



15275 South Dixie Highway
Monroe, MI 48161

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National Institute of
Senior Centers



Your senior millage tax dollars at work!

February 2025

Engage!
VOLUME 25, ISSUE 2

No cake mixes for Monroe Center



Esther Thompson, baker at Monroe Center for Healthy Aging, prepares batter for homemade pumpkin muffins. Thompson used the center's new mixer for the muffins.
PHOTOS BY SUZANNE NOLAN WISLER/THE MONROE NEWS

Everything is made from scratch

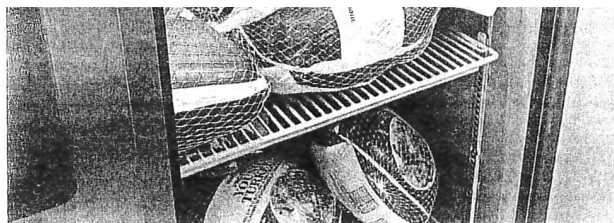
Suzanne Nolan Wisler
The Monroe News | USA TODAY NETWORK

MONROE TWP. — When Monroe Center for Healthy Aging got a \$12,400 grant from the La-Z-Boy Foundation, what to buy was an easy decision: a two-door, reach-in freezer and a Hobart commercial stand mixer. The new freezer is already well-stocked with 49-cents-a-pound turkeys.

"We use more than 80 turkeys a year and 49 cents on sale is way better than \$1.99," said Sandie Pierce, Monroe Center for Healthy Aging's director.



Esther Thompson's recipe for pumpkin muffins and bread came from her grandmother.



Monroe Center for Healthy Aging also bought a two-door, reach-in freezer with money from the La-Z-Boy Foundation grant. The freezer is filled with turkeys.

*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
Josh Gearhart
Kitchen Assistants: Val Bezeau

Customer Service Coordinator:
Cheri Braunlich
cheri@monroectr.org

Accounting Clerk:
Linda Guyor
linda@monroectr.org

Volunteer Coordinator:
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

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:

VICE PRESIDENT:

Diane Kamprath

TREASURER:

Jaime McDonald

SECRETARY:

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Troy Goodnough

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Sister Janet Ryan, IHM

Jennifer Sell

David Swartout

Bonnie Thompson

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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 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

"You don't love someone because they're perfect; you love them in spite of the fact that they're not."

~ Jodi Picoult



Ah, February. How are we doing with our New Year's resolutions? Last month, I encouraged all of us to look at what might be on our bucket list and resolve to actually **do** some of those things. Are we making progress?

Or, what's in our way? Sometimes it's our own self. We believe we're not perfect and focus on the negatives. Over time, we've developed an identity that we've learned to believe, such as "I never stick to anything." That thought becomes ingrained, and we fulfill our own prophecy. What if we tweaked our thoughts to say, "I may have given up before, but not this time." Rinse and repeat!

Next, set achievable goals that are specific and **doable**. By selecting things that we can see and by writing them down, we know what the target is. Goals that are way too vague include such things as: wake up earlier; exercise more, and watch less TV. If we change those to "get up by 7 a.m.; exercise on Monday and Wednesday mornings; or limit TV on Sundays to two hours, we can see them and know when we are successful.

One success leads to another. And then, our actions turn into habits. That is true for everything, but exercise — movement of any kind — helps not only our physical body, but our brain as well. The impact is compounded and reinforced. It's true, if we don't use it, we lose it.

And yes there are times when we're overwhelmed and just say to ourselves, "it's no use." Sometimes we simply have too much on our plate. It may be helpful to focus on the one thing that we can do right now. Then, do that.

But, bottom line, today is a new day and regardless of our age, we can do things that help to improve our wellbeing. If we think about being healthier as an investment in ourselves, we may be more motivated. We're living longer. How do we want to spend these glorious years?

Let's commit to loving and being kinder to ourselves and one another. We are all different — and yet perfect just as we are. I'm glad you're in my life.

~ Sandie

News to Note . . .

