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Your senior millage tax dollars at work!

Engage!

VOLUME 24, ISSUE 11

November 2024





THE ANNUAL UNITED WAY CAMPAIGN IS UNDERWAY

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)

JoAnn (Mikie Kunich) 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

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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

<u>Comcast</u>: Channel 21 or <u>Charter</u>: Channel 187

You may also watch it on-line at MPACT's website www.mpactstudio.org





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

"Life's persistent and most urgent question is, 'What are you doing for others?'"

~ Martin Luther King, Jr.

It's November. Where did the year go? So far, it's been a good year here at the Center. We're on track to serve the 100,000 hours of service we projected, and we're having fun. The Center is truly the *place to be for fun, fellowship, and support.* Thanks to all of you for your part. I am grateful.

I hope you remember to vote on November 5. It's a very important election year, and every vote counts. As we move forward in this nation, I hope that there is a great deal more understanding and kindness shown to one another. Somehow, we've moved away from that and I'm not sure why. We, as a generation, were raised to avoid name calling and making fun of others. We are all unique with our own unique talents and quirks. That's what makes America great. We are a nation of immigrants, and unless you're American Indian, you're a descent of an immigrant. America is indeed a wonderful "melting pot."

Thanksgiving is the perfect time to pause, reflect, and give thanks for our many blessings. We have food, shelter, and a place to belong — not only with our families, but also with one another here at the center. Socialization and belonging is good for our hearts. We don't always have to agree 100%, but we still know that we all care and support one another. How heartwarming.

We have two opportunities to celebrate Thanksgiving this month. The Center's Thanksgiving is Friday, November 22. Dinner is served at 11:30 a.m. and Matt Ball will be here to provide some piano music. He's very talented. And we serve turkey again on Thanksgiving Day. You're welcome to bring your family if no one is wanting to cook, or just bring yourself. We'll be glad to have you. Just, please remember to sign up in advance at the front desk.

Again, remember to count your blessings. I count all of you as one of mine.

~ Sandie

News to Note . . .

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

 Sunday Bingo—Nov. 10
 No Saturday Bingo
- Monday Massages & 1st-Wednesday of the month with JoAnn — 10:00 to 1:00
- **November 1** Women's Bible Study 3:00 p.m.
- November 6 Birthday
 Celebration during lunch
- November 6 —Trivia Night at 5:00 p.m. Prizes!!
- **November 7**—at 11:30 Library in Motion Delivery
- November 12— Class of '58
- November 13— Movie "Inside Out 2" 1:30
- November 14 & 15 —
 Rummage Sale



- **Nov. 14** Let's Talk Health with Maurine at 4:30 p.m.
- November 21 —Craft—3:00
- Nov. 9 & 23 Men's Bible
- Nov. 20 MHS Class of '67 Breakfast 3rd Wed.
- **No November** Writing Group
- November 21 —ProMedica Health Odyssey
- Nov. 22 Center's Thanksgiving Dinner with music by Matt Ball
- No November Book Club
- Nov. 28 Thanksgiving
- Nov. 29 \$2 Soup & Sandwich Day

