVITATION.

WE HOPE YOU'LL ATTEND.

#### H.E.A.R.T

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

#### Answers from the March Newsletter

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!

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

#### **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 trips in 2024.

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

**Caesars Windsor** — Wednesday, June 5, 2024 — \$30 per person Depart from Elevate Church at 15269 South Dixie Hwy. Monroe Enjoy five hours at Caesars Windsor. Receive \$15 in casino play. Valid Passport or Enhanced Driver's License is 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

#### Hypertension (HTN), the Silent Killer

Written by: Rani Kurdi, PharmD Candidate 2024

High blood pressure, or Hypertension (HTN) is a very common disease. According to the CDC (Centers for Disease and Control Prevention), it affects 45% of adults in the U.S. - this equals about 116 million people. Of those, 37 million have a blood pressure of at least 140/90 mmHg. In 2021, high blood pressure caused or contributed to 691,095 deaths in the U.S. alone. The World Health Organization (WHO) estimates that globally, over 1.2 billion people ages 30 to 79 have hypertension. About 2 in 3 of those individuals live in low- or middle-income countries.

#### So, the question is: What is high blood pressure?

The answer to that is if we break down the three words "high blood pressure" - pressure is the force of blood pushing against your artery walls that is consistently too high. This damages the arteries in your heart over time and can lead to serious complications like heart attack and stroke. Therefore, hypertension can be dangerous and has a lot of risks if left untreated. Because high blood pressure can have few or no symptoms, you can have it and not be aware of it. The damage is still occurring in your body and that's why healthcare professionals label it as the "Silent Killer". At a normal visit to the doctor's office, the first thing the medical assistant tends to do is measure the blood pressure of the patient to ensure safety. To interpret the reading, the top number is called systolic blood pressure (should be less than 120 mmHg) and the bottom number is the diastolic blood pressure measured (should be 80 mmHg or less).

#### WHAT CAUSES HYPERTENSION?

High blood pressure happens when many factors come together and affect your body. These factors can include eating too much salt, lack of physical exercise (not moving enough), drinking too much alcohol, smoking, having family members with high blood pressure, and being older than 55.

#### HOW TO MANAGE HIGH BLOOD PRESSURE?

You can control high blood pressure by making changes to your lifestyle or taking medications, depending on your blood pressure readings. You might be curious about how to lower high blood pressure without using medication. The solution lies in making lifestyle changes, such as maintaining a healthy weight that's right for you, eating fruits and vegetables, reducing salt and alcohol in your diet, and getting regular exercise. Exercise doesn't have to be intense, even walking your dog for 30 minutes a day in your neighborhood can make a difference. Start slow and gradually increase your activity level over time or once you become comfortable.

#### Effective medications that can lower blood pressure:

- **Diuretics** (often called "water pills"): They flush excess sodium from your body, reducing the amount of fluid in your blood.
  - Examples: hydrochlorothiazide, chlorthalidone
- Angiotensin-converting enzyme (ACE) inhibitors: Blocks the ACE enzyme in your body from making angiotensin II, which leads to the narrowing of the blood vessels.
  - Examples: Lisinopril, Benazepril.
- **Beta-Blockers:** These medications help to reduce the rate and force at which your heart beats. Examples: Metoprolol, Atenolol.
- **Angiotensin-Receptor Blockers**: Block the receptor for Angiotensin II to help reduce blood pressure and sodium retention.

Talk with your doctor and pharmacist about the best medication choices for you. They will select the right drug dosage to best manage your high blood pressure.

# THIS SPECIAL GROUP – THE 1% – WAS BORN BETWEEN 1930 AND 1946 AND RANGE IN AGE BETWEEN 78 & 94

#### Submitted by Anonymous

#### **Interesting Facts:**

- The "1%" is the smallest group of children born since the early 1900's.
- They are the last generation climbing out of the depression who lived through the winds of war and knew the impact of a world at war.
- They are the last to use ration books for everything from gas to sugar, shoes and stoves.
- They saved tin foil and poured fried meat fat into tin cans.
- They were admonished to eat all of their food because there were poor kids starving.
- They can remember milk being delivered and placed in the "milk box" on the porch.
- They are the last to see the gold stars in the front windows of grieving neighbors whose sons died in the War.
- They saw the 'boys' home from the war, build their little houses.
- They are the last generation who spent childhood without television; instead, they "imagined" what they heard on the radio on shows like The Lone Ranger and The Shadow.
- With no TV until the 1950's, they spent their childhood "playing outside" until the street lights came on. There was no Little League. There was no city playground for kids. A stick or a piece of wood with the right shape became a gun or a sword or whatever they could imagine it to be.
- On Saturday afternoons, a quarter got them in to the movies which had newsreels sandwiched in between westerns and cartoons.
- Telephones were one to a house, often shared (party lines), and hung on the wall in the kitchen with no cares about privacy.

