



## 2022 Annual Report to the Community



Monroe Senior Citizens Center  
15275 South Dixie Highway  
Monroe, MI 48161  
734.241.0404 FAX 734.241.5302  
[www.monroectr.org](http://www.monroectr.org)

## Message from the President of the Board

As we move forward into a new year and reflect upon the past year, I am pleased to report that **all is well** at the Monroe Center - primarily due to the incredible and dedicated volunteers who tirelessly support the activities here at the Monroe Center. These volunteers include my fellow Board members for whom I am most grateful as they are sincerely committed to overseeing the successful operation of our Monroe Center.

I am grateful not just for our many volunteers but also for our Executive Director, Sandie Pierce. The sincere commitment of Sandie to the welfare of our members is evident by her continued compassion and concern for the well-being of the community of elderly adults we serve.



Mark S. Braunlich  
Board President

The Board is in the process of securing re-accreditation of the Monroe Center from the National Council on Aging, National Institute of Senior Center. This will be the fourth renewal of being nationally accredited for an additional five years and ensures that the Monroe Center adheres to the highest standards existing for providing services to those we serve. The Monroe Center is the only senior center in the State of Michigan that is nationally accredited!

With continued optimism, I look forward to another year of seeing all of you enjoying the fellowship of others and the activities of our Monroe Center for Healthy Aging!

Sincerely,

A handwritten signature in dark ink, appearing to read 'Mark S. Braunlich', written over a horizontal line.

Mark S. Braunlich

### 2022 Board of Directors

Mark S. Braunlich, President  
Michelle LaVoy, Vice-President  
Jaime McDonald, Treasurer  
Peggy Barton, Secretary

William Bacarella  
Troy Goodnough  
Kevin Hemry  
Richard Janssens  
Diane Kamprath  
Hobby Nels  
Kassie Nipper  
Rob Peven  
Sr. Janet Ryan  
Jennifer Sell  
David Swartout

### 2023 Board of Directors

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David Swartout

The Board of Directors meets on the third Thursday of the month (except July, August and December).  
The meetings are open to the public.

## Message from the Director



Sandie Pierce  
Executive Director

*"To care for those who once cared for us is one of the highest honors.*

*~ Tia Walker*

Reflecting on the past year, I am proud to report that the Center is doing well. Service levels were back to 89% of pre-pandemic levels, and although costs are rising, the Center ended the year in the black. We owe a debt of gratitude to our sponsors, members who donate, and for having a senior millage that supports our work. The Board, volunteers, and staff go above and beyond. Their dedication and passion for service is impressive.

It's heartwarming to me to be part of a Center where people have each others' backs and genuinely show concern for one another. When someone is missing, people find out what's going on. If someone needs a helping hand, people step up. To me, that's one of the benefits of growing older. For the most part, we've learned to appreciate and accept one another and to truly enjoy the companionship of others.

As we look forward to the future, we are always looking for ways to improve, and we appreciate the suggestions that are offered. (We added a second MySeniorCenter scan station as a result of numerous requests.) We are exploring how we might find more room to accommodate the ever-growing exercise classes and maybe a pickleball court. Together, we can find a way. I'm glad to be part of this illustrious group!

*"The youth walk faster,  
but the elderly know the road."*

*~ African Proverb*

A handwritten signature in blue ink that reads "Sandie Pierce".

### Center Staff

Sandie Pierce, Executive Director  
Linda Guyor, Accounting Clerk  
Cheri Braunlich, Customer Service  
Toni Solomon, Program Manager  
Tommie Kruse, Volunteer Coordinator  
Lisa Brown, Program Assistant  
Jerry Pierce, Interim Operations

Scott Suttles, Cook  
Carol Huffman, Cook  
Brenda Lewis, Cook  
Susan Stoner, Cook  
Esther Thompson, Cook  
Delanie Guyor, Assistant Cook  
Beth Berlin, RSVP Director  
JoAnne Bray, RSVP Volunteer Coordinator



## Strategic Planning Goals: Grow – Improve – Partner – Evaluate

### Our Vision:

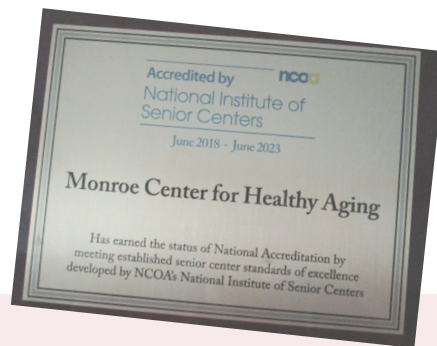
*The Monroe Center for Healthy Aging is committed to improving the quality of life for older adults in Monroe County.*

### Our Mission:

*The Monroe Center will continue to offer and expand services and assistance that promote positive aging, enhance quality of life, health, and inter-dependence for older adults in Monroe County, and serve as a leader in older adult services, information, and education. The Monroe Center will **always** be a place for fun, fellowship and support.*

1. The Monroe Center will provide an increased range of services, programs, information, and assistance that will focus on wellness, prevention, and healthy aging.
2. The Monroe Center will foster the relationships with our collaborative partners.
3. The Monroe Center will maintain a leadership role in providing and advocating for older adults.
4. The Monroe Center will maintain a balanced budget and remain accredited through the National Council on Aging/National Institute of Senior Centers.
5. The Monroe Center will achieve a minimum 95% satisfaction rate among its participants.
6. The Monroe Center will identify needs, make enhancements to our building, and improve our technology.

