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Your senior millage tax dollars at work!

June 2025



VOLUME 25, ISSUE 6



JUNE HOLIDAYS





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:

Lisa Brown

Balance Instructor: JoAnn (Mikie) Kunich

RSVP Director:

Beth Berlin

beth@monroectr.org

RSVP Volunteer Coordinator:

Jo Anne Bray

joanne@monroectr.org

Vision:

The Monroe Center for Healthy Aging is committed to improving the quality of life and health of older adults in



15275 South Dixie Highway Monroe, MI 48161

734-241-0404



Visit us on-line: www.monroectr.org

Board of Directors

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IN THIS ISSUE:	<u>Page</u>
Contacts & Board of Directors	2
From the Director's Desk	3
Birthdays / New Members	4
Thank You's / Memorials	5
Center Activities & News	6—10
Travel News	11
Members' Page	12
Ask the Pharmacist	13
Community News	14-15
Volunteer Award Recipients	16
Advertisers	17—21
Monthly Calendar	22
Evening Meals	23
Monthly Menu	24

Carry-Out Meals are available.

Call 734.241.0404

"The Monroe Center is the place to be –

Watch "Off Your Rocker" on MPACT

for fun, fellowship, & support."

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

"June is a love song written by nature."

~Patience Strong



Summer! Sunshine! It's my favorite time of the year. Being outdoors in the sun (with sunscreen, of course) can be good for us. It helps with:

- Vitamin D Production. Exposure to sunlight helps our body produce Vitamin D, which is essential for bone health, immune function, and overall well-being.
- Improved Mood. Sunlight can boost serotonin levels, which may improve mood and help alleviate symptoms of anxiety and depression.
- Better Sleep. Sun exposure helps regulate you circadian rhythm, potentially leading to improved sleep quality.
- Skin Conditions Treatment. Controlled sun exposure can benefit skin conditions, such as psoriasis and eczema, by reducing inflammation.
- Enhanced Appearance. A tan can enhance our appearance for some individuals, giving the skin a healthy glow.
- Stress Reduction. Spending time outdoors can reduce stress and promote relaxation, contributing to overall positive mental health.
 - * Please note that every body is different. Please check with your doctor before making any changes to your normal routine.

At the Center in June, we're having two fundraisers — The

At the Center in June, we're having two fundraisers — The famous Duck Burgers are on the menu for Friday, June 20. (If this is new to you, Duck Burgers are NOT made with duck!) And on Friday, June 27, we're having a Spaghetti Dinner in Tribute to Mario Pace. His son, John, will be the head cook. I hope that you'll be able to join us for these two events.

Father's Day is June 15. All men will receive a complimentary dessert with their meal. Thanks to all of the men who have stepped up to share their wisdom and guidance to young people. My Dad was one of the good ones. He's been gone for 27 years, but I still have a hole in my heart, especially on Father's Day. Grief has no time limit.

The Center is a wonderful place for support and fellowship. Thanks for being their for others — and me. I hope to see you often.

~ Sandie

News to Note . . .

- Bingo is on Tuesdays!
 Card sales at 1:30 p.m.
 Sunday Bingo—June 8
- Monday Massages & 1st-Wednesday of the month with JoAnn — 10:00 to 1:00
- May 29 Blood Drive 10-3:00
- June Women's Bible Study
- June 4 June Birthday Celebration during lunch
- June 11 —Trivia Night at 5:00 p.m. Prizes!!
- **No June Session** Let's Talk Health with Maurine at 4:30
- **June 5** —at 11:30 Library in Motion Delivery
- June 15 Mother's Day
- June 10 Class of '58
- June 11 Movie "The ReWrite" 1:30 p.m.
- June 16 MHS Class of '65 and '66
- June 18 MHS Class of '67 Breakfast — 3rd Wed.
- June 19 —Craft— 3:00 Please sign up.
- June 20 Duck Burgers
- **June 26** Writing Group at 2:00 p.m. "The Lighthouse Keepers Daughter"
- June 26 —ProMedica Health
 Odyssey— Family Residency
- June 26 Book Club at 1:00
- June 27 Spaghetti Dinner
- June 30 \$2 Soup & Sandwich Day