- Computers were called calculators; they were hand cranked. Typewriters were driven by pounding fingers, throwing the carriage and changing the ribbon. Google and the Internet were not in their vocabulary.
- Newspapers and magazines were written for adults and the news was broadcast on the radio in the evening.
- The Government gave returning Veterans the means to get an education and spurred colleges to grow. G.I. loans fanned a housing boom.
- Pent up demand coupled with new installment payment plans opened many factories.
- New highways would bring jobs and mobility.
- The veterans joined civic clubs and became active in politics.
- The radio network expanded from 3 stations to thousands.
- Everyone was busy discovering the post war world.
- Polio was still a crippler. They went to drive-in movies for entertainment because the parents were afraid to take them out into a crowd. The March of Dimes cards were in every store and hard earned dimes were dutifully placed in the slots. They beat polio.
- They came of age in the 50's and 60's.
- They are the last generation to experience an interlude when there were no threats to our homeland. The Second World War was over and the cold war, terrorism, and perpetual economic insecurity had yet to haunt life with unease.
- They grew up at the best possible time, a time when the world was getting better.



## Monroe County Library in Motion Pick-Up

May 9 — 11:30 a.m.

FRENCHTOWN-DIXIE BRANCH LIBRARY DEMENTIA 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 or phone.

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

#### **Support Services**

- Jackie Drouillard answer your **Medicare** and insurance questions. Please call for an appointment: 734.241.0404
- **Monroe County Senior Legal Services** can answer your legal questions. Please call for an appointment: 734.241.0404
- MCOP Resource Advocates can assist with questions about Medicare, Medicaid, Home Heating Tax and other issues: Call 734.241.0404 to make an appointment.
- **Blood Pressure Checks** with Gena Craft from IHM May 23 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!





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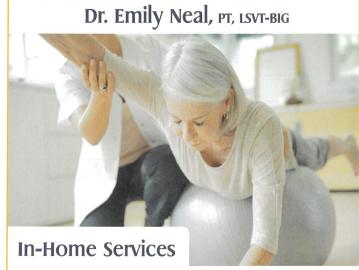
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4 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 9:00 Men's Bible 11:00 Pinochle	11 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	18 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 9:00 Men's Bible 11:00 Pinochle	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle SAT. BINGO	Monroe Center for Healthy Aging 734.241.0404
8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 3:00 Women's Bible	10 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 4:15 Evening Meal	24 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	31 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet
2 Medicare with Jackie by appointment 10:00 Poker Game 10:15 Chair Yoga 4:30 Women's Coffee Hour with Maurine 4:30 Volunteer Dinner 7:00 Model A Car Group	9 Medicare with Jackie by appointment 10:15 Chair Yoga 11:30 Library in Motion 3:00 Craft— 3-D Sign up at Front Desk	16 Medicare with Jackie by appointment 10:00 Poker Game 10:15 Chair Yoga	23 Medicare with Jackie by appointment 10:15 Chair Yoga 11:30 Health Odyssey 1:00 Book Club	30 Medicare with Jackie by appointment 10:15 Chair Yoga
1 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/JoAnn	8 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 1:30 Movie: "The Fall" 3:00 Balance	15 Class of '67 Breakfast 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance	22 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	29 Monroe Senior Legal Health & Fitness Day 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance
	7 9:00 Balance Exercise 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	14 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 3:00 Fitness Equip. Help 6:00 Woodcarvers	21 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 3:00 Fitness Equip. Help 6:00 Woodcarvers	28 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 3:00 Fitness Equip. Help 6:00 Woodcarvers
No.	6 Ford Retirees BK 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 10:00 Brain Aerobics 10:01 Massages with JoAnn 11:30 Lunch and Learn 12:00 Pinochle 11:30 Dancing/3:00 Balance	13 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	20 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	27 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 12:00 Pinochle Center closes at 2:00 p.m.
	5 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	12 Mother's Day Sunday Dinner 11 a.m. to 1 p.m.	Sunday Dinner 11 a.m. to 1 p.m.	Sunday Dinner 11 a.m. to 1 p.m. Ribs Day



