

15275 South Dixie Highway Monroe, MI 48161 NONPROFIT
ORGANIZATION
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PERMIT NO. 485



Your senior millage tax dollars at

July 2025

Engage!

VOLUME 25, ISSUE 7

SALAD BAR FRIDAYS — SERVED 11:00 TO 1:00 P.M. BEGINNING JULY 1



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 Josh Gearhart

Val Bezeau

Customer Service Coordinator:

Cheri Braunlich

cheri@monroectr.org

Accounting Clerk:

Nancy Guich

Volunteer Coordinator: JoAnn (Mikie) Kunich brenda@monroectr.org

Bingo Coordinator: Kevin Hemry

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



15275 South Dixie Highway Monroe, MI 48161

734-241-0404



Visit us on-line: www.monroectr.org

Board of Directors

PRESIDENT:

Mark S. Braunlich

VICE PRESIDENT:

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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."

Evening Meals

Monthly Menu

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



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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

"May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right."

—Peter Marshall

Greetings All. Happy July! The above quote reminds me of the "Ask Not" speech by President John F. Kennedy. In it, he encouraged all of us to look around to see how we might positively contribute to our country. The question seems as fitting today as it did in the '60s.

Here in Monroe, we do have a group of individuals who give of their time and talents serving as volunteers. At the Center, we have over 90 such people. Through the RSVP program, there are over 300 people who volunteer at 41 different agencies. The value of their work can be measured by the established dollar rate for volunteer service; however, the true value shows up in the smiles, the care, the commitment, and the expertise that the volunteers embody. The Center, as do the other 40 stations, rely on the assistance to accomplish our mission — enhancing the quality of life for older adults in Monroe County. We owe them a ton of gratitude. I certainly appreciate them all.

While not all of us can commit to a volunteer work schedule, there are other ways that we can contribute. The things listed below can make a difference:

- Say thank you to a volunteer.
- Bend over and pick up a piece of litter. If you smoke, throw the cigarette butt in a receptacle.
- Open a door for someone.
- Listen to one another in order to understand.
- · Support organizations with monetary gifts.
- Run "gossip" through three standards Is it true? Is it kind? And, is it necessary?
- Call someone who might need a pick-me-up.
- Smile at people as you're walking by.
- Any other kind gesture. We all need something.

We may never know the impact. Yet it matters. Together, we can demonstrate what we can do for our country — and each other. Thanks for spreading joy.

~ Sandie

News to Note . . .

- Bingo is on Tuesdays!
 Card sales at 1:30 p.m.
 Sunday Bingo— July 13
- Monday Massages & 1st-Wednesday of the month with JoAnn — 10:00 to 1:00
- July 2 July Birthday
 Celebration during lunch
 (No massages today)
- July 7 Lunch & Learn
- July 9 —Trivia Night at 5:00 p.m. Prizes!!
- **July 10** —at 11:30 Library in Motion Delivery
- July 10 Lunch & Learn
- **July 10** Let's Talk Health with Maurine at 4:30
- **July 8** Class of '58—Lunch
- July 9 Movie "Niagara" 1:30 p.m.
- July 21 MHS Classes of '65 and '66 Lunch
- July 16 MHS Class of '67 Breakfast — 3rd Wednesday
- **July 17 —Craft—** 3:00 RSVP
- July 18 Comedy Night
- July 21 Lunch & Learn with Yinger Pharmacy
- **July 24** Writing Group at 2:00 p.m. "The Lighthouse Keepers Daughter"
- July 24 —ProMedica Health Odyssey—
- **July 24 Book Club** at 1:00 Faith Bass Darling's Last Garage Sale
- **July 31** \$2 Soup & Sandwich Day