Please Remember to Scan





Happy June Birthdays



Kevin Adams Nancy Allen Sal Amato Ron Anson Marie Baehr Kay Baker Marvin Baumann Diane Beck Robert Bennett Kathy Blevins Virginia Bodine Shirley Bomia Helen Breitner David Brodi **Bonnie Burkey** Margaret Cole George DeClercq Cathy Didario

Carolyn Dutton

Laura Dye

Patricia Eisenhauser Scott Ellison Teresa Esper Jean Ann Geiger Ron Goote Florence Frajewski Carolyn Hall Gloria Hardzieg Sue Ann Hartford Roxann Offman Lorraine Hudson John and Virginia Theresa Janicki Chris Jones Kathy Jones Mitch King James Kozlowski Nancy Krueger **Dennis Lamb** Dick Leonard

Dianne Leppek **Daniel Longsworth** Josetta Lynch Karen Mickens Paul Miller Gloria Moyer Dale Navarre Clayton Navarre Marce Negrete Connie Ochs Many Ann Pancone Gloria Payne Mary Pearsall **Debbie Peters** Randy Pincheoff Mary Pinchoff **Shirley Poore** Barbara Poupard Sally Pritchett Joyce Rober

Kathleen Rohmyer LaVerne Rothman Catherine Rykse Laurie Schultz **Deborah Shaul** Gary Standridge **David Stoner** Carla Strunk Nancy Thompson **Dorothy Timko** Ruth Tiszai **Chuck Troxler Danny Turner** Jim Vanisacker Al Warner Judy Webb Janice Weise Katherine Woodrum **Denise Young**

Lee Younglove

Birthday Celebration! — June 4, 2025

We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang. Members celebrating a June birthday enjoy a complimentary meal on Wed., June 4.

Cake sponsored by Heartland Hospice





May Birthday Celebration Attendees

RECENT DONATIONS

Nancy Kirwen in memory of Jane Karau's 97th birthday



- Rita Velarde for transportation program
- Mable Kehres Association in memory of Ruby Lanni
- Jim and Ann Pulford in memory of Judy Sype
- Mary Skinlo in memory of Kettinger
- Water donation from Roy Valentine

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

Your support helps to ensure we maintain a balanced budget.

Thanks!

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 month.

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 NEW MEMBERS

David Brodie
Carolyn Evans
Diane Greenwood
Janice Menzel
Jim VanWormer



Report on the 50/50 Raffles at Bingo



\$ 404 — January \$ 382 — February \$386.50 — March \$465.50 — April

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

Food Donation Goal: \$2,000

January — \$150.24 February — \$224 March — \$212

April — \$241

Cheri's Quote of the Month





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

With sympathy ...

Carol Fruchey May 13, 2025

Albert Wehner, Jr. May 11, 2025

Judy Sype April 12, 2025





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

Monroe Ford Retirees — Monday, June 2 — 8:30 a.m. Breakfast 11:00 a.m. Lunch — Salaried



Bingo is held on Tuesdays

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

Sunday Bingo is June 8

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

Gift Certificates can no longer be used.

Please be kind. We're all human.
Our callers are Volunteers!



Health Odyssey June 26, 2025

11:30 a.m. Lunch

12:00 Program

Topic: Presentation by Family Residency Center Doctors 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 www.mpactstudio.org

HOSTED BY Mikie Kunich

Wednesday, June 11th 5:00 to 6:30 p.m.



Free of charge.

Prizes Awarded!



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



June 11th Movie "The ReWrite"

1:30 pm Once upon a time, screenwriter Keith Michaels (Hugh Grant) was on top of the

world – a Golden Globe Award and a hit movie to his name, a beautiful wife and son, and a seemingly inexhaustible supply of sexy British wit and charm. But that was fifteen years ago: now, he's divorced, approaching fifty, hasn't written a hit film in years, and is going broke.