- **Bingo is on Tuesdays!**
Card sales at 1:30 p.m.
Sunday Bingo—February 9
No Saturday Bingo
- **Monday Massages & 1st-Wednesday of the month—**
with JoAnn — 10:00 to 1:00
- **February 7** — Women's Bible Study — 3:00 p.m.
- **February 5 — Birthday Celebration** during lunch
- **February 12 —Trivia Night** at 5:00 p.m. Prizes!!
- **February 6** —at 11:30
Library in Motion Delivery
- **February 11**— Class of '58
- **February 12 — Movie** — "Art of Racing in the Rain — 1:30
- **February 13** — Let's Talk Health with Maurine at 4:30
- **February 14** — Valentine's Day Party with David Maning
- **February 20 —Craft—3:00**
- **Feb. 8 & 22 — Men's Bible**
- **February 19** — MHS Class of '67 Breakfast — 3rd Wed.
- **February 27** — Writing Group at 2:00 p.m.
- **February 27 —ProMedica Health Odyssey—Vaccinations**
- **February 27 — Book Club** at 1:00 p.m. *Remarkably Bright Creatures*
- **February 28** — \$2 Soup & Sandwich Day

Please Remember
to Scan





Happy February Birthdays



Debra Ananda

Bob Beadles

Patti Bialy

Dave Bork

Barb Bosse

JoAnne Bray

Ruth Brown

Jackie Bunch

Charles Burns

John Congealose

Pat Cicero

Lucy Clawson

Helen Cole

Bessie Cosby

Marvin Culverhouse

Doris Cutter

Darlene Dailey

Ron Doom

Pat Fazekas

Bryan Fowler

Nancy Gates

Dianne Gautz

John Gawle

Meri-Lynn Geisler

Garry Gose

Linda Guyor

Margaret Hall

Robin Halstead

James Hess

Kathi Hibbs

Barb Hogberg

Fran Ingels

Linda Jabe

Janice Johnson

Carolyn Kallenberg

Debby Kansier

Mary Lou Kemmerling

Beth Kern

Becky Klawitter

Val Knapp

Mick Krueger

Denise Lambert

Judy Leiningar

Helen Luchs

John Meyer

Joan Milam

Gary Miller

Marilyn Miller

Carolyn Morrin

Charles Myland

Bernie Ochs

Gary Pinchoff

Mark Rafko

Mindy Rascon

Helen Raymer

Rose Robinson

Al Rosenberger

Ann Rothman

Michael Saum

Renee Schweitzer

Jenell Simpson

Kathy Straub

Robert Strimbel

Ray Swan

John Trout

Holden Turner

Mark Upton

Randy Umfress

Mary Vreeland

Shirley Wargo

Bob Wickenheiser

Dolores Williams

Deb Wilson

Ann Wood

Rita Wylie

Shirley Yoas

Birthday Celebration!

February 5

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

Members celebrating a February birthday enjoy a complimentary meal on Wednesday, February 5.

Cake sponsored by
IHM Senior Living

January Birthday Celebration Attendees



Our photographer, Toni Solomon, was also present at the celebration.
Wish her a 53rd Happy Birthday — January 12!

RECENT DONATIONS

Pat DiCarlo
Thrift Shop of Monroe
Bob and Donna Wickenheiser
Richard Vancena
Cheryl Carter
Model A Car Club
Anna Fleeman

Thank You

in memory of Steve Thompson

Bonnie Thompson

in memory of Nancy Neal

David Neal



Cornerstone
CAREGIVING

*Thanks to Cornerstone
Caregiving
for sponsoring the
January Birthday Cake.*

THANKS FOR FOOD DONATIONS!

GOAL IS \$2,000 FOR YEAR

\$ 926 — January to June
\$565 — July to September
\$373 in October
\$58 in November
\$283 in December

Total for the Year: \$ 2,206

Cheri's Quote of the Month



Report on the 50/50 Raffles at Bingo

\$ 406.50 — December
2024 Total: \$6,194

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



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

WELCOME NEW MEMBERS

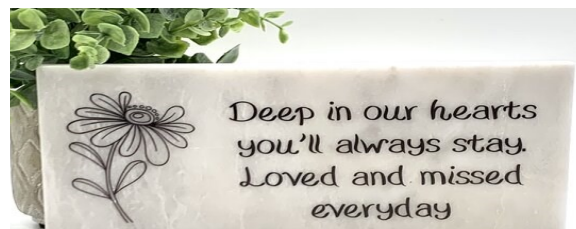
Bessie Cosby
Duane Dehner
Joe Dobberstein
Cindy Kellis
James and Sandy Lang
Herbert McIntosh
Carol Moore
Ronyy Oltean-George
Barbara Poupard
Mark Rafko
Johnny Rousseau



With sympathy ...