Please Remember to Scan



Happy July Birthdays

Victoria Badalamenti **Sharon Cuthbert** Cindy Kellis Linda Rutledge **Dennis Davidson** Ben Kern Mary Sancrainte Carol Baumgartner Sherry Bausman Mary Dobberstein Reah Kohler Lorna Schlecht Martha A. Beaudry Ruth Dombrowski Sandra Kroeger Shirley Somerville **Terry Benore** Joseph Eisenhauer Don Lutz Deanna Terrasi Jon Bess Clive Ellis Mike Marchese Janice Thoma **Bonnie Biers** Ray Frank Leola Marquardt Arley Turner Keyna Bloom Earl Freimark **Brent McBride Donalee Turner** Richard Vancena Glenda Booker Nancy Guich Donna Melvin Janice L. Menzel Debra Vreeland Ricky Brown Linda Hance Lillian Butler William Hancock, Jr. Mary Mitchell Bari Waltz Veronia Carlston Rolland Hatfield Iva Weaver Sandra Molenda Judith Carr Carol Moore Kaye Horsfall Joan Webster **Bonnie Cheney** Bonnie Morawa Carol Whitaker Melissa Hug **Bonnie Clukey** James Jay Kim Pearch Jane Wolfenbarger Ron Cole Sandie Pierce Jill Jewell Fred Wood Linda Coulter Linda Kandler **Ruth Reinhardt** Ralph Woodbury

Birthday Celebration! — July 2, 2025

We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a July birthday enjoy a complimentary meal on Wed., July 2.

Cake sponsored by Oak Street Health



May Birthday Celebration Attendees

RECENT DONATIONS

Mark and Polly Fredericks

In memory of Jack Henegar

Toni Solomon

Thanks to Steve Pace For coordinating the Spaghetti Dinner on June 27 in honor of his father, Mario.

Thanks to Huron Valley PACE for sponsoring the Birthday Cake for May and to Heartland Hospice for sponsoring the Cake in June.

Individual Donations generate 5% of our annual budget (\$35,000)

Your support helps to ensure we maintain a balanced budget.

Thanks!

Report on the 50/50 Raffles at Bingo

\$ 1,172 — January—March \$466.50 — April \$381 — May

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

Food Donation Goal: \$2,000

Jan. to March — \$586.24

April — \$241

May — \$340

Thank you!!

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 calculate the amount of millage funding we receive. each



WE NEED YOUR INPUT

Please complete the 2025 Community Needs Survey for those 55 years and older:

https://umich.quatrics.com/jfe/form/SV_8JnkR1ybM SKykHI or scan the QR code

Paper copies are available at the Center, area libraries, and township halls.



Return to the Monroe Center.

WELCOME Marlene Akans Christine Assell Iris Baker MEMBERS Terry Benore Hudy Bornbard

Sam Guich Christine Assell Kaye Horsfall Iris Baker Linda Krug Terry Benore Dariel Loop Judy Bernhard John R. Petree, Sr. Chantress Birton Sue Rauhut Bonnie Clukev Renee Saul Donn Cunningham Donna Shields Nancy Jane Dover James Sherman Tom Dover Pamela Sherman Kimberly Greenwood Shirley Somerville Nancy Guich **Easter Vining**

Cheri's Quote of the Month

It is always the right time to do the right thing

Martin Luther King Jr.

Memorial Leaves are available for \$10 each. Order at the Front Desk.

With sympathy ...

Susan Denman — May 21 Adam Emmendorfer — May 27 Jack Henegar — May Richard Genord — June 1 Marjorie Sieb — June 8

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



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

Monroe Ford Retirees — Monday, July 7 — 8:30 a.m. Breakfast 11:00 a.m. Lunch — Salaried

Bingo

Bingo is held on Tuesdays

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

Sunday Bingo is July 13

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

Gift Certificates can no longer be used.

Please be kind. We're all human.

✓ PROMEDICA | WELL CONNECTED.

Health Odyssey July 24, 2025

11:30 a.m. Lunch

12:00 Program

Topic: Sugar – What Does It Do to Our Body with Lisa McGrath (ProMedica Diabetes Education)

Please sign up: 734.241.0404

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

Please be kind. No talking during the presentation.

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

HOSTED BY Mikie Kunich

Wednesday, July 9th 5:00 to 6:30 p.m.

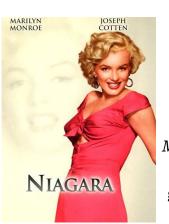
Trivia

Free of charge.

Prizes Awarded!

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

July 9th Movie "Niagara"



1:30 pm

"Niagara" was
released in 1953.
Customers consider
this movie one of
Marilyn Monroe's best
works, praising its
great performances,
particularly Joseph

Cotten's. As two couples are visiting Niagara Falls, tensions between one wife and her husband reach the level of murder.

Not Rated Complimentary popcorn.

