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National Institute of
Senior Centers



Your senior millage tax dollars at work!

October 2024

Engage!

**VOLUME 24, ISSUE 10** 



Over 90 Members at the Celebration on August 30, 2024

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**

**PRESIDENT:** 

Michelle LaVoy

**VICE PRESIDENT:** 

Diane Kamprath

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**Peggy Barton** 

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Jennifer Sell

**David Swartout** 

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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

"When we are face to face with our destiny, we must meet it with high and resolute courage. For us is the life of action, of strenuous performance of duty. Let us rather run the risk of wearing out than rusting out.

~ Theodore Roosevelt (1858 - 1919)

I love this quote by President Roosevelt. "Let us run the risk of wearing out — rather than rusting out." It speaks to what I witness here at the Center every day — older adults who are active, engaged, and living life to its fullest. It truly is something to celebrate.

In August, we had the opportunity to recognize those members who are 90 years of age or older. That is quite the accomplishment and something to be so very proud of. Nine decades of life experiences, memories, and adding good things to our world. I am grateful.

The "words of wisdom" they shared included exercising, accepting what is, maintaining a healthy lifestyle, finding the positives in every day living, and sharing joy. It's good advice and certainly helped these 90+ members achieve this milestone. Vintage — just not antique yet.

These individuals made choices throughout their lives that helped them get to reach 90 plus. It's a good reminder that our choices in life do matter. When I think about my own life choices, I realize that I can't wait for ten more years to practice prevention and I can do better, including:

- Eating healthy doing a better job practicing what I preach. Because you all know I can go on and on about eating less sugar ... It matters.
- Accepting other's choices. Sometimes people
  make choices that I don't see the value in, but
  they're not my choices. It's their life to live.
- Letting go of the past. And following the advice of Maya Angelou — "Do the best you can until you know better. Then, when you know better, do better."
- Trusting my gut. When I get to the fork in the road, I'll take it even if it's out of my norm.
- Remembering to find the good like all of you!

~ Sandie

### News to Note . . .

- Bingo is on Tuesdays!
   Card sales at 1:30 p.m.
   Sunday Bingo—October 13
   Saturday Bingo Oct. 26
- Monday Massages & 1st-Wednesday of the month with JoAnn — 10:00 to 1:00
- October 2 Birthday Celebration during lunch
- October 2 —Trivia Night at 5:00 p.m. Prizes!!
- October 4 Women's Bible Study 3:00 p.m.
- **September 5**—at 11:30 Library in Motion Delivery
- October 8— Class of '58
- October 9— Movie "On the Basis of Sex" 1:30
- October 17 —Craft—3:00
- Oct. 10 Let's Talk Health with Maurine at 4:30 p.m.
- Oct. 12 & 26— Men's Bible
- October 17 Lunch & Learn with Paster Warner
- Oct. 16— MHS Class of '67 Breakfast 3rd Wed.
- October 24— Writing Group
- October 18 Anniversary sponsored by Oak Street Health
- Oct 16— Flu & Covid Shots
- October 24—ProMedica Health Odyssey
- October 24 Book Club "Demon Copperhead"
- Oct. 31 \$2 Soup & Sandwich Day & Halloween