Dean Bond 12/15
Jeanne Woods 12/28
Orville Hammer 11/26
Ron Allen 12/28
Willie Pugh 01/06/2025
Betty Cheney 01/06/2025



FEBRUARY 2025

“What’s Going On” at-a-Glance

Monroe Ford Retirees — Monday,
February 3 — 8:30 a.m. Breakfast
Salaried — 11:00 a.m. Lunch



Bingo is held on Tuesdays

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

Sunday Bingo is February 9

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

No Saturday Bingo in February

HOSTED BY Mikie Kunich

Wednesday, February 12th

5:00 to 6:30 p.m.



Free of charge.

Prizes Awarded!



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



Health Odyssey

February 27, 2025

11:30 a.m. Lunch

12:00 Program

Topic: Vaccinations

By Family Residency Center

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
MPACT's website www.mpactstudio.org

February 12th Movie

**“The Art of Racing
in the Rain”**

— 1:30 pm



This touching
comedy/drama, based
on the novel by Garth
Stein, is told from the
perspective of Enzo
(voiced by Kevin Cost-
ner), a golden retriever
owned by race car driver Denny (Milo
Ventimiglia).

Not only is Enzo a steadfast friend to
Denny, but also, eventually, to his wife
(Amanda Seyfried) and daughter, all the
while sharing his thoughts on the world
around him.

Rated PG

Complimentary popcorn.



Membership Dues for 2025 are

now payable. \$20 for Monroe residents
who are 55 years of age and older. **This is
your last newsletter if dues aren't paid.**



Women's Coffee Hour with Maurine

Thursday, Feb. 13 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



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.

Project of the Month:

Drop in any Friday in February.
Dishcloth — Knit or Crochet.

All supplies furnished or bring your own.
Beginner and advanced patterns are
available. No experience necessary.

Questions? Contact Maxine
at 734-241-0404

We are always grateful for yarn donations.

Craft February 20 — 3:00 p.m.

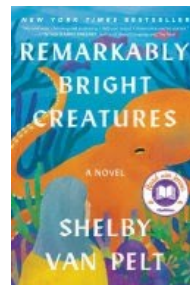
Bottle Creations

Please sign up at the Front Desk.

MONROE CENTER BOOK CLUB

February 27, 2025

Remarkably Bright Creatures
by Shelby VanPelt



After Tova Sullivan's husband died,
she began working the night shift
at the Sowell Bay Aquarium. Keep-
ing busy has always helped her
cope, which she's been doing since her eighteen-
year-old son, Erik, mysteriously vanished on a
boat in Puget Sound over thirty years ago.

Shelby Van Pelt's **debut novel** is a gentle reminder
that sometimes taking a hard look at the past can
help uncover a future that once felt impossible.

Up-Coming Selections:

March: *James* by Percival Evert
April: *Fatal Grace* by Louise Penny



Silver Sneakers Insurance

is accepted at

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

Courageous Rehab

1507 North Telegraph
734-735-2421

Women's Bible Study by Toni Solomon

Friday, Feb. 7, 2025 at 3:00 p.m.

Men's Bible Study — 9:00 a.m.

February 8 and 22
with Minister Solomon

Brain Aerobics

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.



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.

MUSICIANS WANTED FOR TUESDAY JAM SESSIONS!

Dave Manning, Dean Mink, 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

Medical Closet

The Monroe Center has a "medical closet" available to anyone who might benefit from an assistive device. What's available is based on what we have on hand, but it makes sense to call to inquire.

Items that we currently have:

- 14' chair lift for a staircase (pending)
 - Low-vision reading machine
 - Shower chairs
 - Wheelchairs
 - Walkers with wheels
 - Walkers without wheels
 - Bedside commodes
 - Canes

Call to inquire: 734.241.0404

Valentine's Day Party

Friday,
February 14



11:00 to 1:00 p.m.