Please Remember to Scan



Happy November Birthdays

Linda Allen Michelle Costello **Avid King** Earl Matthews Linda Poore Aaron Arthur Ron Cutter Richard Klotz Carolyn McAllister Jack Poupard Paula Baker Bob D'Haene Sandy Kraus Suzette McCrory Kathryn Russell Mary Ann Barbier John Diehl Mary E. Krueger Jean McManaway **Bandy Sanders** Connie Barron Bill Doom Richard Krueger Henry Mehall Sandra Shanteau Susie Bates **Bonnie Shinevar** Sally Essary Jo Ann (Mikie) Kunich Al Michaud **Sherry Beaubiene Betty Faunt Buddy Lamb** Sue Miller Julie Siech Anna Mae Fleeman Karen Smith Jeff Beauman **Dick Langton** Art Mininni Don Beilman Gayle Flynn **Thomas Langton** Larry Montague Linda Spenoso Beth Berlin Gary Follbaum Bill LaVoy Dave Nadeau Cheryl Stein Shirley Bitz **Eddie Fortner** Lynn Leininger Dr. Emily Neal Adele Stommel Linda Boberg Richard Fry Saundra Lenling Bill Neboyskey Sue Stoner Fran Bomia Rose Harris Brenda Lewis Hobby Nels Herb Stotz Mark Lewis Marge Bonner Billy Haynes Rick Niciejewski Jim Straub Annett Breeding George Hess Arwada Liedel Jimme Nieswender **Tracy Sudduth** David L. Bryant Richard Hiltz **Debra Lindsay** Cheryl Noble Sandy Tedora Anne Carstensen Charles Huston Jerry Lindsay Isaac Owens Marlene Voelker Alyce Castellese Wanell James **Dennis Livernois** Pam Palmer Sharon Williams Crystal Johnson Jim Patterson Jeanne Woods **Tony Castiglione** Patsy Magee Mary Coolman John Jones Jane Manor Monte Petit Shirley Wyatt Kay Coombe **Sharon Kimling** Ken Masserant Jerry Pierce "69" Jean Zochowski

Birthday Celebration! — November 6

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

Members celebrating a birthday in November enjoy a complimentary meal on Wednesday, November 6.

Merkle Funeral Services sponsored the cake.



October Birthday Celebration Attendees

RECENT DONATIONS

Henry Portillo

in memory of Bernice Freimark

Earl Freimark

in memory of Janet Esper

from the Esper family

Thanks to **Heartland Hospice** for donating the October Birthday Cake

Thanks to **Jim Kiebler** for donating another 12 cases of water.

Thanks to **McMullin Dental** for sponsoring our Steak Roast on September 20.

Thanks to **La-Z-Boy Foundation**for their capital equipment donation
and donation of a La-Z-Boy Chair certificate.



WELCOME NEW MEMBERS

Eugene and Patti Bialy

Chip Certo

Gary Cuthbert

Billy Haynes

Thomas Langton

Mark and Debra Lewis

Betsv Mason

Robert Mazur

Dave and Deborah Nadeau

Debbie Peters

Darlene Raymer

LaVerne Rothman

Tracy Sudduth

Rosemary Tibai

Danny Turner

Diane Webb

Albert and Rosemarie Wehner

Report on the 50/50 Raffles at Bingo

\$ 471.00 — September

Year to Date: \$4,872.50

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

THANKS FOR FOOD DONATIONS! GOAL is \$2,000 FOR YEAR

\$ 381 — January to March \$545 — April to June \$158 in July \$214 in August \$193 in September

Year-to-Date: \$1,491

Memorial Leaves are available for \$1**0 each.**

Order at the Front Desk or see Linda Guyor.

With sympathy ...

Jan Esper 10/01/24

James Waxler 9/26/24

Patricia Neboysky 10/01/24

Kathryn Russell 10/05/2024

Lee Yoas 10/05/2024

Roger Younglove 10/13/2024

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



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

Monroe Ford Retirees — Monday, November 4— 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 November 10

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

HOSTED BY Mikie Kunich

Wednesday, November 6th 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+



Health Odyssey November 21, 2024

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

Topic: Sleep Changes in Older Adults By Dr. Tamanna Bhatia, Family Medicine Resident

Please sign up: 734.241.0404

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

After the events, watch presentations on-line line at MPACT's website www.mpactstudio.org

Cholesterol Checks
November 21 — 8:40 to 11:00
Must Sign Up. Remember to fast.

November 13th Movie



"Inside Out 2"
— 1:30 p.m.

Disney and Pixar's "Inside Out 2" returns to the mind of newly minted teenager Riley just as headquarters is undergoing a sudden demolition to make room for something entirely un-

expected: new Emotions! Joy, Sadness, Anger, Fear and Disgust, who've long been running a successful operation by all accounts, aren't sure how to feel when Anxiety shows up. And it looks like she's not alone. Maya Hawke lends her voice to Anxiety, alongside Amy Poehler as Joy, Phyllis Smith as Sadness, Lewis Black as Anger, Tony Hale as Fear, and Liza Lapira as Disgust. Directed by Kelsey Mann and produced by Mark Nielsen.