Women's Coffee Hour with Maurine

Let's talk about health! July 10 — 4:30 p.m.

Exercise Classes

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

Balance Class— Tuesdays & Thursdays at 9:00 a.m. with Helen 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 (except first Monday) & 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

Courageous Renad

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

Calling All Bakers!

Talk to Toni if you'd like to be part of a team to bake for our Bake Sale. Bakers will bake in the Center's kitchen on Sunday, July 27.

Baked goods will be sold on Monday.

Fun with Yarn For all Ages!

Fridays at 12:00 noon

- Drop in and meet the new knitters and crocheters.
- We have supplies and offer tutoring.
 It's fun and easy!
- Choose your project crochet a granny square; knit or crochet a pair of slippers or a water bottle or cellphone tote.
 - Or bring your own needlework.
 - Stop by to chat or watch.

Questions? Contact Maxine at 734-241-0404

We are always grateful for donations of yarn and patterns.

Craft July 17 — 3:00 p.m.

Please sign up at the Front Desk.

MONROE CENTER BOOK CLUB

July 24, 2025 — 1:00 p.m.



"Faith Bass Darling's Last Garage Sale" By Lynda Rutledge

This is a wonderful story about an elderly southern woman who decides to clear out her mansion and have a yard sale....but so much more than that!

Up-Coming Selections:

August: Rules of Civility (Amor Towles) Sept.: While Justice Sleeps (Stacey Abrams) Oct.: The House of Spirits (Isabella Allende)

Bible Studies are taking a break for the summer.

Member's Comedy Show

Friday, July 18 4:00 Dinner 6:00 to 8:00 Show

Members will be recruited to be part of comedy skits. Or if you have your own idea, talk with Toni to see how it fits with the program.

Menu: Sloppy Joes, Baked Beans, Cole Slaw, Fresh Fruit, and Dessert Tickets are \$6.00 and will be sold in advance by table.

Lunch & Learn

Monday, July 7, 2025

Lunch — 11:30 a.m. Please RSVP Program by Dr. Kojo Quartey at Noon



MONROE COUNTY COMMUNITY COLLEGE

Save the Dates! And more ...

- August 14 & 15 Rummage Sale Donations are Welcome
 - September 19 Ribs Dinner (Replaces the Steak Dinner)
 Sponsored by McMullin Dental
 - **Donations** of new or gently used purses are needed for a fun evening where people will bid on the purses full of surprises.
 - Karaoke is coming August 15!
 Dinner Music Fun \$6.00
 4:00 to 7:00 p.m.

Lunch & Learn

Monday, July 21, 2025 Lunch — 11:30 a.m.

Program by Yinger Pharmacy at Noon

Please RSVP. Individuals who stay for the program receive a complimentary lunch.



Lunch, **LAUGH** and Learn

LAUGHTER – the Best Medicine
Really? Is LAUGHTER really a Medicine?

There is now a large body of medical and scientific evidence on the benefits of laugher. The presentation has funny videos and cartoons that explains how our bodies, minds, emotions, social and spiritual life benefit from LAUGHTER.

You will be able to score yourself before, during and after the presentation to see the impact of LAUGHTER as the best FREE Medicine!

Cajie Dcunha from Monroe County Community College and a volunteer at Monroe County for Healthy Aging will present.

On Thursday, July 10, 2025 at 12 noon at MCHA.

"Family Feud" Game Night

Friday, July 25 3:00 to 6:00 p.m. Get a team together! Pot Luck Snacks. Please RSVP.

Brain Aerobics

with Tracy Sudduth Monday's at 9:00 a.m.

Crosswords and Sudoku available daily.

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. Please note: Beginning June 1, Gift Certificates can no longer be used for Bingo. So sorry.

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, so it makes sense to call to inquire.

Items that we currently have:

- 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.



Diamond Art

The group of ladies who do Diamond Art is in need of frames for their masterpieces.

Donations of frames are appreciated.

Welcome to Nancy Guich!

Nancy has been hired as the Accounting Clerk. She has lots of experience and a kind heart. Please introduce yourself.

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

Calling All Writers

July 24, 2025

Are you interested in crafting your life history?

Join Betsy Bradley on the **fourth** Thursday of the month at 2:00 p.m.

Each month we will work on the milestones of one of our members.

Please let us know if you'd like your legacy captured on paper.