Lunch and
Music by Dave Manning

Raffle Baskets

Valentine's Day Cards!
(with coupons)

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



Year in Review — 2024

- Contracted hours of service: 100,000
Actual units provided: 101,655
- Number of Meals Served:
 - Breakfasts 6,765
 - Noon Meals 26,087 +5.9%
 - Evening Meals 9,246
- Total People Served: 1,522
up from 1,518 in 2023
- Average Daily Attendance: 127.2
up from 121.9 in 2023
- Projected Income: \$ 734,105
Actual Income: \$ 789,648.21
- Projected Expenses: \$ 734,105
Actual Expenses: \$ 775,379.50
- Net Income for 2024: \$14,268.71

Thanks for making it a great year!

St. Patrick's Day Jigs Dinner



Monday, March
17, 2025

4:00 to 6:00 p.m.

Corned Beef, Cabbage,
Potatoes, Carrots
Pistachio Cake

\$8 per person

Music by Jon Moore
and Ala Carte

Sponsored by:
Katja Classic
RE/MAX Classic

Lunch & Learns

Save the Dates:

- March 10 — Lunch & Learn by
Lindsay at Huron Valley PACE
- March 17 — Lunch & Learn by
Jake from Medicare Planning
Solutions
- April 7 — Lunch & Learn on
Mental Health sponsored by
Cornerstone Caring

Next Rummage Sale:

May 8 & 9, 2025

Donations are welcome.
(No Clothes, please)



Save the Date!

American Red
Cross
Blood Drive

Thursday, May 29
10:00 to 3:00 p.m.

Calling All Writers

February 27, 2025



Are you interested in crafting your life history? Join Betsy Bradley on the **fourth** Thursday of the month at 2:00 p.m.

In February, we'll continue working on important life milestones.

- Schools attended
- Engaged and Married
- First child
- Special vacations
- Jobs you had
- Hobbies / Skills you learned
- First Pet
- Other things that made your life real

~ Betsy Bradley

FROM THE VOLUNTEER COORDINATOR:

Are you looking for something to fill your spare hours? We could use a few more energetic 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



Cornerstone
CAREGIVING

The compassionate care seniors deserve.

Cornerstone Caregiving is a senior home care service that partners with your community to support staffing needs.

How we help:

- Vetted Candidates
- One-Point of Contact
- Competitive Rates
- Staffing Portal
- On-Call 24/7 Managers
- Help with Waiting List
- Immediate Staffing

Contact: Emily Ferguson
Director of Operations
567-316-6745

"They say love is the best investment; the more you give, the more you get in return."

— Audrey Hepburn

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.

Hollywood Casino — Toledo, OH — Thursday, February 6, 2025

\$39 per person includes \$20 in casino incentives. Depart Elevate Church in Monroe

Belterra Casino — Florence, IN — Tuesday, March 4 to Wednesday, March 5, 2025

\$199 per person, double occupancy, includes \$52 in casino incentives and hotel

Caesar's Windsor — Tuesday, March 25, 2025 — Departs Elevate Church (Time TBD)

\$30 per person. \$15 in casino play. Valid passport or Enhanced Drivers License

Atlantic City — April 14 to 27, 2025

\$449 per person, double occupancy. Round-trip transportation to Atlantic City.
Spend three nights on the Boardwalk at Caesar's. Short distance to other casinos.

Receive \$30 in slot play and three \$15 food vouchers.

\$100 deposit due at booking; full payment is due February 26.

Depart McDonald's at 1180 North Dixie Hwy. Monroe

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.

Canada & New England — Norwegian Cruise Line — October 5—12, 2025

New York, Rhode Island, Maine, Nova Scotia \$2,215 to \$2,578 pp double occupancy
Includes roundtrip airfare from Detroit.

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.
- **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 used to receive our funding.
- **Flu & Covid Season.** Please remember others. Stay home if 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 Day
- 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 Atmosphere

12400 Matthews St.
Carleton, MI 48117
833.931.5853



Pinochle Winners

Dec. 11 — Dennis Eby
December 13 — Cindy Prusaitis
December 14 — Mary Rhoades
December 16 — Pat LaRoy
December 18 — Luther Conner
December 20 — Mary Rhoades
December 21 — Gary Miller
December 23 — Gary Miller
December 27 — Luther Conner
December 29 — Joan Milam
December 30 — Renee Schweitzer
January 3 — Mary Rhoades
January 4 — Cindy Prusaitis
January 6 — Renee Schweitzer
January 8 — Dennis Eby
January 10 — Mary Rhoades
January 11 — Al Miller
January 13 — Gary Miller

*Thanks to Gary Miller
for running the
Pinochle Games!*



Friendly Poker Games

(See Kevin)

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.