Please Remember to Scan



## **Happy October Birthdays**

Linda Foshag Dee Kelham William Fitts James Keck Helen Anson Dennis Richardville Marge Auten Kaija Fry Carol Keene Nancy V. Savage Pat Kidd Elaine Black Linda Gartner Al Schnorberger Irene Bond Glenda Gentner Christine Kyko Matthew Schaffer Domenic Greco Frank Sottile Laura Bores Kathie Langton Janie Groven Mike Strube Ken Brooks Bill Lauer Tonia Burkey Patt Hall Kenneth Swartz Annie Loughridge **Ashley Calkins** Joseph Maloche Rose Marie Swartz **Brian Halsey** Valeria Campbell Eugene Haman **Sharon Mays Esther Thompson Beverly Castellese** Fred Hammack Diane Mesteller Karen Turner Marie Conte Janet Hartwig JoAnn Mieden Kathleen Upton Marney Cooley Juanita Hatcher Carlene Miller Ron Van Dorn James Crawford Lela Wadlin Kathy Heller Ruby Minton Donalda Cupp Sharon Herrera Cheri Weakly Dolores Mitchell **Betty Curley** Trina Hibbs Patrick Muhleck Lynn Weeman Thomas R. Weeman Dorothy D'Haene Ritz Hiltz Nina Ochs Pat Diehl Steve Howerton Mary Penley Jan Wells **Loraine Durrant** Dru Hudson Jonnie Pratt Craig Wiley Sharon Eby Sheridan Hudson Jim Reaume Joe Wise **Ruth Huston Dewey Edwards** Theresa Reed **Gerry Wiseman** Kelly Ferguson Mark Johnson Mary Rhoades James Wiseman

# Birthday Celebration! — October 2

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

Members celebrating a birthday in October enjoy a complimentary meal on Wednesday, October 2

Heartland Hospice sponsored the cake.



September Birthday Celebration Attendees

### RECENT DONATIONS

Helen Raymer Nancy Kirwen and Jane Karau

### in memory of Steve Scott

Mable Kehres Resident Association

### **In memory of Bernice Freimark**

Earl Freimark

#### Thanks to:

Jim Kiebler for donating 12 cases of water.



Community Day of Service

## WELCOME NEW MEMBERS

Gene and Paula Baker

**Sherry Boudrie** 

Christene Frederick

Lester Heller

JT Jones

Dee Kelham

Shirlene Krauss

Bill Lauer

**Dennis Livernois** 

Art Mininni

Bill Monte

Ken Morgan

Adam Rascon

Mindy Rascon

**Dorothy Timko** 

Patricia Uecker

# Report on the 50/50 Raffles at Bingo

\$ 489.50— August

Year to Date: \$4,401.50

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

Year-to-Date: \$1,298

Memorial Leaves are available for \$1**0 each. Order** at the Front Desk or see Linda Guyor.

## With sympathy ...

Steve Scott 8/02/2024

Sally Stolle 8/16/2024

Marvin Martin 8/18/2024

Morris Newman, Jr. 8/28/2024

Martin J. Ryan, Sr.

Brother of Sr. Janet Ryan

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



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

Monroe Ford Retirees — Monday, October 7— 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 October 13** 

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

## **HOSTED BY Mikie Kunich**

Wednesday, October 2<sup>nd</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+



# Health Odyssey October 24, 2024

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

Topic: Depression in Older Adults By Dr. Khyati Patel PsyD, Psychologist

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 October 17 — 3:00 p.m.

Please sign up at the Front Desk.

## October 9th Movie



"On the Basis of Sex" -1:30 p.m.

Ruth Bader Ginsburg is a struggling attorney and new mother who faces adversity and numerous obstacles in her fight for equal rights. When Ruth takes on a groundbreak-

ing tax case with her husband, attorney Martin Ginsburg, she knows it could change the direction of her career and the way the courts view gender discrimination.

Rated PG-13 Complimentary popcorn.

October 31 — 2:00 p.m. The Little Shop of Horrors

# Women's Coffee Hour with Maurine

Thursday, Oct. 10 at 4:30 p.m.

Let's talk about health!

#### Exercise Classes

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

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

#### **Balance Machine**

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



#### **EnhanceFitness®**

Mon.—Wed.—Friday at 10:00

**Line Dancing** — Mondays at 1:00

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

#### Massages with JoAnn

Mondays & the 1st Wednesday of the month from 10:00 to 1:00

— \$1 per minute

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



Silver Sneakers Insurance is accepted at

#### **Courageous Rehab**

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

Women's Bible Study by Toni Solomon Friday, Oct. 4, 2023 at 3:00 p.m.

Men's Bible Study — 9:00 a.m.
October 12 and 26
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.

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

#### CRAFT SALE — Wednesday Nov 6 11am - 1pm

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

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

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

# MONROE CENTER BOOK CLUB

October 24, 2024 at 1:00 p.m.



