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Your senior millage tax dollars at work!

Engage!

VOLUME 25, ISSUE 1

January 2025



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

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VICE PRESIDENT:

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TREASURER:

Jaime McDonald

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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

"January is the perfect time to reset, recharge, and renew your focus on what truly matters."

Happy New Year! We made it through another year. And now, we can plan for the new year. Are there things on our bucket list that we can accomplish? Are there people who we'd like to reconnect with? Is this the year that we set New Year's Resolutions and actually keep them?

In her book, "Ageless Aging," Maddy Dychtwald talks about our longevity bonus and how to make the most of it. People are indeed living longer. Those extra years can be a true "bonus" if we can actually enjoy those extra years. Ms. Dychtwald suggests that 80% of our wellness is within our control and that even small steps can make a difference. She has a list of items that help to improve our quality of life. Some suggestions include:

- Feel positive about getting older.
- Drink unsweetened coffee or tea.
- Eat three to five servings of fruits and vegetables a day.
- Watch less than two hours of TV each day. (Ouch!)
- Stand up and move before sitting more than 3 hours.
- Do some type of exercise at least five days a week.
- Live within our means and save for unexpected costs.
- Avoid processed, fried and charred foods.
- Spend some time outside each day.
- Pursue a hobby or do something that feels like play.
- Connect with others, possibly through volunteering.

While I'm not enthralled with the book's title — "Ageless Aging" because we all age merely with the passage of time. There's no ageless anything. But I do agree with her suggestions that we take control over our wellbeing. We've lived long enough to know the "right" things to do. Maybe it's time that we assess how well we're actually doing putting things into practice.

The Center is a great place to accomplish many of the things on the list, especially connecting with others. We're social beings and being with others is good for our souls. I hope to see you at the Center often. Let's make 2025 a great year.

~ Sandie

News to Note . . .

- Bingo is on Tuesdays!
 Card sales at 1:30 p.m.
 Sunday Bingo—January 12
 No Saturday Bingo
- Monday Massages & 1st-Wednesday of the month with JoAnn — 10:00 to 1:00
- **January 3** Women's Bible Study 3:00 p.m.
- January 8 Birthday Celebration during lunch
- January 8 —Trivia Night at 5:00 p.m. Prizes!!
- **January 9**—at 11:30 Library in Motion Delivery
- January 14— Class of '58
- January 8 Movie "Secondhand Lions— 1:30
- **January 9** Let's Talk Health with Maurine at 4:30 p.m.
- **January 16 —Craft—**3:00
- January 18— Murder Mystery Show, Dinner, Casino \$20 Tickets are limited! And are sold by table.
- Jan. 11 & 25 Men's Bible
- **January 15** MHS Class of '67 Breakfast 3rd Wed.
- **January 23** Writing Group at 2:00 p.m.
- January 23 —ProMedica Health Odyssey—
- January 23 Book Club at 1:00 p.m. Covenant of Water
- January 31 \$2 Soup & Sandwich Day

Please Remember to Scan



Happy January Birthdays

Wendy Abbott Larry Ellison **David Manning** Joseph Salisbury Yvonne Acton Sharon Schiller Christine Frayer Donna Martyn Barry Allen Christene Frederick Yvonne McBee Karen Smeltzer Steve Allen Cathy Friederichs Beverly McCain Tammy Suzor William Bacarella Carol Gawlinski Nancy McDonald **Robert Sweat Judy Barron** Judy Gebhardt Brenda Merkle Fritz Sype Vonnie Bess Toni Giarmo **Bonnie Myers** Linda Thompson Karen Glover Artica Bomer Linda Micheles **Dave Torrence** Joan Toth Janet Bozynski **Barbara Hampton Beverly Moyers** Lisa Brown Ruie Hart Michele Muhleck Renee Treece Mary Lou Burke Esther Hasspacher Rita Nagel Laura Trout Oliver Hensley, Jr. William Burkett Donna Nash **Bob Trowbridge Debby Burress** Shirley Hoffman-Owens Janet Niemann Barbara Turner Charles Van Belle Darlene Chinavare Carol Huffman John Peterson Jean Cohn Diane Janes Vicky Phillips Paul Wagner **Grover Connell Burton Johnson** William Poore **Eddie Weaver** Karen Diedrich Ivan Kamprath Diane Pursley Albert Wehner **Elaine Doom** Marcelle Ramsey Jacquelyn Weier Lois Knegendorf Edna Drexler Tommie Kruse Dan Ripple Clarita Willingham **Robert Duffey** Sue Leibenguth Helen Rosenberger Rena Wilson Terrie Rossi **Sherry Duffey Becky Livingston** Barbara Wolfenbarger

Frank Macaluso

Birthday Celebration! — January 8

Mary Durell

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

Members celebrating a birthday in January enjoy a complimentary meal on Wednesday, January 8.