2024

# **Evening Meals**

### Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thurs	day
April 29	April 30	1	2	
Turkey Burgers French Fries Baked Beans	Ranch Chicken Country Potatoes Vegetables	Patty Melt Sweet Potato Fries Coleslaw	Volunteer No Public Me	
6 Pepperoni or Veggie Pizza Tossed Salad	7 Smothered Chicken Mashed Potato Broccoli	8 Mostaccioli Side Salad Garlic Bread	9 Pineapple Chic Brown and Wild Stir Fry Vegeta	d Rice
13 Lasagna Side Salad Garlic Bread	14 Southwest Chicken and Rice Bake Fruit	15 Swiss Steak Mashed Potatoes Vegetable	16 Caesar Wrap Veggie Chips Baked Beans	17 Chicken Alfredo Veggies Dessert
20 Baked Potato Bar with Chili, Cheese, Broccoli Fruit	21 Pot Roast with Potatoes and Carrots Cottage Cheese	22 Chicken Legs & Thighs Potato Salad Pea Salad Applesauce	23 Beef Enchilada Refried Beans Stewed Tomato	
27 Memorial Day No Evening Meal	28 Turkey Rueben Pasta Salad Fruit	29 Ham Slices AuGratin Potatoes Green Beans Pineapple	30 Porcupine Mea Mashed Potato Carrots	

Milk Shakes are available on Monday Nights

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

\$2.00

			1 Birthday Dinner	2	3	4
			Open Faced Roast Beef	200		Breakfast
			Sandwich Mashad Potatoes	Veggie Chips	Marinated Chicken Breast	8:00 to 1:00
				Baked Beans	Brown and Wild Rice	
			_	1,088 cal. 46g fat 98 carb	Peas	Noon Meal
		2024	(No hamburgers today) 600 cal 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 sod.	15g fiber 18g sugar Volunteer Dinner at 5:00	583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod	11:00 to 1:00
2	6 Ford Retirees	7	8	6	10 Rummage Sale	11 Rummage
Lasagna	Lunch and Learn	Salmon Patties with	Spaghetti	USA Wild Caught Cod	BBQ Chicken Sandwich	
Green Beans Side Salad	Grilled Pork Chops	Peas and White Sauce		Country Potatoes Brussel Sprouts	Sweet Potato Wedges	Breakfast
Garlic Bread	Carrots / Applesauce	hed skill rotatues Apricots	ــــــــــــــــــــــــــــــــــــــ	600 cal 15a fat 66 carb 10	Celery salad	8:00 to 1:00
616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod	Dessert 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	603 cal. 123g fat 85 carb. 426 sodium Protein 35	518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod		1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	Noon Meal 11:00 to 1:00
12 Bingo	13	14 Class of '58 Lunch	15 Class of '67 Breakfast	16	17	18
Chicken Cordon	Beef Stew	Spiral Ham with pineapple	Baked Salmon	Chicken Noodle	Salsa Meat Loaf	Breakfast
Baked Potatoes	Dinner Roll	Au Gratin Potatoes	ld Rice	Cole Slaw	Mashed Potatoes	8:00 to 1:00
Fruit / Dessert	Collage Cheese	Cauliflower	Cauliflower & Broccoli	717 cal 35g fat 77 carbs	Mixed Vegetables Anricots	
828 Cal. 20g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium	621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.	896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.	500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	7g fiber 33g sugar 23g prot. 948mg sodium	464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.	Noon Meal 11:00 to 1:00
19	20 Lunch and Learn	21	22	23 Health Odyssey	24	25
Pork Roast or Cod	Ranch Chicken	Stuffed Peppers Mashed Potatoes	Sweet & Sour Pork Brown and Wild Rice	Roast Turkey	Taco Salad with Chips	Breakfast
Mashed Potatoes	County Potatoes Mixed Vegetables	Stewed Tomatoes	stables	Sweet Potatoes Green Beans	Spanish Rice Refried Beans	8:00 to 1:00
503 cal. 18g fat 65 carb	Dessert	Pears		Fruit	Stewed Tomatoes	Noon Meal
9g fiber 4g sugar 31g pro. 749mg sodium	880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	665 cal. 23g fat 59 carb 52g protein	eou cal. ag lat 94 carb 9g liber 24g sugar 25g protein 904 mg sod.	socal. 31g lat 03 carb 7g liber 3g sugar 3gg pro 1,278 mg sod. (No other options today)	906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	11:00 to 1:00
26 \$6 Special	27 Memorial Day	28	SS	30	31 Soup & Sandwich \$2	
BBQ Ribs or Chicken	Turkey Burgers w/ Onions	Liver & Onions or Salisbury Steak	Grilled Chicken over a Bed of Lettuce	Pork Chops & Sauerkraut	Split Pea with Ham Soup	Monroe
Baked Potatoes	1,088 cal. 46g fat 98	Mashed Potatoes /Broccoli	resh Fruit	Mashed Potatoes Broccoli / Annlesauce	Grilled Cheese or Tuna Fish	Center for Healthu Agina
Prince Charles Veggie Dessert	carb 15g hber 18g sugar Center closes at 2:00 p.m.	656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod	683 cal.15g fat 4 carb 12g fiber	Sandwich / Dessert (No other options today)	734.241.0404
				rg sugar 2/g pro. 1,055mg sod		1010:11:010

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 — May 6 and 20