"Demon Cooperhead" by Barbara Kingsolver

Damon Fields is born to a single teenage mother in a trailer home in Lee County, located in the Appalachian Mountains of Virginia. He has red hair, inherited from his

dead father, who was a Melungeon. He is nicknamed "Demon Copperhead" for the coloor of his hair and his attitude.

No Book Club in November or December

### **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

Autumn is a gentle reminder that changes can be beautiful

Our Mindfullije.com

## St. Mary's Rosary Makers

St. Mary's Rosary Makers meet at the Monroe Center for Healthy Aging on the first Tuesday of every month at 9 a.m.

This group is open to everyone. Rosaries are sent to the missions. Supplies and instructions are provided, and you are able to keep the first rosary you make for yourself.

## Calling All Writers

Are you interested in crafting your life history?

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

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

No Class in November or December.

Friday, October 18

"Anniversary Party"
celebrating longest marriage,
most marriages, newest
marriage, never married,
and other milestones."

Cheri's Quote of the Month

## 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

## Flu & COVID Shots

Wednesday, October 16 8:00 to 11:00 a.m.

Please sign up!





## Friday, October 18

## "Anniversary Party"

4:30 to 7:00 p.m.

Cost is \$5 per person — Register or purchase tickets in advance.

Celebrating longest marriage, most marriages, newest marriage, never married, as well as the anniversary of quitting smoking, surviving heart surgery, or other random milestones."

- ⇒ Share your pictures & memories⇒ Dinner (Pot Roast)
- ⇒ Karaoke with Oak Street Health

#### FROM THE VOLUNTEER COORDINATOR:

Let me re-introduce myself. I'm JoAnn (Mikie) Kunich — Volunteer Coordinator since July 31. If I haven't met you, please stop in so I can put a face with a name.

We have a wonderful group of volunteers here at the Center, and I'm impressed with the amount of time, energy, and care that is willingly given in service to others.

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

~ JoAnn (Mike) Kunich

### Lunch & Learn

Thursday, October 17
11:30 Lunch
12:00 Program

Pastor Aaron Werner
will provide tips on how to talk to
one another in a productive way
— even when we don't share the
same opinion.

Please Register. 734.241.0404



## LOOKING FOR A CHALLENGING VOLUNTEER OPPORTUNITY?

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

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

## **RSVP Monroe County**





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

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



## 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.

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. \$3,346—\$5,646 per person. Double occupancy. Includes airfare. Passport.

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.



## Senior Discovery Days



From Sept. 4 - Oct. 30, seniors take advantage of great activities every Wednesday!

## Mondays-Fridays in September & October, seniors 60 and better enjoy...

- Free parking in the Anthony Wayne Trail & Broadway parking lots
- Free small coffee & mini-muffin at the Timberline Bakery (10 a.m. 2 p.m.)
- 15% discount on merchandise in our gift shops
- 20% discount on Memberships, when purchased at the Membership Sales window
- \$1 off either individual or family baskets at our Giraffe feed deck
- Free admission on Wednesdays

## Member Highlights ...

### Earl Freimark shared a couple jokes at the Over 90 Party:

Two older gentlemen were talking. Bob shared his good news that he was getting married. Tom said, why on Earth would you get married at 92 years of age? She must be good looking. "No." Well, she must be a good cook. "No." Then, she must be rich! "No." Well then WHY are you getting married?? "Well, I heard that she can still drive!"

Two avid baseball fans were talking about their love of the game. They wondered if there would be baseball in heaven and made a pack that whoever went first would find a way to get a message back to Earth. Well, Joe's number was called and off he went. He found a way to send his message: "Hey, Tom. *Great news - There is baseball in heaven. Bad news though* You're pitching tomorrow."

### David Manning also gave us something to think about:

If it's a "fixed" income, then why are we still "broke?"