Cake sponsored by Cornerstone Caregiving



Dinah Russo

Cheryl Wyatt

December Birthday Celebration Attendees

RECENT DONATIONS

Karen Pitcher

Richard Vancena

Joyce Rober

Earl Freimark

Thrift Shop of Monroe

Donna and Robert Wickenheiser

In memory of Polly Raymer

Helen Raymer

Thank you to DTE Energy and Visiting Angels for donating bottled water.

In memory of Richard Janssens

Amanda Hart



Thank you to La-Z-Boy
Foundation for the donation
of a new reach-in freezer
and Hobart mixer.

Thank You





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

\$ 926 — January to June \$565 — July to September \$373 in October

Year-to-Date: \$1,864

Congratulations to the Raffle Winners!

Barbara Hampton — La-Z-Boy Certificate

Susan Jamszewski — Freezer

Pat DiCarlo — \$150

Jerry Pierce — Cheer Basket

Report on the 50/50 Raffles at Bingo

\$ 389.50 — November

Year to Date: \$5,787.50

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.

"At the end of the day, at the end of the week, at the end of my life, I want to be able to say that I contributed more than I criticized."

~ Brene

WELCOME NEW MEMBERS

Sue Bastien

Beverly DeRouchie

Joseph and Patricia Eisenhauer

Mary Ann Jackson

Don Kegerreis

Vicky Kidwell

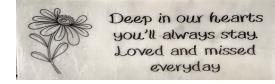
Eva Martinez

Brent McBride

Dan and Linda Townsend

With sympathy ...

James Jones 11/29





JANUARY 2025 "What's Going On" at-a-Glance

Monroe Ford Retirees — Monday, January 6 — 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 January 12

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

No Saturday Bingo in January

HOSTED BY Mikie Kunich

Wednesday, January 8th 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 January 23, 2025

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

Topic:

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

Membership Dues for 2025 are

now payable. \$20 for Monroe residents who are 55 years of age and older.

January 8th Movie



"Secondhand Lions"

— 1:30 pm

A shy young boy is sent to spend the summer with eccentric uncles in this comedic and touching family film featuring an all-star cast. At first he is shocked by his un-

cles' unconventional behavior, behavior that includes ordering African lions through the mail, but he gradually becomes enthralled with unraveling the mystery that has followed his uncles for years. Over the course of the summer, the young boy learns of exotic adventures involving kidnapped princesses, Arabian sheiks, and lost treasure. Not only do these stories bring him closer to his uncles, they also teach him what it means to believe in something.

Complimentary popcorn.

Women's Coffee Hour with Maurine

Thursday, Jan. 9 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, Jan. 3, 20245 at 3:00 p.m.

Men's Bible Study — 9:00 a.m. January 11 and 25 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 Friday Knitter/Crocheter Group sponsored a Craft Sale on November 6 and raised over \$1,000 for the Center. Thanks to all those who donated and to those who supported our sale.

Questions? Contact Maxine at 734-241-0404

We are always grateful for varn donations.

Craft January 16 — 3:00 p.m.

Note Cards with Mary Morgis Please sign up at the Front Desk.

MONROE CENTER **BOOK CLUB**

January 23, 2025

Covenant of Water by Abraham Verghese

From the New York Timesbestselling author of Cutting for Stone comes a stunning and magisterial epic of love, faith, and medicine, set in

Kerala, South India, following three generations of a family seeking the answers to a strange secret.

February: Remarkably Bright Creatures by Shelby VanPelt

Water

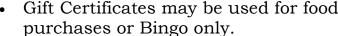
Abraham Verghese

Brain Aerobics

is Back — with Tommie 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.







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
- Low-vision reading machine
 - Shower chairs
 - Wheelchairs
 - Walkers with wheels
 - Walkers without wheels
 - Bedside commodes
 - Canes

Call to inquire: 734.241.0404

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.

Cheri's Quote of the Month

"What the New year brings To you will Depend a great Deal on what You bring to The new year."