THINKING OF BUYING OR SELLING? DON'T WAIT!

NEWLY BUILT LIPAROTO CONSTRUCTION
CONDO UNITS AVAILABLE ON VOLTERRA
DRIVE IN MONROE STARTING AT
JUST \$219,900!



MULTIPLE LOTS AND FLOOR PLANS
AVAILABLE WITH LIPAROTO CONSTRUCTION
TO BUILD NEW HOMES IN NEWPORT'S
EAGLE POINTE SUBDIVISION!

Katja Classic
RE/MAX CLASSIC
(c) 734-757-0717
(o) 734-459-1010



Ask the Pharmacist!

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



Happy New Year everyone! I hope you have had a good start to 2025! I want to share some information on vaccinations with you, as I receive a lot questions about these this time of year. There are numerous vaccines that older adults should receive to protect them from illnesses like influenza, pneumonia and RSV. While these illnesses can be mild in nature for most, older adults and younger people with compromised immune systems can experience severe symptoms and potentially need to be hospitalized if they become sick.

Here are recommendations from the CDC and NIH for which vaccines to receive and the best time to receive them:

Influenza – This is an **annual vaccine and is best to receive the vaccine by the end of October each year**. It does take two weeks to be effective, so receiving it by the end of October ensures you are protected by the start of flu season. If you haven't received a flu shot for this year – get a dose soon! The peak of flu season typically occurs in December to January, so receiving the vaccine now will still offer protection.

COVID – The CDC is currently recommending that adults age 65 and over receive 2 doses of any 2024-2025 COVID vaccine. These doses should be separated by 6 months if possible.

RSV – Respiratory Syncytial Virus (RSV) usually causes mild cold-like symptoms for most people but older adults have an increased risk for symptoms being more severe. **The CDC recommends 1 dose for adults age 75+ and for people aged 60-74 with risk factors**. The RSV vaccine is currently not considered to be an annual vaccine.

Pneumonia – There have been several new Pneumonia vaccines developed in the last few years, which has prompted a lot of questions as to whether older adults need to receive one of these, especially if they have already received a pneumonia vaccine in the past. The CDC has developed an algorithm to help providers and patients determine their pneumonia vaccination status and what type of pneumonia vaccination might still be needed. The algorithm is part of the CDC's PneumoRecs VaxAdvisor App which can be accessed on a desktop computer or mobile device. **After reviewing multiple sources, the overall recommendation is that Prevnar 20 is the most preferred vaccine for older adults and once given, does not need to be repeated.**

TDap – **This vaccine contains protection against Tetanus, Diphtheria and Pertussis and should be given every 10 years**. Pertussis, also known as whooping cough, is a highly infectious bacterial infection involving the respiratory tract. Pertussis cases are on the rise with the CDC reporting the 2024 case total to be five times higher than 2023.

Shingles – This vaccine protects against the herpes zoster virus, which is the same virus that causes chicken pox. If you had chicken pox as a child, the dormant virus can become active again in your senior years. **The current recommendation is to receive the 2-dose series of Shingrix, even if you have previously received the Zostavax vaccine (which is no longer on the market)**. Post-herpetic Neuralgia (PHN) is a complication of shingles that causes severe nerve pain and can last for months or years after the shingles rash has resolved.



Be safe,

~ Jennifer



**Monroe County
Library in Motion
Pick-Up
February 6 — 11:30 a.m.**



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

**Second & Fourth Wednesday
OF THE MONTH**

From 1:00 pm - 3:00 pm

.....
This is an informal, unmoderated support group for current and former caregivers of loved ones with dementia to give voice to their frustrations, concerns and moments of joy during this journey we are on with this disease.
.....



FRENCHTOWN-DIXIE BRANCH LIBRARY
2881 Nadeau Road, Monroe MI (734) 289-1035

Drop-In Advice for Laptops, Cell Phones, Tablets
Third Thursday — February 20 — 2:00 to 3:00 p.m.
Frenchtown-Dixie Branch Library

You are invited to Virtual
Caregiver Coffee with
MemoryLane Staff



Would you like to talk to other caregivers about their experiences? Join us for Virtual Coffee with MemoryLane Staff Wednesdays at 2 pm without having to leave home.