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**

August 7 — Gary Miller

August 9 — Cindy Prusaitis

August 10 — Luther Conner

August 12 — Renee Scheitzer

August 14 — Nancy Dale

August 16 — Cindy Prusaitis

August 17 — Mary Rhoades

August 19 — Al Miller

August 21 — Dennis Eby

August 23 — Joan Milam

August 24 — Mary Rhoades

August 26 — Luther Conner

August 28 — Gary Miller

August 30 — Cindy Prusaitis

August 31 — Pat LaRoy

September 2 —Cindy Prusaitis

September 4 — Joan Milam

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 help form a group.

## Ask the Pharmacist!

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

Thinning of the skin is a process that occurs naturally with aging and sun exposure. While thinning of the skin is not typically a medical concern, thin skin can bleed and bruise more easily and people with thin skin may be more prone to infections due to the loss of protection their skin is able to provide.

Our skin is made of three layers and serves as a barrier, providing our bodies with a first line of defense against harmful bacteria and microbes. The epidermis is the top layer, the dermis is the middle layer and the hypodermis is the bottom or fatty layer. The dermis makes up 90% of the skin's thickness. This layer contains collagen and elastin, both of which keep skin cells strong and flexible. Our bodies produce less collagen and elastin as we age, which causes thinning of the dermis layer of our skin and overall thinning of the skin.

Sun exposure is another cause of skin thinning and prolonged exposure to the sun can damage both the epidermis and dermis layers over time. Genetics, lifestyle and certain medications (topical corticosteroids, prescription blood thinners and NSAIDs) can also cause thinning of the skin.

While we cannot stop or completely reverse skin damage and thinning of our skin, there are many things we can do to prevent further damage and health concerns like bleeding, bruising and infection.

Here are some great tips:

- Apply sunscreen (SPF 30 or higher) everyday even in the winter! Apply sunscreen to all skin not protected by clothing.
- Look for shade when outside at peak sunlight times.
- Quit smoking! Smoking promotes thinning of the skin prematurely.
- Eat a well-balanced diet that includes fruits, vegetables, fish, oils and meats many of the nutrients needed for healthy skin are found in these foods.
- Drink less alcohol alcohol is very dehydrating to our bodies and skin.
- Wash your skin gently and regularly using products that do not irritate the skin.
- For older patients, look for ways to reduce injuries to the skin like keeping pets' nails trimmed, padding sharp furniture and reducing trip hazards in the home.
- Talk with your provider or pharmacist about supplements and medications that can help to enhance the thickness of the dermis and epidermis layers of the skin like collagen and topical retinoids.

Stay well my friends!

~ Jennífer



## Monroe County Library in Motion Pick-Up

October 10 — 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 — October 17— 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 begins October 15.** Jackie Drouillard and Joyce Rober can answer your **Medicare** and insurance questions. Please call for an appointment: 734.241.0404 October appointments include October 23, 25, and 30th.
- **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 October 24 at 10:00 a.m.



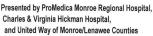
**MemoryLane Care Services** offers coaching and support groups for caregivers and in-person Adult Day Care for individuals with memory loss. Contact Cheryl Conley at MemoryLane: 2500 North Reynolds Toledo, Ohio 43615 Phone: 419-720-4940 Serves Monroe County!



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

Call 734.210.1071 with questions or to make an appointment.





#### Thursday, October 10, 2024 8 a.m.-12 noon

First United Methodist Church 1245 W. Maple Avenue Adrian, MI 49221

#### Thursday, October 24, 2024 8 a.m.-12 noon

Knights of Columbus Hall 202 W. Front Street Monroe, MI 48161

#### Thursday, November 7, 2024 8 a.m.-12 noon

Carleton United Methodist Church 11435 Grafton Road Carleton, MI 48117

#### Sponsored by

- United Way of Monroe/Lenawee Counties
- ProMedica Monroe Regional Hospital
- ProMedica Charles & Virginia Hickman Hospital
- Family Medical Center of Michigan
- Michigan Dept. of Health & Human Services
- Lenawee County Health Department
- Monroe County Health Department
- Monroe County Retired Senior Volunteer Program (RSVP)



PROMEDICA MONROE REGIONAL HOSPITAL

We DO NOT

\$10

\$15

#### Labs/Screenings Available:

- 22 Point Blood Panel\*
- Vitamin D Screen
- Hemoglobin A1C

#### **Services Available:**

- Adult Immunizations\*
- Blood Pressure Check
- Nutrition Counseling
- **■** Medication Counseling



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 or 517.264.6821



The following vaccines may be available to adults 19 years of age or older who are uninsured\* or underinsured\* and meet certain risk factors COVID. flu and pneumonia vaccines will be available for Medicare Part B recipients

\* Adults with vaccines insurance coverage or Medicaid DO NOT qualify for this program.