Luckily, his agent has a gig for him – albeit far away from Hollywood. A university in upstate New York is looking for a writer-inresidence to teach a course on screenwriting, and with an empty wallet as his motivation, Keith can't say no.

Rated PG-13 Complimentary popcorn.



Women's Coffee Hour with Maurine

Let's talk about health! (June — Summer break)

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 & 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**

Bible Studies are taking a break for the summer.



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 June 19 — 3:00 p.m. June Flowers

Please sign up at the Front Desk.

MONROE CENTER BOOK CLUB

June 26, 2025 — 1:00 p.m.

"The Lighthouse Keepers Daughter"
by Hazel Gaynor



Firekeeper's Daughter" is a young adult novel by Angeline Boulley, focusing on a young Ojibwe woman, Daunis Fontaine, who becomes entangled in a murder investigation and drug operation while balancing her Ojibwe heritage and white

upbringing. The story explores themes of identity, justice, and the resilience of indigenous communities.

Up-Coming Selections:

July: Faith Bass Darling's Last Garage Sale
August: Rules of Civility

Spaghetti Dinner Tribute to Mario Pace



Friday, June 27 4:00 to 6:00 p.m.

Spaghetti with Meat Balls
Side Salad
Garlic Bread
Spumoni Ice Cream
Italian Cookies

\$10 for adults \$5 for children under ten

Featuring Chef John Pace

Save the Dates!

July 18 — Members Comedy Show — Details to Follow

August 14 & 15 — Rummage Sale — Donations are Welcome

September 19 — Ribs Dinner (Replaces the Steak Dinner)

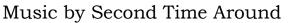
Duck Burgers

Friday, June 20 4:00 to 6:00 p.m.

Burger with cheese and cooked onions

Cole Slaw Chips Dessert

\$6.00



Sponsored by Katja Classic of RE/MAX Classic

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





FLAG DAY

June 13 or 14 (Call to Confirm) 11:15 at the flag pole

Presentation by VFW Post 1138

Patriotic Music With Jon Moore and Ala Carte

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, but 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.
JOIN IN!



Calling All Writers

June 26, 2025



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

> We continue to work on important life milestones.

- * Schools attended
- * Engaged and Married
- First child
- * Special vacations

- * 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



See pg. 16 for the Volunteer Award Winners



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
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- Help with Waiting List
- Immediate Staffing

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

Our days are happier when we give people a piece of our heart instead of a piece of our mind.

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 — Monday, June 16, 2025 \$30 per person \$15 in casino play. Departs Elevate Church. Passport required.

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

Which are you most interested in	_ Day Trips	Overnight Trips
Day Trips I would be interested in		
Detroit Parade Co	Michig	gan Central Station
Belle Isle	Shipsh	
Dow Gardens	Franke	nmuth
Holland Tulip Festival	Turkey	
Rock N Roll Hall of Fame		Ford Museum
Detroit Tigers Baseball Game		o and Aerospace Museum
Meijer Gardens and Ford Museum		: CorkTown
State Capital Tour		n Museum
Toledo Zoo & Botanical Gardens		ong Air & Space Museum
Fox Theatre in Detroit	Stratah	an Theatre in Toledo
Overnight Trips I would be interested in		
Mackinaw Island	Amish	Country, Berlin, Ohio
Traverse City, MI	The Ar	k Encounter, Williamston, KY
Branson, Missouri		p to the East Coast, Maine
Chicago, Illinois		Smokey Mountains, Dollywood
Northern Michigan/UP Tour	Washii	ngton, DC



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

April 11 — Cindy Prusaitis

April 12 — Cindy Prusaitis

April 14 — Ron Bowman

April 16 — Pat LaRoy

April 18 — Cindy Prusaitis

April 19 — Joan Milam

April 21— Al Miller

April 23 — Ron Bowman

April 25 — Joan Milam

April 26 — Garuy Miller

April 28 — Joan Milam

April 30 — Pat LaRoy

May 2 — Al Miller

May 3 — Cindy Prusaitis

May 5 — Joan Milam

May 7 — Barb Crumm

May 9 — Cindy Prusaitis

May 10 & 12 — Cindy Prusaitis

May 14 — Dennis Eby

Thanks to Gary Miller for running the Pinochle Games!