Rated PG Complimentary popcorn.

Women's Coffee Hour with Maurine

Thursday, Nov. 14 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

Ask at the Front Desk if you'd like to learn 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



Silver Sneakers Insurance is accepted at

Courageous Rehab

1507 North Telegraph **734-735-2421**

Women's Bible Study by Toni Solomon Friday, Nov. 1, 2024 at 3:00 p.m.

Men's Bible Study — 9:00 a.m.

November 9 and 23

with Minister Solomon

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.

CRAFT SALE — Wednesday, November 6 11:00 am - 1:00 pm

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

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

Craft November 21 — 3:00 p.m. Snowmen Containers

Please sign up at the Front Desk.

MONROE CENTER BOOK CLUB

No Book Club in November or December

Halloween Party

October 31, 2024

11:00 to 1:00

Music by Second Tyme Around

Soup & Sandwich Lunch — \$2

Costume Contest

Pumpkin Decorating

Sponsored by Fountain View

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

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

WHAT ARE YOU THANKFUL FOR? Health Home Family Friends

Food

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 of the 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.

No Class in **November** or December.

Save the Date

Saturday, December 7

Center's Holiday Party

5:30 p.m. — Tickets are \$15 (on sale November 1)

Music by "Neil Diamond"

Sponsored by Sieb Plumbing

La-Z-Boy Chair Raffle Drawing

Tickets are \$5 each

Rummage Sale —

Thursday, November 14 — 8:00 a.m. to 4:00 p.m.

Friday, November 15 — 8:00 a.m. to 2:00 p.m.

Donations are appreciated. (No clothes please.)



CRAFT SALE — Wednesday Nov 6th from 11am - 1pm

Location: Monroe Center at 15275 S. Dixie Hwy. Monroe, MI 48161

Come Shop with us, there is something for everyone priced from \$1 - \$60.

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 some of 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

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

Center's Thanksgiving

Friday, November 22, 2024

Dinner served at 11:30 a.m. \$5 per person

Turkey, Mashed Potatoes, Dressing, Green Beans, Cranberries, Roll Pumpkin Pie

Please Sign Up 734.241.0404

Sponsored by Hickory Ridge



Ciena Healthcare Managed Facility

Thanksgiving Day Holiday

Thursday, November 28, 2024

Dinner served 11:00 a.m. to 1:00 p.m. \$8 per person

Turkey, Mashed Potatoes, Dressing, Green Beans, Cranberries, Roll Pumpkin Pie

Please Sign Up 734.241.0404

Open Enrollment — Message from Jackie Drouillard

The following is from a warning from Medicare concerning medical providers staying in Medicare Advantage Plans.

A recent *Health Leaders* article titled "Providers Fed Up with Medicare Advantage" by Marie Defreitas begins "Across the country, more providers are opting to drop Medicare Advantage (MA) plans — creating a new trend within the health care landscape."

The article cites a survey conducted by the Healthcare Financial Management Association which found that 19% of health care systems have stopped accepting a Medicare Advantage plan and that 61% are planning to or are considering it. The survey also found that 82% of health systems are experiencing higher denials than pre-pandemic levels.

Providers who have dropped Medicare Advantage plans often argue that the MA plans impose restrictions that can hinder patient care. Low reimbursement rates, complicated billing, and stringent pre-authorization requirements have pushed providers to their boiling point. The administrative burden and financial strain associated with MA plans is simply not worth it for many health systems.

Plan enrollees also face problems. Many of the providers listed in their insurance's directory simply don't exist or aren't accepting patients. This isn't a minor oversight — it's what known as a "ghost network" and it leaves people stranded when they need care the most.

The Annual Enrollment Period which allows Medicare beneficiaries to make changes to the Medicare Advantage or Part D plans for next year began October 15. If you are enrolled in a Medicare Advantage plan, make sure to confirm that all of your providers are part of, and will remain in the plan's network for the up-coimg year. Unfortunately, there is no guarantee that a Medicare Advantage plan's network will not change in the following year.