## 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)







#### **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

Please register by October 28 to Monroe County Commission on Aging

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

Sponsored by:





















## Merkle Funeral Service Now In Partnership with Covenant Cremation

Your Loved One Never Leaves Our Care



Traditional Funerals Pet Cremation Veterans Services

Advanced Planning Cremation Services Floral Arrangements Keepsakes & Jewelry Granite & Bronze **Memorials** 







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# **IHM** Senior Living Community

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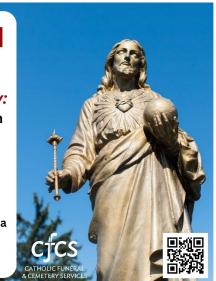
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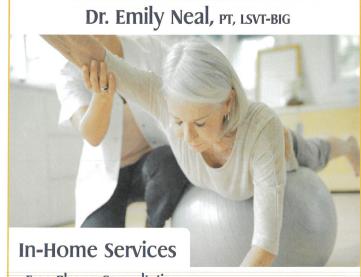
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5	<u> </u>	12 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00  (?) 9:00 Men's Bible t	19 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 t 11:00 Pinochle	26 Breakfast 8:00 to 1:00 9:00 Men's Bible t 11:00 to 1:00 SAT BINGO	Monroe Center for Healthy Aging
4	8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot (?) 12:00 Knit / Crochet 3:00 Women's Bible	11 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot (?) 12:00 Knit / Crochet	18 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot (?) 12:00 Knit / Crochet 4:00 Anniv. Party	25 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot (?) 12:00 Knit / Crochet	Moi Cer for Hear
3 Medicare with Jackie	9:00 Balance Exercise 10:15 Chair Yoga 7:00 Model A Club	10 Medicare with Jackie by appointment 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga 11:30 Library in Motion 4:30 Let's Talk Health with Maurine	17 Medicare with Jackie by appointment 9:00 Balance Exercise 10:15 Chair Yoga 11:30 Lunch & Learn—Pastor 3:00 Craft— Sign up at the Front Desk	24 Medicare with Jackie by appointment 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga 11:30 Health Odyssey 1:00 Book Club 2:00 Writing Class	31 Medicare with Jackie by appointment Halloween Party 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga
2 Birthday Dinner	9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance 5:00 <b>Trivia</b> w/JoAnn aka Mikie and Louise	9 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 1:30 Movie: " 3:00 Balance	16 Class of '67 BK Flu Shots — Sign Up 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance	23 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance Fitness 12:00 Pinochle 3:00 Balance	30 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance
1	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	8 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	22 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers	29 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers
	October 2024	7 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	14 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	21 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	28 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
	950	6 Sunday Dinner 11 a.m. to 1 p.m.	cards 1:30 Play at 2:00 Sunday Dinner 11 a.m.	Sunday Sinner Dinner 11 a.m. to 1 p.m.	Sunday 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	Thur	sday
September 30 Pork Chop Suey Brown Rice Egg Roll	1 Lasagna Side Salad Garlic Bread	2 Baked Potato Bar with Chili, Cheese, Broccoli Fruit	3 Salmon Patties White Sauce Mashed Potato Fruit	and Peas
7 Southwest Chicken Bake Cole Slaw	8 Hamburger Gravy Mashed Potatoes Vegetables	9 Cauliflower Chowder Multi-Grain Bread Fruit	10 Italian Beef ov Side Salad Fruit	er Noodles
14 Grilled Chicken and Broccoli over Noodles Fruit	15 Taco Pizza Cottage Cheese With Pineapple	16 Split Pea and Ham Soup Grilled Cheese Fruit	17 Chicken Quesadillas Spanish Rice Tomatoes	18 Pot Roast Mutli-Grain Cake
21 Pork Chops with Mushroom Gravy Mashed Potatoes Vegetables	22 Beef Burrito Chips and Salsa Fruit	23 Patty Melt French Fries Broccoli Salad	24 Goulash Side Salad Fruit	
28 Sloppy Joes Sweet Potato Fries Baked Potatoes Fruit	29 Turkey Reuben Spaghetti Salad Fruit	30 Grilled Chicken over Lettuce Cottage Cheese Multi-Grain Bread	31 Hot Turkey Sa Mashed Potate Vegetables Cranberries	