THINKING OF BUYING OR SELLING? DON'T WAIT!

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Ask the Pharmacist!

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



Alcohol and Opioids: A Dangerous Combination

Ask the Pharmacist: Jennifer Sell RPh, Reese Cook BSPS



Many people understand the dangers of alcohol consumption, but have you ever considered the effect or risks of drinking alcohol while taking opioids?

It is well established that alcohol slows the central nervous system, meaning impaired judgement, sedation and slower response times can occur. These are some of the same things that can occur when a person consumes opioids. It is no surprise that taking them together can create a synergistic effect, increasing the likelihood of these things occurring and increasing risk for the patient taking both.

Beyond this, there are some areas of the body that are impacted when these things are taken together. One example is the liver – alcohol is metabolized in the liver, and this is the location where many drugs are also metabolized. This increased workload on the liver can affect its performance and with long-term, chronic use, liver function can be impaired. Another example is breathing or respiration – alcohol and opioids can both slow the respiration rate. When this occurs, less oxygen is delivered to tissues throughout the body – the most important tissue being the brain. When the brain receives less oxygen, cognitive thinking is compromised which can have devastating effects. Studies have shown that the risk of fatal car crashes increases when both alcohol and opioids are present due to impaired motor control. Not only does the combination of alcohol and opioids cause problems for the body, but it can also cause financial and legal issues, increased risks of suicide and arrests, and the need for more severe medical or psychiatric help.

With that being said, what can be done? The best practice is to avoid the use of alcohol while taking opioids. Alternative options for relief rather than self-medicating with alcohol include exercise, physical therapy, massages, meditation, relaxation, topical therapy, and cognitive behavioral therapy. Drinking less or not drinking at all can improve quality of life and eliminate the dangerous side effects of opioid and CNS depressant use. There are plenty of resources and support groups for people who struggle with alcohol or opioid use disorder. Developing pain management strategies that include both medication and lifestyle changes or therapy is needed. It is always important to talk to your prescriber or pharmacist about the available and appropriate service treatment options for the management of chronic pain.



Stay healthy,

~ Jennífer



Monroe County Library in Motion Pick-Up

June 5 — 11:30 a.m.

Frenchtown-Dixie Branch LIBRARY DEMENTIA SUPPORT GROUP econd & 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 — June 19 - 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 June 26 at 10:00 a.m.



June 2025

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



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)





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



Life is all about balance

Volunteer Appreciation Dinner THURSDAY, MAY 15TH

Congratulations to:

Rose Post Sunshine Award – Dori Adams

Earl & Hazel Barron Service Award – Tonia Burkey

and Janice Kraus

Pamela LaPan Humanitarian Award – Kim Morrison

Rohen-Simonton Leadership Award – David Swartout

Sandie Pierce Above & Beyond Award – Kathy Marlow

Volunteer of the Year – Dale Morgan



Dinner sponsored by

Bacarella Funeral Home and

Deb's Florist







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Residents enjoy private rooms, onsite library, daily religious services and pastoral care, chef-prepared meals and much more.

We accept Medicare, Medicaid, managed/ commercial insurances and private pay.

734-240-9697.

A MINISTRY OF THE IHM SISTERS 610 W. Elm Ave. • Monroe, MI 48162

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419-661-4001 hospicenwo.org

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CEMETERY

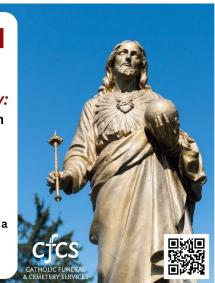
Start planning today:

Mausoleum | Cremation Family Estates

(734) 241-1411 cfcsdetroit.org

Planning ahead is a gift of love. Let us help you start a conversation that matters.