~ Betsy Bradley

FROM THE VOLUNTEER COORDINATOR:

WE NEED YOUR HELP!

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!

Please remember to treat the volunteers with kindness.

~ JoAnn (Mikie) Kunich



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

NOT SURE IF RETAILERS KNOW THIS, BUT THERE IS A WHOLE DEMOGRAPHIC OF WOMEN WHO STILL WANT THE BOTTOM HALF OF THE SHIRT.

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

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

Call to RSVP for Detroit Tigers and/or Shipshewana



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. Additional \$114 per person government fees. Currently two traveling from Monroe. Passport required.

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. Four are traveling from Monroe. Passport required.

2026 Cruises:

- January Mexican Riveria out of Los Angeles 8 days on Royal Princess https://grandamericantours.com/princessroyalmexriv-glp
- May Best of Greece 9 days on Celebrity Infinity https://grandamericantours.com/celeb-infinity-greek-isle
- May Alaskan Cruise, Land & Rail (Anchorage, Mt. McKinley, Denali, Whittier) 11 days on Island Princess https://grandamericantours.com/princessislandak-ct-ab3-k
- August Iceland 8 days on Celebrity Silhouette
 https://grandamericantours.com/celeb-silhouette-iceland



<u>Survey for Horizon Travel & Cruises</u> — Here are the results!

Thanks to the 20 people who participated. Watch Facebook for updates.

Which are you most interested in10_ Day Trips I would be interested in	Day Trips10_ Overnight Trips
2 Detroit Parade Co 6 Belle Isle 5 Dow Gardens 9 Holland Tulip Festival 4 Rock N Roll Hall of Fame 10 Detroit Tigers Game — Sept. 18 3 Meijer Gardens and Ford Museum 4 State Capital Tour 8 Toledo Zoo & Botanical Gardens 11 Fox Theatre in Detroit	6_ Michigan Central Station11_ Shipshewana — Coming Nov. 11 & 1211_ Frankenmuth8_ Turkeyville6_ Henry Ford Museum4_ Air Zoo and Aerospace Museum1_ Detroit CorkTown9_ Motown Museum3_ Armstrong Air & Space Museum11_ Stratahan Theatre in Toledo
Overnight Trips I would be interested in 9_ Mackinaw Island 5_ Traverse City, MI 12_ Branson, Missouri 6_ Chicago, Illinois 7_ Northern Michigan/UP Tour	_12_ Amish Country, Berlin, Ohio6_ The Ark Encounter, Williamston, KY _11_ Fall trip to the East Coast, Maine8_ Great Smokey Mountains, Dollywood7_ Washington, DC

What other destinations would you be interested in:

Mississippi River, MIS Lights, Firekeepers, Away Games, Mud Hens, Renaissance Festival



It's time to get rid of your unused and expired medication.

Red Med Boxes are available at the State Police Post.

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.

Pinochle Winners

May 14 — Dennis Eby

May 16 — Al Miller

May 17 — Al Miller

May 19 — Joan Milam

May 21 — Pat LaRoy

May 23 — Al Miller

May 24 — Al Miller

May 26 — Ron Bowman

May 28 — Gary Miller

May 30 — Ron Bowman

June 2 — Gary Miller

June 4 — Barb Crumm

June 6 — Ron Bowman

June 7 — Gary Miller

Thanks to Gary Miller for running the Pinochle Games!



Ask the Pharmacist!

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

Depression vs Anxiety: What is the difference?

Reese Cook BSPS

Although treatment options and medications are similar for anxiety and depression, what is the true difference between these mental health conditions?

Approximately 33.7% of the population are affected by an anxiety disorder in their lifetime. Major depression is defined as period of at least two weeks when a person experienced a depressed mood or loss of interest or pleasure in daily activities, and had a majority of specified symptoms, such as problems with sleep, eating, energy, concentration, or self-worth. Both disorders are more prevalent in women than men with the average onset being in their late 20s. Studies have shown that up to 60% of patients with anxiety will also suffer from symptoms of depression.