FROM THE VOLUNTEER COORDINATOR:

Are you looking for something to fill your spare hours? We could use a few more people who'd like to be servers for our meals — especially evenings and weekends.

Come talk with me.

Volunteering is good for our health and keeps our brains active!

~ JoAnn (Mikie) 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. Training is provided.

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.



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 — November 11 — \$30 per person, includes five hours of casino play and \$15 in casino play. Departs from Elevate Church on South Dixie Hwy.

Gateway Casino Sarnia, Ontario — Monday, December 16, 2024 \$49 per person, includes five hours of play, \$20 in casino incentives. Departs Elevate Church, 15269 South Dixie Hwy, Monroe at approximately 9:30 a.m. Arrive home approximately 7:00 to 7:30 p.m. Passport or enhanced driver's license required. Call if you might be interested — Maxine at 734.241.0404

Eastern Caribbean — Sky Princess — February 2 to 9, 2025 Departs Ft. Lauderdale, sailing to Princess Cays, Bahamas, San Juan, Puerto Rico; Amber Cove, Dominican Republic; Grant Turk, returning to Ft. Lauderdale. Princes range from \$2,242 to \$2,629 per person, double occupancy. Includes roundtrip air from Detroit.

California Coast — Ruby Princess — April 20 to 27, 2025

Departs San Francisco, sails to Santa Barbara, San Diego, and Ensenada, Mexico, returning to San Francisco. Prices range from \$2,790 for an inside cabin to \$3,214 for a Balcony cabin. Per Person, Double Occupancy. Includes roundtrip airfare from Detroit.

Alaska — Queen Elizabeth — August 21 to 28, 2025
Departs Seattle, sails to Sitka Alaska, Glacier Bay National Park, Ketchikan, Victoria,
British Columbia, returning to Seattle. \$2,250 to \$3,248 per person, double occupancy.
Includes roundtrip airfare from Detroit.

Save the Date

Lunch and Learn Thursday, December 12, 2024

Harborside Senior Living 10701 Valleywood Ave. Luna Pier, Mi 48157 Center's Christmas Dinner Wednesday, December 18

11:30 Dinner
12:00 Music with Jon Moore
and Ala Carte

Member Highlights ...

- **Cell Phone Help?** We've had a few inquiries about having someone available to help with cell phones. Ryan Jewell has indicated that he could help — by appointment. If you'd like some assistance, please sign up at the Front Desk, and we'll get you scheduled.
- **Scan Cards.** Please use them. When? **Every** time you come in to the Center, and every time you leave. This process records the time you entered, when you left, and calculates the time you spent here. This number is the basis for receiving our funding allocation from the senior millage (Monroe County Commission on Aging).
- Flu & Covid Season. Please remember others. Stay home is you're having symptoms of the flu, Covid, or the common cold. And remember to wash your hands often. It helps stop germs.



Our Community

The Willow Neighborhood Memory Care

The Willow neighborhood symbolizes flexibility, adaptability, and endurance.

The Magnolia Neighborhood **Assisted Living**

The Magnolia neighborhood represents stability, strength, and longevity.

PLANT NEW GROUND HERE

www.gardenssl.com admissions@gardenscarleton.com

Come Grow With Us

- Specialized Care Plan
- Nursing Oversight 24 hours a
- Support with Daily Living Activities
- Medication Management
- Meals and Snacks
- Housekeeping
- Love, Dignity and Respect
- Support for the Resident and Their Family
- Activities to Help Residents Thrive
- Warm and Inviting Adtmosphere



12400 Matthews St. Carleton, MI 48117 833.931.5853

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

Pinochle Winners

Sept. 6 — Luther Conner

September 7 — Mike Strube

September 9 — Joan Milam

September 11 — Mary Rhoades

September 13 — Cindy Prusaitis

September 14 — Luther Conner

September 16 — Carol Schwartz

September 18 — Mary Rhoades

September 20 — Cindy Prusaitis

September 21 — Al Miller

September 23 — Mary Rhoades

September 25 — Al Miller

September 27 —Cindy Prusaitis

September 28 — Gary Miller

September 30 — Cindy Prusaitis

October 2 — Luther Conner

October 4 — Mary Rhoades

October 5 — Mary Rhoades

October 7 — Gary Miller

October 9 — Gary Miller

Thanks to Gary Miller Pinochle Games!