We serve all faiths.





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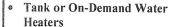
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st :00 :00 chle	:00 :000	:00 :00 :hle	00 :00	
7 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	14 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle	21 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle	28 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle	OC Aging .0404
6 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet 3:00 Women's Bible Study	13 8:45 Cardi-Yo 9:00 Medicare w/United 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet	20 8:45 Cardi-Yo 9:00 Medicare w/United 10:00 Enhance®Fitness 11:30 Pinochle 12:30 Hand & Foot 12:00 Knit / Crochet Duck Burgers at 4:00	8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet Spaghetti at 4:00 Mario Pace Tribute	Monroe Center for Healthy Aging 734.241.0404
5 Medicare with Jackie by appointment 10:15 Chair Yoga 10:00 Poker Game 11:00 Library in Motion 7:00 Model A Car Group	12 Medicare with Jackie by appointment 10:15 Chair Yoga	19 Medicare with Jackie by appointment10:15 Chair Yoga10:00 Poker Game3:00 Craft	26 Medicare with Jackie by appointment 10:15 Chair Yoga 11:30 Health Odyssey Please RSVP 241.0404 1:00 p.m. Writing Class 2:00 Book Club	202
4 Birthday Dinner 9:00 Movin' &Groovin' 10:00 Enhance®Fitness 10-1 Massages w/ JoAnn 12:00 Pinochle 3:00 Balance	11 Monroe Senior Legal 8:00 Flu & Covid Shots 9:00 Movin' & Groovin' 9:00 Medicare w/Humana 10:00 Enhance® Fitness 12:00 Pinochle 1:30 Movie 3:00 Balance 5:00 Trivia	18 Class of '67 Breakfast 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance	25 Monroe Senior Legal 9:00 Movin' & Groovin' 9:00 Medicare w/Humana 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance	
3 9:00 Rosary Makers 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers 7:00 Coin Club	10 MCOP Support Services 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	17 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	24 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 6:00 Woodcarvers	
2 Ford Retirees 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance	9 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance	16 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 11:30 Class of 65-66 Lunch 12:00 Pinochle 1:30 Dancing 3:00 Balance	23 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance	30 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10—1 Massages with JoAnn 12:00 Pinochle 1:30 Dancing 3:00 Balance
Sunday Dinner 11 a.m. to 1 p.m.	8 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	15 Father's Day Sunday Dinner 11 a.m. to 1 p.m.	Sunday Dinner 11 a.m. to 1 p.m.	\$6 Special Sunday Dinner 11 a.m. to 1 p.m.



Junes Evening Meals

2025

Served 4:15 to 6:00 pm

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

			•
Monday	Tuesday	Wednesday	Thursday
2 Spaghetti Green Beans Garlic Bread 9 Baked Potato Bar with Turkey Chili, Broccoli, Cheese Fruit	3 French Onion Soup Chicken Caesar Wrap Cottage Cheese 10 Sloppy Joes Sweet Potato Fries Cottage Cheese	4 Chicken Legs Stuffing Vegetable 11 Applebutter Pork Stuffing Vegetable	5 Rueben Sandwich French Fries Applesauce 12 Pizza — Pepperoni or Vegetable Fresh Fruit
16 Tomato Soup Grilled Cheese Fruit	17 Hamburger Stroganoff Beets Side Salad	18 Bean Soup Ham & Cheese Sandwich Fruit	19 Salmon Patties with White Sauce and Peas Country Potatoes Cottage Cheese
23 Tuna Melt Chips Broccoli Salad 30 Creamy Chicken & Broccoli, Carrot	24 Pot Roast with Potatoes, Carrots Celery, Onions July 1 Goulash	25 Turkey Burger French Fries Vegetable July 2 Hot Beef Sandwich	26 Chicken Salad on a Croissant Veggie Chips Fruit July 3 Egg, Ham, Cheese Muffin
Cauliflower Pasta Dinner Roll Fruit	Side Salad Garlic Bread	Mashed Potatoes Vegetable	Hashbrowns Banana