~ Vern McClellan.

Happy New Year!

MURDER at Jack's Place

(A.K.A. the Center for Healthy Aging)



Join us Saturday, January 18th, for a special evening featuring Drinks, Dinner, Dessert, Live Casino Table Games and MURDER!

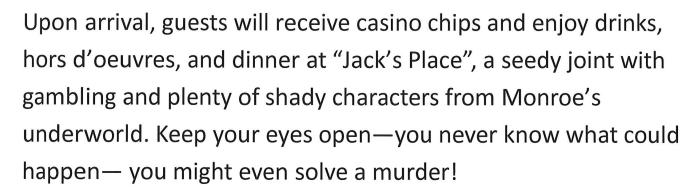


Saturday, January 18

4 p.m.—7:30 p.m.







Prizes for top chip holders at the end of the night & successful detectives



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. In January, we'll begin working on important life milestones. Here are a couple examples:

JoAnn "Mikie" Kunich

- 1949 Born November 1 Two older brothers
- 1952 First Memory Cut myself with razor
- 1972 Got Married. Had a business in Brest Bay. My mom found a lump.
- 1973 Mom died on Christmas Eve
- 1984 Divorced. First time I lived alone.
- 1993 Started Massage School. Graduated. Began working for myself.
- 2024 Turned 75 this year. Hired at Monroe Center as Volunteer Coordinator. Still doing massage. Volunteer when and where I can.

Betsy Bradley:

1960 Born in Toledo, Ohio, first of three girls. Lives in a small orange trailer with an older brother.

1967 Moved to Puerto Rico. Had an idyllic child-hood exploring the mountain rainforest and sixteenth century Spanish forts. Spent weekends, holidays and summers sailing around the eastern Caribbean islands.

1974 Returned stateside to Sandusky, Ohio for high school.

1980 Married, built a home in LaSalle, Michigan. Had three boys in four years. Worked at Monroe YMCA in childwatch, as a lifeguard, swim instructor and coach, lifeguard CPR and First Aid trainer, fitness instructor, coordinator for aquatics, fitness and Christian Emphasis (not at the same time)!

1997 Quit working to go back to the University of Toledo. Earned a scholarship for a summer study program in Toledo, Spain.

2001 Graduated summa cum laude with a BA in Spanish and a BE in art. Subbed and taught art and Spanish for Monroe, Jefferson, Airport, St Charles, St Patrick and St Stephen schools.
2014 Birth of first of six grandchildren, a girl, followed by another girl then four boys.
2020 Sailed from Hampton, Virginia to St Thomas, nine days at sea in spin-off weather from hurricane Eta; very windy and 15-20 foot waves. The following year sailed Hampton to Bermuda (4 days) then on to Antigua (5days).

~ 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

One of them contained these truths:

The loser is always part of the problem.

The winner is always part of the answer.

The loser always has an excuse.

The winner always has a goal.

The loser says, "That's not my job."

The winner says, "Let me do it for you."

The loser sees a problem for every answer.

The winner sees an answer for every problem.

The loser says, "It may be possible, but it's too difficult."

The winner says, "It may be difficult, but it's possible."

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 — Tuesday, January 28, 2025 — \$30 per person. Five hours and \$15 of casino play. Departs Elevate Church 10:30 a.m. Valid passport or enhanced driver's license is required.

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

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.

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

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 is you're having symptoms of the flu, Covid, or the common cold. And remember to wash your hands often. It helps stop germs.

Board of Directors News

As the new term begins on January 1, we welcome Judge Mark S. Braunlich back to the Board of Directors and Bonnie Thompson who is serving her first term. We're looking forward to working with you and having your guidance.

We say goodbye to President Michelle LaVoy whose term expired on December 31. She served on the Board for seven years and as the President for the past year.

We also say farewell to Peggy Barton who has served on the Board for eight years as Secretary. She decided that it was time to step down to focus more on Roland as well as her own health.

The Board meets on the third Thursday of each month at 6:00 p.m. (except for the months of July, August, and December). Election of Officers for the Board will occur at January's meeting. Meetings are open to the public.