Friendly Poker Games

(See Kevin)

1st & 3rd Thursdays at 10:00 a.m.

Hand & Foot — Fridays

We need players. Let us know if you'd like to be part of a group.

Ask the Pharmacist!

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

Happy Fall My Friends!

I hope you all had a great summer and are looking forward to some cooler temperatures and fun Fall activities!

I have been getting a lot of questions on the highly advertised medications like Ozempic, Mounjaro and Trulicity as of late. It seems like there is a commercial for at least one of them on every television channel!

These medications are in a class of drugs called Glucagon-like Peptide 1 (GLP-1) agonists and they are indicated to treat Type 2 Diabetes. They are very effective at blood sugar control in diabetic patients and further research has shown that these drugs may lower the risk of heart disease and decrease cholesterol levels too. Patients using these medications also report weight loss, ranging from 10 pounds up to nearly 34 pounds in other patients. The amount of weight loss that occurs is drug and dose dependent. This predicted weight loss has driven the use of these medications beyond the diabetic population. These drugs cause weight loss by curbing hunger and slowing the movement of food from the stomach into the intestine (i.e. slower digestion).

The overall concern with this use for weight loss is that these positive effects may not last once the drug is stopped. Unless a person has adopted a well regimented diet and exercise plan, they may find that all of the weight they lost returns after the medication is stopped.

These medications, whether used for diabetes or weight loss, also have a number of side effects. They can cause gastrointestinal symptoms like nausea, vomiting, diarrhea and constipation. Patients experiencing these symptoms should eat slowly, stop eating when full and consume smaller portions. Some patients also report a side effect that has become known as "Ozempic face" – this is a hollowed look to the face cause by rapid fat loss in the face and neck region.

As I always recommend before considering adding a new medication to your regimen, talk with your prescriber and pharmacist. Be informed of the positive and negative side effects, so you can make an informed decision.

Take Care!

~ Jennífer



Monroe County Library in Motion Pick-Up

November 7 — 11:30 a.m.

FRENCHTOWN-DIXIE BRANCH LIBRARY 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 — November 21— 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

- **Open Enrollment began October 15.** Jackie Drouillard and Joyce Rober can answer your **Medicare** and insurance questions. Please call for an appointment: 734.241.0404 Now scheduling Open Enrollment appointments.
- **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 November 21 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



MONROE COUNTY SENIOR LEGAL SERVICES Annual Bingo/Raffle Party

For accurate results, DO NOT eat or drink for 12 hours before your test.

Medications MAY be taken with WATER.

ALL TESTING IS SUBJECT TO AVAILABILITY.

QUESTIONS? Call 734.242.1331



Thursday, November 7, 2024

8 a.m.-12 noon

Carleton United Methodist Church 11435 Grafton Road

Carleton, MI 48117

SATURDAY, DECEMBER 7, 2024

at 6:00 P.M. (doors open at 5:15 p.m.)

at the

VFW HALL Post 1138
400 Jones Avenue, Monroe, MI 48161
(Corner of Jones Ave. and LaPlaisance Rd.)

Cost: \$20.00 for 6 Regular Bingo cards

Special Bingo sheets: \$1.00 each (3 cards per sheet)

OPEN TO THE PUBLIC

Food and Beverages available for purchase







RAFFLE DRAWING PRIZES:

1st Prize: \$599.00 La-Z-Boy Furniture Certificate

2ND Prize: Air Pods Pro 3rd Prize: \$100 Cash

Raffle Tickets: \$1.00 each or 6 tickets for \$5.00

Raffle Drawing immediately following Bingo. NEED NOT BE PRESENT TO WIN! Purchase tickets in advance at our office or call 734-241-7644 for more information.