So, what do these symptoms look like? Depression symptoms include mood changes, lack of interest, sleep disturbances, appetite or weight changes, fatigue, concentration difficulties, and thoughts of death or suicide. Physical symptoms include aches or pains, headaches, and digestive problems. Anxiety symptoms include feelings of panic/fear of losing control, restlessness, increased irritability, obsessive thoughts, and difficulty sleeping. Physical symptoms can include increased heart rate, sweating, shaking, chest pain, nausea, or an upset stomach. Different types of anxieties include generalized, panic disorder, social anxiety, obsessive compulsive disorder, and post-traumatic stress disorder.

Anxiety and depression are both treated with antidepressants. These medications work to regulate the imbalance of neurotransmitters in the brain which include dopamine, serotonin, and norepinephrine. Common drug classes include selective serotonin reuptake inhibitors (SSRIs), serotonin and norepinephrine reuptake inhibitors (SNRIs), atypical antidepressants, tricyclic antidepressants (TCAs), and Monoamine Oxidase Inhibitors (MAOIs). Treatment with these medications can vary from 6-12 months or lifelong.

While these medications are very effective and commonly used, side effects of the different drug classes can vary. Common side effects of antidepressants can include sexual dysfunctions, upset stomach, headache, fatigue, diarrhea, and drowsiness. Weight loss or weight gain is common with specific medications, so it is important to talk to your doctor to find the correct treatment plan. Other more serious conditions can include increased risk of suicidal thoughts and behavior, serotonin syndrome, and antidepressant discontinuation syndrome.

It is important to recognize that there are many other options to help alleviate the symptoms of depression and anxiety. Non-pharmacologic treatments include cognitive behavior therapy, electro convulsion therapy, and brain stimulation. Lifestyle changes include exercise, sleep hygiene, healthy diet, and stress management. Collaboration between you, your doctor, and your pharmacist is important to ensure you are receiving the best treatment plan both with medications and lifestyle modifications to avoid any unwanted side effects or symptoms.

Stay healthy,

~ Reese & Jennifer

Symptoms of Major Depression	Symptoms of Generalized Anxiety Disorder
o depressed mood	excessive worry
o lack of interest in enjoyable activities	o restlessness
o increase or decrease in appetite	 being easily fatigued
o insomnia or hypersomnia	 trouble concentrating
 slowing of movement 	 irritability
o lack of energy	 sleep disturbance
o feelings of guilt or worthlessness	 muscle tension
o trouble concentrating	
o suicidal thoughts or behaviours	

Sadness Verethermens Irritability Loss of interest in normal activities Thoughts of suicide or death Tiredness Agitation Disturbance in sleep or appetite Anxiety Trembling Increased breathing rate breathing rat



Monroe County Library in Motion Pick-Up

July 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 — July 15 - 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 Note: Jackie is working on insurance coverage for Eliquis. She **may** be able to help with getting this medication cheaper.
- **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 July 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 receives senior millage funding to offer services in the home.

> Call 734.210.1071 with questions or to make an appointment.

Save the Date!

Walk to End Alzheimer's

October 18, 2025



Thursday, August 14, 2025 10:00 a.m. to 1:00 p.m. at La Roy's Hall

10:00am Visit the Sponsor and Vendor Tables

11:00am Hospice of Lenawee-Caregiving Presentation

11:45am Lunch (\$5.00 cash donation suggested)

12:15pm Sgt. Jeff Hooper-Fraud and Common Senior Scams

Presentation

12:55pm Basket Raffle Drawing

REGISTRATION REQUIRED by August 1 $^{\rm st}$ with the Commission on Aging Call: 734-240-3290 or Email: MCCOA@monroemi.org Please include names and contact information.























Medicare Planning Solutions of Michigan

We're here to help you feel more confident, informed, and supported as you explore your Medicare options. Our goal is to provide clarity and comfort through every step of your Medicare journey.

What We Offer

- We walk you through your Medicare Plan choices in plain language.
- You can attend a local workshop to learn more at your own pace.
- We offer one-on-one conversations no pressure,
- just answers.

Whether you're just starting to look at Medicare or ready to choose a plan, we're here when you need us!

Contact Us Today!

Phone: (248) 860-5883 Email: Jakesbriggs@outlook.com 425 W Huron St, Suite 230, Milford, MI 48380

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 TO SCHEDULE AN EVALUATION. 734.241.2775 EXT. 244





community foundation of monroe county

LOOKING FOR SUPPORT FOR YOU OR A LOVED ONE?