Milk Shakes are available on Monday Nights

\$2.00

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

	1	1	2 Birthday Dinner	3	4	2
Oct	October	Ground Turkey Chili Multi-Grain Bread Celery Salad	Open Faced Roast Beef Sandwich Mashed Potatoes	BBQ Chicken Sandwich Potato Salad Baked Beans	Taco Salad with Chips Rice and Beans	Breakfast 8:00 to 1:00
	2024	666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbohydrates; 34.7 g protein	Orieer Beans Birthday Cake & Ice Cream 600 cal 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 sod. (No hamburgers today)	1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	Noon Meal 11:00 to 1:00
9	7 Ford Retirees BK/ Lunch	8 Class of '58 Lunch	6	10	11	12
Roast Turkey Sweet Potatoes Green Beans Cranberries	Salisbury Steak Mashed Potatoes Broccoli	Tuna Noodle Casserole with Peas Cole Slaw	Marinated Chicken Breast Sweet Potato	Stuffed Peppers Mashed Potatoes Stewed Tomatoes	Salsa Meat Loaf Mashed Potatoes Mixed Vegetables	Breakfast 8:00 to 1:00
858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.	656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g protein 948mg sodium	583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod	665 cal. 23g fat 59 carb 52g protein	464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.	Noon Meal 11:00 to 1:00
13 Bingo	14	15	16 Class of '67 Breakfast	17 Lunch & Learn	18 Anniv. Party 4:00 p.m.	19
Pork Roast or Cod Mashed Potatoes Corn / Applesauce	Beef Stew Multi-Grain Bread Cottage Cheese	Cornflake Chicken Thighs Baked Potatoes Mixed Vegetables	Baked Salmon Baked Potato	Beef Tips Over Noodles Beets / Fruit OR Chef Salad	BBQ Pork Sandwich Sweet Potato Wedges Celery Salad	Breakfast 8:00 to 1:00
503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.	880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	Spinach 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	(No other options today) 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro.1,189mg sod	1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	Noon Meal 11:00 to 1:00
20	21	22	23	24 Health Odyssey	25	26
Roast Beef / Salmon Red Skin Potatoes Cauliflower	Chicken Bruschetta Red Skin Potatoes	Sloppy Joes with Ground Beef French Fries	USA Wild Caught Cod Country Potatoes Broccoli		Liver & Onions or Salisbury Steak	Breakfast 8:00 to 1:00
Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	Green Beans 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.	Baked Beans 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	G83 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro.1,655mg sod (No other options today)	Masned Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	Noon Meal 11:00 to 1:00
27 <b>\$6 Special</b>	28 Chicken Ala King with	29 Spaghetti	30 Ranch Chicken	31 Halloween Soup & Sandwich \$2	November 1	
Baked Potatoes	Peas & Carrots over Biscuits / Fruit	Green Beans Garlic Bread / Fruit	County Potatoes Green Beans	Split Pea Soup or Broccoli Soup	Sautéed Onions	Monroe
Vegetable Dessert	469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	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.	Grilled Cheese or Ham & Cheese Sandwich / Cookie (No other options today)	ables at 98 carb 15g	for Healthy Aging 734.241.0404
				B 2000		

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 Chel's Salad ONLY on Lunch and Learn —September 16