BINGO LICENSE # V11032

RAFFLE LICENSE # R76410



FREE

MEDICARE WEIGHT LOSS PROGRAM

Dietitian-led program for those with a BMI (body mass index) greater than/equal to 30 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 Diabetes Education and Nutrition Services 734-240-1813 (Monday-Thursday 8am – 4:30pm)



SOCIAL SECURITY NEWS

The Cost of Living Adjustment for 2025 will be 2.5%.

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







MONROE AGING CONSORTIUM HEALTH & WELLNESS SUMMIT

Tuesday, November 12, 2024

10:00 AM—1:30 PM LaRoy's Hall 12375 S Telegraph Rd LaSalle, MI

10:00 Guests Visit Sponsor and Vendor Tables

11:00 Brunch (\$5.00 suggested donation)

11:45 National Public Speaker: Jeff Weiss "Dirty Dozen Myths Associated with Aging" highlights the key reasons why getting older can be THE BEST part of your life!!



1:00 Q&A

1:15 Basket and 50/50 Raffle Drawings

Extended to

Please register November 4 to Monroe County Commission on Aging

734-240-3290 or Email: MCCOA@monroemi.org
Please include names and contact information

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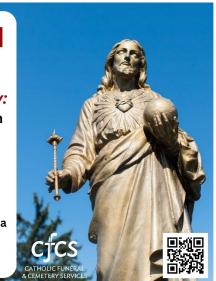
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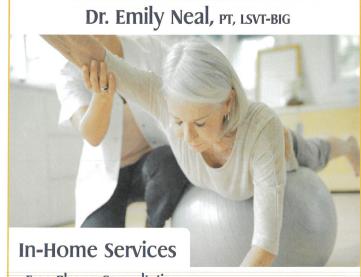
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2 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle	9 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 9:00 Men's Bible	16 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle	23 Breakfast 8:00 to 1:00 9:00 Men's Bible Noon Meal 11:00 to 1:00	30 Breakfast 8:00 to 1:00 Noon Meal 11:00 to Noon Center closes at 1:00 p.m.
1 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot (?) 12:00 Knit / Crochet 3:00 Women's Bible	8 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot (?) 12:00 Knit / Crochet	15 RUMMAGE 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot (?) 12:00 Knit / Crochet	22 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 11:30 Center's Thanksgiving Dinner 12:00 Knit / Crochet	29 11:30 Pinochle 11:30 Soup & Sand. 12:00 Knit / Crochet
	7 Medicare with Jackie by appointment 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga 11:30 Library in Motion 7:00 Model A Club	14 RUMMAGE SALE Medicare with Jackie by appointment 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga 4:30 Let's Talk Health with Maurine	21 Medicare with Jackie by appointment 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga 11:30 Health Odyssey 3:00 Craft	Thanksgiving Day Dinner Service 11:00 to 1:00 Center closes at 2:00 p.m.
ber 2024	6 Birthday Dinner 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance 5:00 Trivia w/JoAnn aka	13 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 1:30 Movie: "Inside Out 2" 3:00 Balance	20 Class of '67 BK 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance	27 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance
Novembe	5 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	12 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	9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers	26 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers
	Ford Retirees BK / Lunch 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	11 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	18 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	25 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
Monroe Center for Healthy Aging	Sunday Dinner 11 a.m. to 1 p.m.	10 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	17 Sunday Dinner 11 a.m. to 1 p.m.	24 Sunday Ribs Dinner \$6 11 a.m. to 1 p.m.



Evening Meals

Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thursday
28 Sloppy Joes Sweet Potato Fries Baked Potatoes Fruit 4	29 Turkey Reuben Spaghetti Salad Fruit	30 Grilled Chicken over Lettuce Cottage Cheese Multi-Grain Bread	31 Hot Turkey Sandwiches Mashed Potatoes Vegetables Cranberries
Hawaiian Meat Balls Brown Rice Stir Fry Vegetables	Porcupine Meat Ball Mashed Potato Carrots	Tuna Melts Sweet Potato Fries Applesauce	Apple Butter Pork Stuffing Vegetable
11 Baked Potato Bar with Chili, Cheese, Broccoli Fruit	French Toast with Cherry or Blueberry Sausage Banana	13 Ham and Bean Soup Corn Bread Fruit	14 Turkey Burgers French Fries Baked Beans
18 Pork Chops with Mushroom Gravy Mashed Potatoes Vegetable	19 Chicken Legs Red Skin Potatoes Vegetable	20 Mostaccoli Side Salad Garlic Bread	21 Chicken Caesar Wraps Veggie Chips Fruit
25 Swiss Steak Mashed Potatoes Stewed Tomatoes	26 Baked Cod Country Potatoes Vegetable	27 Tomato Soup Grilled Cheese Fruit	28 Thanksgiving No Evening Meal