Monroe Center meals are open to the public. Menu subject to change. 734-241-0404

Milk Shakes Monday: Vanilla, Chocolate, Caramel or Strawberry: One Size \$2.00

Wednesday is Sundae Night: \$2.00

1 Pork Roast /Chicken	2 Ford Retirees	3 Chickon Eniitae	4 Birthday Dinner	5	9	7
Mashed Potatoes Green Beans Applesauce	Chicken Bruschetta Red Skin Potatoes Cauliflower	Cinckell rajitas Rice Pilaf Refried Beans	Sandwich Mashed Potatoes Green Beans	Sloppy Joes with Ground Turkey French Fries	Corn Flake Chicken Mashed Potatoes Mixed Vegetables	Breakfast 8:00 to 1:00
503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.	871 calories; 28.9g fat;1879 mg sodium. 97 carb, 8.2 sugar, 44.1 g protein	Birthday Cake & Ice Cream 600 cal 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 sod. (No hamburgers today)	Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	Noon Meal 11:00 to 1:00
8 Bingo	6	10	11	12	13	14
Roast Turkey Sweet Potatoes Green Beans Cranberries	Grilled Pork Chops Country Potatoes Broccoli / Applesauce	Spinach Quiche or Ham and Onion Quiche Hash Brown Potatoes	Chicken Ala King with Peas & Carrots over Biscuits Fruit	BBQ Pork Sandwich Veggie Chips Cole Slaw	USA Wild Caught Cod Brown and Wild Rice Broccoli	Breakfast 8:00 to 1:00
858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.	683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	Fresh Oranges & Bananas	469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium	Noon Meal 11:00 to 1:00
15 Father's Day	16 Class of '65-66 Lunch	17	18 Class of '67 Breakfast	19	20 Duck Burger Night	21
Roast Beef / Salmon Red Skin Potatoes Cauliflower / Pears	Ranch Chicken Mashed Potatoes Mixed Vegetables	Stuffed Peppers Mashed Potatoes Stewed Tomatoes	Ground Turkey Chili Multi-Grain Bread Celery Salad	Tuna Noodle Casserole with Peas Cole Slaw	Taco Salad w/ Chips Spanish Rice Refried Beans	Breakfast 8:00 to 1:00
805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	Fruit Cocktail 665 cal. 23g fat 59 carb 52g protein	666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbohydrates; 34.7 g protein	717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g protein 948mg sodium	Stewed Omatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	Noon Meal 11:00 to 1:00
22	23	24	25	26 Health Odyssey	27 Spaghetti Night	28
Spiral Ham w/ pineapple Au Gratin Potatoes	Beef Stew Dinner Roll Cottage Cheese	Pork Chop with Sauerkraut Country Potatoes	BBQ Chicken Sandwich Sweet Potato Wedges Celery Salad	Baked Salmon Red Skin Potatoes Cauliflower Side Salad / Fruit	Salsa Meat Loaf Mashed Potatoes Green Beans	Breakfast 8:00 to 1:00
Mixed Vegetables 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.	621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.	Spinach / Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro.1,655mg sod	1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	rrb g pro. ; today)	464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.	Noon Meal 11:00 to 1:00
29 \$6 Special	30 Soup & Sandwich \$2		 			
BBQ Ribs or Chicken Baked Potatoes	Vegetable Beef Soup or Chicken Noodle Soup Sloppy Joe or Grilled		June	16	N	Monroe
Dessert	Dessert (No other options today)	•	734.241.0404		2025 for th	for Healthy Aging

Monroe Center meals are open to the public. Chef

Salad Option Monday thru Thursday. Betty's Salad on Fridays. Soup, as available.

Menus are