This is your chance to talk with other caregivers and to share insights, advice, and encouragement. The discussion will provide practical tips and resources that provide support and assistance.

You may choose video-conference or phone.

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

Support Services

- Jackie Drouillard can answer your **Medicare** and insurance questions. Please call for an appointment: 734.241.0404
- **Monroe County Senior Legal Services** can answer your legal questions. Please call for an appointment: 734.241.0404
- **MCOP Resource Advocates** can assist with questions about Medicare, Medicaid, **Home Heating Tax** and other issues: Call 734.241.0404 to make an appointment.
- **Blood Pressure Checks** with Gena Craft from IHM — February 27 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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Monroe Senior Citizens Center
15275 South Dixie Hwy #1
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Dear Members of Monroe Senior Citizens Center,

I know that you, like many of us, get letters this time of year asking for donations. But this letter is different because we are not asking for material gifts, but rather the gift of your time. We are asking for you to give time to a child in our community who has been removed from their home due to abuse and neglect. We are asking you to consider becoming a CASA.

CASA stands for Court Appointed Special Advocate and is a trained volunteer who is the eyes and ears of the court and the voice of the child. The CASA meets with the child and gets to know their wants and needs. The advocate then reports to the court these wants and needs as well as any recommendations they feel are necessary. While there are other professionals involved in these cases, the CASA is the one who truly gets to know the child and makes recommendations that are in their best interest. These recommendations are taken very seriously by the court. (If you would like to hear the judges' thoughts on CASA, please scan the QR code below.)

Advocates receive ongoing training and support, and usually devote about ten hours a month to their case. While these cases can sometimes be challenging, it is so rewarding knowing that you are making a difference in the life of a child who has gone through so much trauma. If you would like more information on how to become a CASA, please email CASA@monroeisd.us.

Sincerely,
CASA of Monroe County



CASA of Monroe County, a member of the National CASA Association,
is a program of the Monroe County Intermediate School District and a United Way Agency.
9 Washington St Ste C Monroe, MI 48161 (734) 241-8182 casa@monroeisd.us



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The Deceptive Names of High Fructose Corn Syrup: an Eye-opener from Kansas City Laser-Like Lipo®

Welcome to the Kansas City Laser-Like Lipo® where we aim to shed light on vital health topics that impact our clients and readers alike. Today, we're unraveling the intricate web woven by the food industry to disguise a notorious ingredient: High Fructose Corn Syrup (HFCS). This sweetener has been under the scanner for its health implications, but why does the industry play hide-and-seek with its name? Let's uncover the mystery.

What is High Fructose Corn Syrup (HFCS)?

HFCS is a sweetener derived from corn syrup, which has undergone enzymatic processing to convert its glucose into fructose. In essence, it is a blend of glucose and fructose, with the ratio of the two varying depending on its intended use.

Why is HFCS Harmful?

1. Linked with Obesity: Several studies have shown a direct correlation between increased HFCS consumption and rising obesity rates. HFCS, particularly the fructose component, doesn't stimulate insulin secretion, which, in turn, fails to suppress ghrelin (the "hunger hormone"). This can lead to increased food intake.

2. Potential to Cause Fatty Liver Disease:

The liver metabolizes fructose, and excessive intake can lead to an overload. Over time, this can cause non-alcoholic fatty liver disease (NAFLD), a precursor to more severe liver conditions.

3. Heart Disease and Diabetes Risk: HFCS can lead to increased triglyceride levels, which heightens the risk of heart disease. Simultaneously, regular and excessive consumption has also been linked to insulin resistance, paving the way for type 2 diabetes.

4. Other Health Concerns: From accelerating the aging process due to the formation of advanced glycation end products (AGEs) to the potential link to certain cancers, HFCS's health ramifications are vast and concerning.

The Chameleon Names of HFCS

The food industry, well aware of the public's growing wariness of HFCS, often resorts to labeling tactics that make its presence less obvious.

Here are some of the alternative names under which HFCS might be hiding in your foods:

1. **Fructose**
2. **Fructose Syrup**
3. **Corn Syrup**
4. **Corn Syrup Solids**
5. **Corn Sweetener**
6. **Maize Syrup**
7. **Glucose/Fructose Syrup**
8. **Isolated Fructose**
9. **Fruit Fructose**
10. **Crystalline Fructose**

It's important to note that while some of these names genuinely represent different products, they still can have a high fructose content, bringing along similar health concerns as HFCS.