Marijuana Anonymous MA12.org



SUBSTANCE ABUSE



In Loving Tribute to M. Jane Karau

April 24, 1928 to March 30, 2025

On March 30, our community lost a dear person. Jane Karau was a true community leader who gave of herself in everything that she did. She was an avid supporter of the Center, Monroe County Community College, and numerous other organizations. Her generosity showed her true spirit of kindness and compassion.

Born in Elkton, Michigan, Jane had one younger sister, a son, and a daughter. Sadly all have predeceased her. A scholarship fund was started at The Foundation at Monroe County Community College in memory of her daughter, Karen Collins. Truly a lasting tribute. She is survived by a niece in California, and a granddaughter and two great grandchildren in Nevada.

After graduating from college with a Master's Degree, Jane Karau taught third grade at Custer Elementary, and then advanced to being Principal of both Custer I & II — a daunting undertaking. Later, she moved on to be Principal of Hollywood, retiring around 1988. Jane touched thousands of children and families and made a lasting impact on their lives.

It was at Custer School that Jane met her life-long partner and friend, Nancy Kirwen.

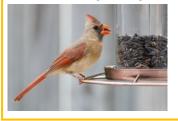
In 1978, they bought a home together in Erie where they spent 47 years. Jane and Nancy spent numerous hours tending to the yard, flowers, and



birds. Jane especially loved the large oak tree that grew in their yard, along with the lilies of the valley and the special unicorn that she could see through the dining room window.

Jane loved to cook and bake and always made special meals for both of them. Her specialty was Cornish hens on New Year's Eve. Even at 96 years of age, Jane and Nancy celebrated in the New Year by watching the ball drop with Dick Clark (and others) in Times Square.

Jane was like the old oak tree – sturdy and strong. Only Nancy got to see the softest side of her. But all of us could get a glimpse because it showed through her smile



and desire to make the world a better place. Jane Karau certainly made our corner of the world better. She will be missed dearly.





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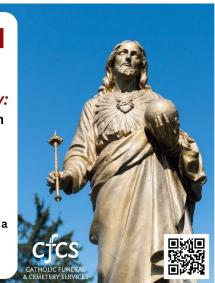
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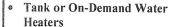
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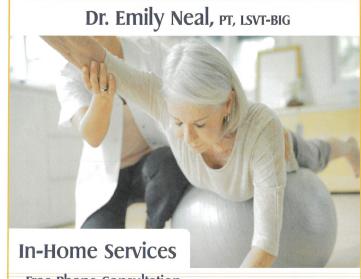
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4 4th of July 5 8:45 Cardi-Yo 10:00 Enhance®Fitness 8:00 to 1:00 11:30 Pinochle Noon Meal 12:00 Knit / Crochet 11:00 to 1:00 Center Open 8 to 2	11 8:45 Cardi-Yo 8:00 to 1:00 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / C <u>rochet</u>	ardi-Yo sinhance®Fitness Pinochle Knit / Crochet Comedy Show	-Yo Breakfast 8:00 to 1:00 chle // Crochet Noon Meal 11:00 to 1:00	Monroe Center
4 4th of July 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet Center Open 8 to 2	11 8:45 Cardi-Yo 10:00 Enhance®Fitnes: 11:30 Pinochle 12:00 Knit / C <u>rochet</u>	18 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	25 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	
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 Lunch & Learn 4:30 Lunch & Learn with Maurine	17 Medicare with Jackie by appointment 9:00 Balance Exercise 10:15 Chair Yoga 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 9:00 Balance Exercise 10:00 Poker Game
2 Birthday Dinner 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 12:00 Pinochle 3:00 Balance	9 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 1:30 Movie: "Niagara" 3:00 Balance 5:00 Trivia w/JoAnn aka	16 Class of '67 BK 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
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	15 Class of '58 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
July 2025	7 Ford Retirees BK / Lunch 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 11:30 Lunch & Learn 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 Brain Aerobics 11:30 Lunch & Learn Noon Classes of '65 & '66 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
	Sunday Dinner 11 a.m. to 1 p.m.	13 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	Sunday Sunnay Dinner 11 a.m. to 1 p.m.	27 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	Thurs	sday
30 Creamy Chicken & Broccoli, Carrot Cauliflower Pasta Dinner Roll / Fruit 7 Southwest Chicken Bake Cole Slaw	July 1 Goulash Side Salad Garlic Bread 8 Hamburger Gravy Mashed Potatoes Vegetables	July 2 Hot Beef Sandwich Mashed Potatoes Vegetable 9 Cauliflower Chowder Multi-Grain Bread Fruit	July 3 Egg, Ham, Che Hashbrowns Banana 10 Italian Beef ov Side Salad Fruit	
14 Grilled Chicken Potato Salad Baked Beans Fruit	15 Baked Potato Bar with Chili Cottage Cheese Fruit	16 Split Pea and Ham Soup Grilled Cheese Fruit	17 Chicken Quesadillas Spanish Rice Tomatoes	Dinner & Comedy Show
21 Pork Chops with Mushroom Gravy Mashed Potatoes Vegetables	22 Beef Burrito Chips and Salsa Fruit	23 Patty Melt French Fries Broccoli Salad	24 Chicken Mars Side Salad Fruit	ala
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 Potato Vegetables Cranberries	