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
- 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

November 11 — Gary Miller

November 13 — Nancy Dale

November 15 — Cindy Prusaitis

November 16 — Joan Milam

and Cindy Prusaitis (Tie)

November 18 — Cindy Prusaitis

November 20 — Ron Bowman

November 22 — Luther Conner

November 23 — Ron Bowman

November 25 — Joan Milam

November 27 — Joan Milam

November 29 — Cindy Prusaitis

November 30 — Cindy Prusaitis

December 2 — Joan Milam

December 4 — Cindy Prusaitis

December 6 — Ron Bowman

December 7 — Gary Miller

December 9 — Dee Mitchell

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

Ask the Pharmacist!

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

Avoiding Winter Skin Woes

Hello friends! I hope that you have been able to enjoy all of the fun things that Fall brings to our region. Of course, Michiganders know that Fall also brings cooler temperatures and leads us into the Winter season.

An important thing to remember as we begin to brave the colder temperatures is to take care of our skin. Our skin is an important barrier that helps to protect our bodies from infection and other threats from the environment.

Our skin becomes dry in the winter season because colder air outside and increased indoor heat both lead to our skin losing moisture and oils. When the moisture is lost, the skin can become dry, leading to cracks and breakdown which can allow infection to enter.

To keep our skin at its best through the winter months, here are some tips that can be easily added to our routines:

- While it may be tempting to take a long, hot shower to warm up from the chilly temperatures, prolonged exposure to hot water and over washing can be damaging to our skin. **Keep your showers between 5 and 10 minutes.**
- Moisturizing your skin is important, but WHEN you moisturize is more important.
 Most dermatologists recommend patting dry after a shower and applying a moisturizer right away.
- Use lotions and creams that are **fragrance-free** to help reduce skin irritation.
- **Stay hydrated!** Make sure your intake of water doesn't decrease in the winter months.
- Start a winter skin care routine early predicting when the temperature will drop and starting these things early will help to prevent dry, irritated skin.
- **Add a humidifier** to your home to add moisture back to the air. Aim for a humidity level of 30 to 50 percent.
- **Don't forget the sunscreen!** Not only will sunscreen protect you from the UV rays that are still present in the winter months, it's another way to add a moisturizer to your winter skin care regimen.

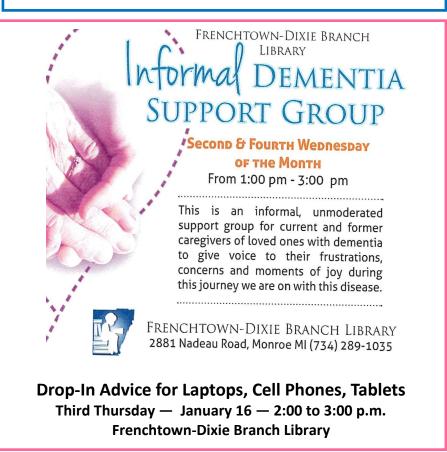
Stay well!

~ Jennífer



Monroe County Library in Motion Pick-Up

January 9 — 11:30 a.m.



You are invited to Virtual Caregiver Coffee with MemoryLane Staff



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

This is your chance to talk with other caregivers and to share insights, advice, and 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 January 23 at 10:00 a.m.
- MemoryLane Care Services offers coaching and support groups for caregivers and in-person Adult Day Care for individuals with memory loss. Contact Cheryl Conley at MemoryLane: 2500 North Reynolds Toledo, Ohio 43615 Phone: 419-720-4940 Serves Monroe County!



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.

SOCIAL SECURITY NEWS

The Cost of Living Adjustment for 2025 is 2.5%.



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)











Please Join Us for a special MLK, Jr. Day of Service Luncheon

Thursday, January 23rd

Noon – 2 p.m.

Location: Opportunity Center at the ALCC

120 Eastchester Street

Monroe MI 48161

In honor of the service that Monroe County RSVP volunteers provide, MCOP and Marian Place (Trinity Health) are welcoming all volunteers, station partners and community members to a special presentation on DEIA (Diversity, Equity, Inclusion and Accessibility), provided by Trinity Health and the Alzheimer's Association of Michigan. Most businesses and organizations teach staff about the importance of DEIA, but many older adults miss out learning about DEIA from trained providers. This luncheon is a special opportunity to see for yourself the meaning of DEIA in a safe and welcoming environment.

Please join us for this special presentation and lunch, generously provided by MCOP and Marian Place!

RSVP by January 13th with Beth or Jo Anne at 734-241-0404

DENTAL CONCERNS?

THE ORCHARD EAST
COMMUNITY HEALTH HUB

DENTAL CLINIC

PROVIDES SERVICES FOR THE INSURED AND UNINSURED.