Milk Shakes are available on Monday Nights

\$2.00

Wednesday is Sundae Night \$2.00

Vanilla, Chocolate, Caramel or Strawberry

1					Turkey Burgers with	7
Monroe Center for Healthy Aging		Novem	nber	2004	French Fries Mixed Vegetables 1,088 cal. 46g fat 98 carb 15g	Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
734.241.0404	e+			100	nber 18g sugar	
3 Chicken Bruschetta	4 Ford Retirees BK/ Lunch	5	6 Birthday Dinner Marinated Chicken Breast	7 Ground Turkov Chili	8	6
or Salmon Red Skin Potatoes	Beef Tips Over Noodles Beets / Fruit	Egg Casserore Hashbrowns	Sweet Potato / Peas Birthday Cake & Ice Cream	Ground Turkey Crim Multi-Grain Bread Peaches	Baked Salmon Baked Potato	8:00 to 1:00
Green Deans 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.	765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro.1,189mg sod	Banana	583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod (No hamburgers today)	666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbohydrates; 34.7 g protein	SDINACN 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	Noon Meal 11:00 to 1:00
10 Bingo	11	12 Class of '58 Lunch	13	14	15	16
Pork Roast or Cod Mashed Potatoes Corn / Applesauce	BBQ Chicken Sandwich Potato Salad Baked Beans	USA Wild Caught Cod Country Potatoes Broccoli	Spaghetti Green Beans Garlic Bread / Fruit	Cornflake Chicken Baked Potatoes Mixed Vegetables	Liver & Onions or Salisbury Steak Mashed Potatoes Broccoli	Breakfast 8:00 to 1:00
503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium	518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod	880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	Noon Meal 11:00 to 1:00
17	18	19	23 Class of '67 Breakfast	21 Health Odyssey	22 Center's TG Dinner	23
Roast Beef / Salmon Red Skin Potatoes Cauliflower	Stuffed Cabbage Casserole Mashed Potatoes	Salsa Meat Loaf Mashed Potatoes Mixed Vegetables	Sweet & Sour Pork Brown and Wild Rice Stir Fry Vegetables Fruit	Ranch Chicken County Potatoes Green Beans Fresh Fruit	Roast Turkey Mashed Potatoes / Gravy Stuffing / Green Beans	Breakfast 8:00 to 1:00
rears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	Stewed Tomatoes 665 cal. 23g fat 59 carb 52g protein	464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.	600 cal. 8g fat 94 carb '9g fiber 24g sugar 25g protein 904 mg sod.	880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod. (No other options today)	Cranberries Pumpkin Pie	11:00 to 1:00
24 \$6 Special BBQ Ribs or Chicken Baked Potatoes Vegetable	25 Pork Chops with Mushroom Gravy Mashed Potatoes Green Beans	26 Chicken Ala King with Peas & Carrots over Biscuits / Fruit 469 cal. 19g fat 82 carb	BBQ Pork Sandwich Sweet Potato Wedges Celery Salad 1,088 cal. 46g fat 98 carb	28 Thanksgiving Roast Turkey Mashed Potatoes / Gravy Stuffing / Green Beans Cranberries	29 Soup & Sandwich \$2 Chicken Noodle or Squash Soup Tuna Fish or Ham & Cheese Sandwich / Cookie (No other options today)	30 Breakfast 8:00 to 12:00 Noon Meal 11:00 to 12:00 (Center closes at

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. Note: Main Choice or Chef's Salad ONLY on Lunch and Learn —September 16