Milk Shakes are available on Monday Nights

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

\$2.00

		1	2 Birthday Dinner	3	4 4th of July	5
Sing	5	Ground Turkey Chili Multi-Grain Bread Celery Salad	Open Faced Roast Beef Sandwich Mashed Potatoes Green Reans	BBQ Chicken Sandwich Potato Salad Baked Beans	Taco Salad with Chips Rice and Beans Ctawod Tomatoos	Breakfast 8:00 to 1:00
	2025	666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbohydrates; 34.7 g protein	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	906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod Center closes at 2:00 p.m.	Noon Meal 11:00 to 1:00
6 Roast Turkey	7 Ford Retirees BK/ Lunch Lunch & Learn	8 Class of '58 Lunch	9 Marinated Chicken	10 Lunch & Learn	11	12
Sweet Potatoes Green Beans Cranberries	Chicken Marsala Mashed Potatoes Broccoli OR Chef Salad	Cole Slaw	Breast Sweet Potato Peas	Mashed Potatoes Stewed Tomatoes OR Cheff Salad	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.	11:00 to 1:00
13 Bingo	14	15	16 Class of '67 Breakfast	17	18 Comedy Show 4:00	19
Pork Roast or Cod Mashed Potatoes Corn / Applesauce	Beef Stew Multi-Grain Bread Cottage Cheese 621 cal. 14g fat 78 carb	Cornflake Chicken Thighs Baked Potatoes Mixed Vegetables	Baked Salmon Baked Potato Spinach	Beef Tips Over Noodles Beets Fruit	BBQ Pork Sandwich Sweet Potato Wedges Celery Salad	Breakfast 8:00 to 1:00
31g pro. 749mg sodium	4g fiber 5g sugar 46g prot. 1,328mg sod.	880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium		15g fiber 18g sugar	11:00 to 1:00
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	C1 Lunch & Learn classes of '65 and '66 Chicken Bruschetta Red Skin Potatoes Green Beans / Fruit Dessert OR Chef Salad 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.	Sloppy Joes with Ground Beef French Fries Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	USA Wild Caught Cod Country Potatoes Broccoli 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium	24 Health Odyssey Pork Chops with Mushroom Gravy Mashed Potatoes Green Beans / Fresh Fruit 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod (No other options today)	Liver & Onions or Salisbury Steak Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	26 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
27 \$6 Special BBQ Ribs or Chicken Baked Potatoes Vegetable Dessert	28 Chicken Ala King with Peas & Carrots over Biscuits / Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	Spaghetti Green Beans Garlic Bread / Fruit 518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod	30 Ranch Chicken County Potatoes Green Beans 880 cal. 23g fat 127 carb 12g fiber 47g sugar 40g pro 1,211 mg sod.	31 soup & Sandwich \$2 Split Pea Soup or Broccoli Soup Grilled Cheese or Ham & Cheese Sandwich / Cookie (No other options today)	August 1 Turkey Burgers with Sautéed Onions French Fries Mixed Vegetables 1,088 cal. 46g fat 98 carb 15g	Monroe Center for Healthy Aging 734.241.0404

Monroe Center meals are open to the public. Chef Salad Option Monday thru Thursday. Salad Bar is now offered on Fridays. Soup, as available. Menus are subject to change. Note: Main Choice or Cher's Salad ONLY on Lunch and Learns.