OPPORTUNITY CENTER 120 EASTCHESTER MONROE, MI 48161

CALL FOR MORE DETAILS AND TO SCHEDULE AN EVALUATION.

734.241.2775 EXT. 244





ARE YOU USING SUPPORTIVE LANGUAGE THAT MAKES A PERSON FEEL SAFE AND HEARD?

Language matters in compassionate care, and that is not just limited to what you say in front of a patient. What you say behind closed doors to coworkers, friends and family can be the seed for stigma, and not recognizing cultural differences may lead people to distrust and avoid treatment.

After experiencing a traumatic event, many people struggle to share their experiences and reactions with others. When they do open up, it may result in several reactions for you, making it difficult to know how exactly to respond. What you say matters in helping the survivor feel safe and understood.



INSTEAD OF SAYING ...

- You need to move on. The past is the past.
- This is heavy. Let's talk about something else.
- There are other people who have been through worse than you.
- Your PTSD symptoms will never go away, so you should learn to live with them.
- Maybe it's not as bad as you are remembering it.
- Try to focus on the positive instead of the negative.

[THESE WORDS PERPETUATE STIGMA AND CAN BE DAMAGING TO THE PERSON DISCLOSING THEIR TRAUMA.]

CONSIDER SAYING ...

- It doesn't matter how long it's been since it happened. You deserve support now.
- Thank you for trusting me enough to share your story.
- I'm sorry you are struggling with what happened to you. I am here to help.
- Many people who seek treatment see an improvement in their symptoms.
- I am here to listen and support you.
- Your feelings and experiences are valid.

[THESE WORDS SHOW SUPPORT AND HELP THE PERSON WHO HAS EXPERIENCED TRAUMA TO FEEL SAFE WITH SHARING THEIR EXPERIENCES.]



When people share their experiences and feelings with someone — or even disclose their trauma — it can be an important part of the healing process. It is important to continue to practice self-care, so if listening causes you distress, please reach out to a trusted peer for additional support.





April 2022



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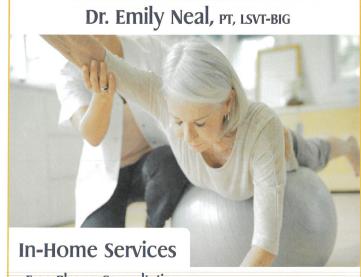
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| | | 31 New Year's Eve | 1 New Year's Day | 2 Medicare with Jackie by appointment | 3 Medicare with Joyce 8:45 Cardi-Yo | 4 Breakfast |
|--|--|---|---|---|---|--|
| | January 2025 | 9:00 Balance Exercise Center closes at 2:00 p.m. | Center closes at 2:00 p.m. | 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga | 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot (?) 12:00 Knit / Crochet | 8:00 to 1:00 Noon Meal 11:00 to 1:00 |
| | | | | 7.00 Model A Cido | 3:00 Women's Bible | |
| 5 Sunday Dinner 11 a.m. to 1 p.m. | 6 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 | 7 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 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance ® Fitness Birthday Dinner 12:00 Pinochle 1:30 Movie: Secondhand Lions 3:00 Balance 5:00 Trivia | 9 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 11:30 Library in Motion | 10 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot (?) 12:00 Knit / Crochet | 11 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle 9:00 Men's Bible |
| 12 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m. | 13 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 | 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 | 15 Class of '67 BK 9:00 Movin' & Groovin' 10:00 Enhance ® Fitness 12:00 Pinochle 3:00 Balance | 16 Medicare with Jackie by appointment 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga 3:00 Craft | 17 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet | 18 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle Murder Mystery |
| Sunday Sunner Dinner 11 a.m. to 1 p.m. | 20 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 | 21 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers | 22 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance | 23 Medicare with Jackie 9:00 Balance Exercise 11:30 Health Odyssey 10:00 Poker Game 10:15 Chair Yoga 1:00 Book Club 2:00 Writing w/Betsy | 24 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet | 25 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 9:00 Men's Bible |
| 26 Sunday Ribs Dinner \$6 11 a.m. to 1 p.m. | 27 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 | 28 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers | 29 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance | 30 Medicare with Jackie by appointment 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga | 31 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:300 Soup & Sand. 11:30 Pinochle 12:00 Knit / Crochet | Monroe Center for Healthy Aping 734.241.0404 |