Navigating the Grocery Aisle

Kansas City Laser-Like Lipo® advocates for an informed and proactive approach to health. As you navigate the labyrinth of food aisles:

- **Read Labels Diligently:** While a product may boast being "natural" or "free from artificial sweeteners," always turn to the ingredient list for clarity.

- **Prioritize Whole Foods:** Whole fruits, vegetables, grains, and proteins are not only devoid of HFCS but also offer a plethora of essential nutrients.

- **Limit Processed Foods:** These are the usual culprits where hidden HFCS resides. Reducing their intake can significantly minimize your HFCS consumption.

- **Consult Nutritionists:** If you're unsure about certain products or need tailored dietary advice, professionals can provide guidance.

Closing Thoughts

HFCS's concealed presence under various names is a testament to the lengths the food industry will go to ensure its continued usage, despite rising health concerns. As consumers, staying informed and vigilant is our strongest defense. Stay informed, stay healthy, and remember: Your well-being is worth every ounce of effort.



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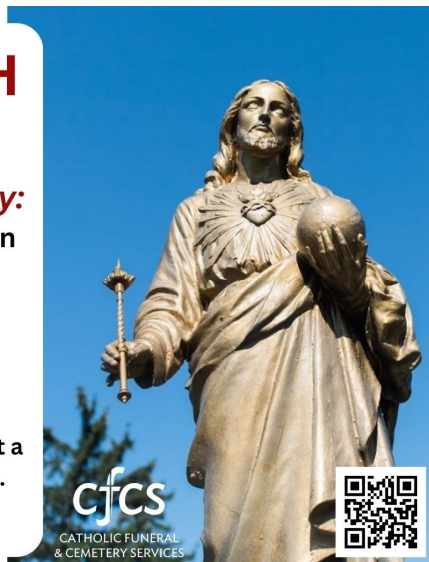
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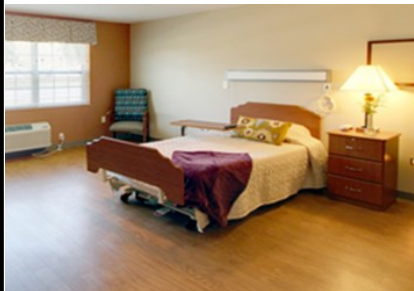
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February 2025

February 2025				January 29	30 Medicare with Jackie by appointment	31 8:45 Cardi-Yo	February 1
2 Sunday Dinner 11 a.m. to 1 p.m.	3 Ford Retirees BK / Lunch 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Messages with JoAnn 12:00 Pinochle 1:00 Dancing / 3:00 Balance	4 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	5 9:00 Movin' & Groovin' 10:00 Enhance®Fitness BirthDay Dinner 12:00 Pinochle 3:00 Balance	6 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	7 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 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle 9:00 Men's Bible	
9 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	10 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Messages with JoAnn 12:00 Pinochle 1:00 Dancing 3:00 Balance	11 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	12 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 1:30 Movie: 3:00 Balance 5:00 Trivia	13 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	14 Valentine's Day 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet 12:30 Hand & Foot (?)	15 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle	
196 Sunday Dinner 11 a.m. to 1 p.m.	17 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Messages with JoAnn 12:00 Pinochle 1:00 Dancing / 3:00 Balance	18 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers	19 Class of '67 BK 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	20 Medicare with Jackie By appointment 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga 3:00 Craft	21 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet 12:30 Hand & Foot (?)	22 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 9:00 Men's Bible	
23 Sunday Ribs Dinner \$6 11 a.m. to 1 p.m.	24 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Messages with JoAnn 12:00 Pinochle 1:00 Dancing 3:00 Balance	25 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers	26 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	27 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 w/Betsy	28 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Soup & Sand. 11:30 Pinochle 12:00 Knit / Crochet 12:30 Hand & Foot (?)	 for Healthy Aging 734.241.0404	