Evening Meals

Served 4:15 to 6:00 pm

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

| Monday | Tuesday | Wednesday | Thursday |
|--|--|--|--|
| 30 Baked Potato Bar with Chili, Cheese, and Broccoli Fruit | New Year's Eve No evening meal. | January 1 New Year's Day No evening meal. | 2 Chicken Noodle Soup Grilled Cheese Fruit |
| 6 Teriyaki Chicken Brown & Wild Rice Stir-Fry Vegetables | 7 Ham Slices Sweet Potatoes Vegetable | 8 Baked Cod Country Potatoes Vegetable | 9 Spaghetti Spinach Multi-Grain Bread Fruit |
| 13 Chicken Casserole Potatoes, Carrots, Vegetables Fruit | BBQ Pork Sandwich French Fries Cole Slaw | 15 Island Meat Balls Mashed Potatoes Vegetable | Grilled Chicken over a Bed of Lettuce Cottage Cheese Multi-Grain Bread |
| 20 Salmon Patties with Cream Sauce Mashed Potatoes Fruit | 21 Quiche — Spinach & Onion or Ham & Pineapple Hashbrowns Banana | 22 Beef Pot Pie Cottage Cheese Fruit | 23 Tuna Melts Cucumber & Tomato Salad Veggie Chips |
| 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 |

Milk Shakes are available on Monday Nights

\$2.00

Wednesday is Sundae Night \$2.00

Vanilla, Chocolate, Caramel or Strawberry

| Jan 2(| January 2025 | 31 Soup & Sandwich \$2 Chicken Tortilla or Vegetable Beef Soup Egg Salad or Ham & Cheese Sandwich / Cookie (No other options today) (Center closes at 2:00) | 1 New Year's Eve White Chicken Chili Multi-Grain Bread Celery Salad 666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbohy- drates; 34.7 g protein (Center closes at 2:00) | Sloppy Joes Veggie Chips Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar | S Beef Tips Over Noodles Beets Cottage Cheese 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro.1,189mg sod | 4 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 |
|---|---|---|--|--|--|---|
| Pork Roast or Cod Mashed Potatoes Corn / Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium | 6 Ford Retirees BK/ Lunch Chicken Bruschetta Red Skin Potatoes Peas / Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro- tein 1,278 mg sod. | 7 Home-Made Pizza (Pepperoni or Veggie) Fresh Fruit Broccoli Salad | 8 Birthday Dinner Open Faced Turkey Sand. Mashed Potatoes Green Beans Birthday Cake & Ice Cream 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod. | 9 BBQ Pork Sandwich Sweet Potato Wedges Celery Salad 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar | 10 Liver and Onions or Salisbury Steak Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod | 11 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 |
| 13 Bingo Roast Beef / Salmon Red Skin Potatoes Cauliflower Pears 805 cal. 48 gfat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod | Russian Pancakes with Plum Sauce Sausage Banana | 14 Class of '58 Lunch Cornflake Chicken Baked Potatoes Mixed Vegetables 880 cal. 23g fat 127 carb 12gfiber 47g sugar 40g pro 1,211 mg sod. | 15 Class of '67 Breakfast Baked Salmon Brown and Wild Rice Spinach Fruit 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium | 16 USA Wild Caught Cod Country Potatoes Broccoli / Fruit 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium | Salsa Meat Loaf Mashed Potatoes Mixed Vegetables 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod. | 18 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 |
| 19 Roast Turkey Mashed Potatoes Gravy Green Beans Cranberries | Chicken Noodle Casserole with Peas & Carrots / Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod. | Pork Chops with Sauerkraut Mashed Potatoes Brussel Sprouts 683 cal. 15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod | 72 Turkey Burgers with Sautéed Onions French Fries Mixed Vegetables 1,088 cal. 46g fat 98 carb | 23 Health Odyssey Ranch Chicken County Potatoes Green Beans Fresh Fruit 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod. (No other options today) | 24 Taco Salad with Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod | 25 Breakfast 8:00 to 12:00 Noon Meal 11:00 to 1:00 |
| 26 \$6 Special BBQ Ribs or Chicken Baked Potatoes Vegetable Dessert | 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. | 28 Shepherd's Pie Cottage Cheese with Peaches 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium | 29 Marinated Chicken Breast / Brown and Wild Rice / Peas 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod | 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) | Monroe Center for Healthy Aging 734.241.0404 |

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