February 2025

Evening Meals

Served 4:15 to 6:00 pm

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

Monday	Tuesday	Wednesday	Thursday
January 27 Hamburger Gravy over Mashed Potatoes Vegetable	28 Roast Turkey Sweet Potatoes Green Beans Cranberry Sauce	29 Chili Rolls Celery Salad	30 Open Faced Beef Sandwich Mashed Potatoes Vegetable
3 Baked Potato Bar with Chili, Cheese, and Broccoli Fruit	4 Baked Cod Country Potatoes Vegetable	5 Spaghetti Spinach Multi-Grain Bread Fruit	6 BBQ Chicken Sandwich French Fries Cole Slaw
10 Beef Stew Cottage Cheese Multi-Grain Bread	11 Chicken Enchiladas with Corn Tortillas Stewed Tomatoes Refried Beans	12 Chicken Noodle Soup Grilled Cheese Fruit	13 Pizza — Pepperoni or Vegetable Side Salad Fruit
17 Turkey Chili Multi-Grain Bread Cottage Cheese	18 Chop Suey Brown Rice Egg Roll Fruit	19 Pot Roast — Beef, Potatoes, Carrots Cole Slaw	20 Roast Turkey Mashed Potatoes Green Beans Cranberries
24 Lasagna Side Salad Garlic Bread	25 Stuffed Peppers Stewed Tomatoes Fruit	26 Baked Chicken Thighs Mashed Potatoes Broccoli	27 Salmon Patties with Cream Sauce Mashed Potatoes Fruit

Milk Shakes are available on Monday Nights \$2.00

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

February

2025

February 2025					29	Marinated Chicken Breast / Brown and Wild Rice / Peas 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod	30	Spaghetti Spinach Garlic Bread / Fruit 518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod	31 Soup & Sandwich \$2 Clam Chowder or Broccoli Soup Sloppy Joe or Tuna Fish Sandwich / Cookie (No other options today)	February 1 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
2	Pork Roast or Cod Mashed Potatoes Corn / Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	3 Ford Retirees BK/ Lunch Stuffed Peppers Mashed Potatoes Stewed Tomatoes 665 cal. 23g fat 59 carb 52g protein	4	Ham & Cheese or Vegetable Egg Casserole Hashbrowns Banana	5 Birthday Dinner Salsa Meat Loaf Mashed Potatoes Mixed Vegetables Birthday Cake & Ice Cream 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.	6	Open Faced Turkey Sand. Mashed Potatoes Green Beans 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.	7	Turkey Burgers with Sautéed Onions French Fries Mixed Vegetables 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	8 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
9 Bingo Spiral Ham w/pineapple Au Gratin Potatoes Green Beans Side Salad 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.	10 Baked Salmon Brown and Wild Rice Spinach Fruit 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	11 Class of '58 Lunch Pork Chops with Mushroom Gravy Mashed Potatoes Green Beans 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	12 BBQ Pork Sandwich Sweet Potato Wedges Celery Salad 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	13 Taco Salad with Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	14 Valentine's Day Chicken Bruschetta Red Skin Potatoes Peas / Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.	15 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00				
16 Roast Beef / Salmon Red Skin Potatoes Cauliflower Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	17 Salisbury Steak Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	18 Ranch Chicken County Potatoes Green Beans Fresh Fruit 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.	19 Class of '67 Breakfast USA Wild Caught Cod Country Potatoes Broccoli / Fruit 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium	20 Beef Tips Over Noodles Beets Cottage Cheese 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro.1,189mg sod	21 Pork Chops with Sauerkraut Mashed Potatoes Mixed Vegetables 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	22 Breakfast 8:00 to 12 00 Noon Meal 11:00 to 1 00				
23 \$6 Special BBQ Ribs or Chicken Baked Potatoes Vegetable Dessert 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.	24 Cornflake Chicken Baked Potatoes Mixed Vegetables 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.	25 Spaghetti Spinach Garlic Bread / Fruit 518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod	26 Sweet & Sour Pork Brown and Wild Rice Stir Fry Vegetables Fruit 600 cal. 8g fat 94 carb 9g fiber 24g sug. 25g pro. 904mg sod.	27 Health Odyssey Roast Turkey Mashed Potatoes Green Beans / Side Salad Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod. (No other options today)	28 Soup & Sandwich \$2 Chicken & Noodle or Ham & Bean Soup Egg Salad or Tuna Fish Sandwich / Cookie (No other options today)	Monroe Center <i>for Healthy Aging</i> 734.241.0404				

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.