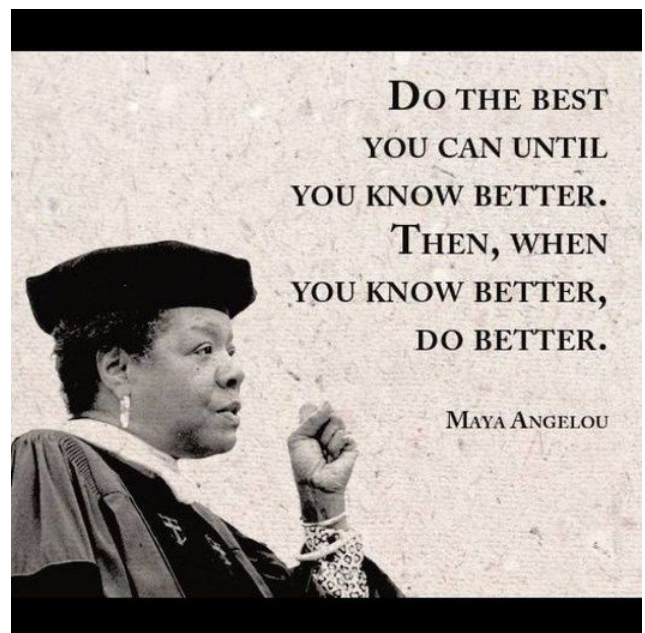
Accredited by  
National Institute of  
Senior Centers



## Community Involvement

The Monroe Center participates with the following community organizations:

- Monroe Aging Consortium
- Monroe County Human Services Collaborative
- Monroe County Substance Abuse Coalition
- Building Healthy Communities of Monroe County
- Making Connections Planning Committee
- United Way Directors' Association
- Commission on Aging Directors' Committee
- Monroe Public Access Cable Television
- Michigan Directors of Services to the Aging
- Michigan Senior Center Association
- Michigan RSVP Directors Association
- Monroe County Backpack Committee
- National Council on Aging



# Highlights of 2022 – a focus on wellness

## 2022 – A Year in Review

Educational Programs		Health Support Programs	
ProMedica Monroe Regional – Health Odysseys: January 27 – Communicating with Older Adults February 24 – Medicare 101 March 24 – Medications April 28 – Occupational Therapy May 26 – Stroke Awareness June 23 – Home Safety Awareness July 28 – Memory Issues August 25 – Lifestyle Medicines September 22 – Disaster Preparedness October 27 – COPD and Lung Health November 17 – Flu Prevention December 15 – Normal Aging		Blood Pressure Checks once a month with and IHM Community Living – Monthly	
		Monthly Blood Sugar Testing – by IHM Community Living – Monthly	
		Enhanced Fitness Classes by the Monroe YMCA – Mon Wed Fri	
		National Senior Health & Fitness Day – Wednesday, October 26 Sponsored by DTE Energy. Speaker: Karen Toellen, Trainer	
		Movin’ and Groovin’ exercise (Mon and Wed) with JoLynn Laderach	
		Balance Class on Mondays and Wednesdays	
MPACT – “Off Your Rocker” monthly show: January: Heart Health February: Communicating with Older Adults March: Medicare 101 April: Medications May: Occupational Therapy August: Lung Screening and Chair Yoga October – Disaster Preparedness November – COPD December – Normal Aging		Chair Yoga on Tuesdays and Thursdays mornings	
		Evening Level I Yoga – April through June	
		Weekly Rescue Dog Visits with Mary Goode	
		Line Dancing on Monday afternoons	
		Flu and Covid Shots by HomeTown Pharmacy – September 21 and November 2	
		Drumming & Yoga – began April 29	
Beaumont Odyssey – July 27 – Lung Screening		Nutrition information is included on the menu	
Assurance Wireless – Sept 22 –Gov’t Cell Phones			
Special Events / Activities		Fund Raising	
Memorial Day – May 30 – Music by Manny		Rummage & Bakeless Sales – February 10 & 11 (raised \$1,980) May 12 & 13 (raised \$3,125) August 11 and 12 (raised \$2,301) November 11 and 12 (raised \$2,800)	
Easter Baskets – April 17 – Sponsored by Fountain View and Hickory Ridge		Spring Raffle Baskets – April 14 – Raised \$295	
Monthly Afternoon Movies with popcorn and lemonade – second Wednesday		April 1 – Fish Dinner – raised \$250	
Monthly Book Club: Fourth Thursday		Silent Auction Purses – raised \$300	
Monthly “Odd” Holiday Days		Silent Auction – Lamp / Bowl, etc. – raised \$200	
Monthly Trivia Night – First Wednesday		Silent Auction – 10/31 – raised \$250	
Pamper/Vendor Events – Sept. 17 & December 3		Duck Burgers with Music by David Manning Friday, July 15 – raised \$730	
February 14 – Valentine’s Fun with Jon Moore		Steak Roast Fundraiser – September 16Sponsored by McMullin Dental Raised \$850	
June 14 – Flag Day w/ VFW 1138 and Jon Moore		Silent Auction and Baskets at Steak Roast raised \$150. It was sponsored by McMullin Dental.	
Tues. Afternoon Bingo / Monthly Sunday Bingo		Bingo Fundraisers raised \$7,560	
Pinochle – Monday, Wednesdays, Fridays & Sat.		Winter Basket Raffles raised \$1,956	
Hand and Foot resumed on April 15			
Euchre returned on March 8			
Sing-A-Long with Jon Moore on December 19			
November 1 — All Saints Day Remembrance			
Holiday Party with WhatAbouts on Dec. 16			

## Who We Serve: *1,376 individuals were served by the Center in 2022.*

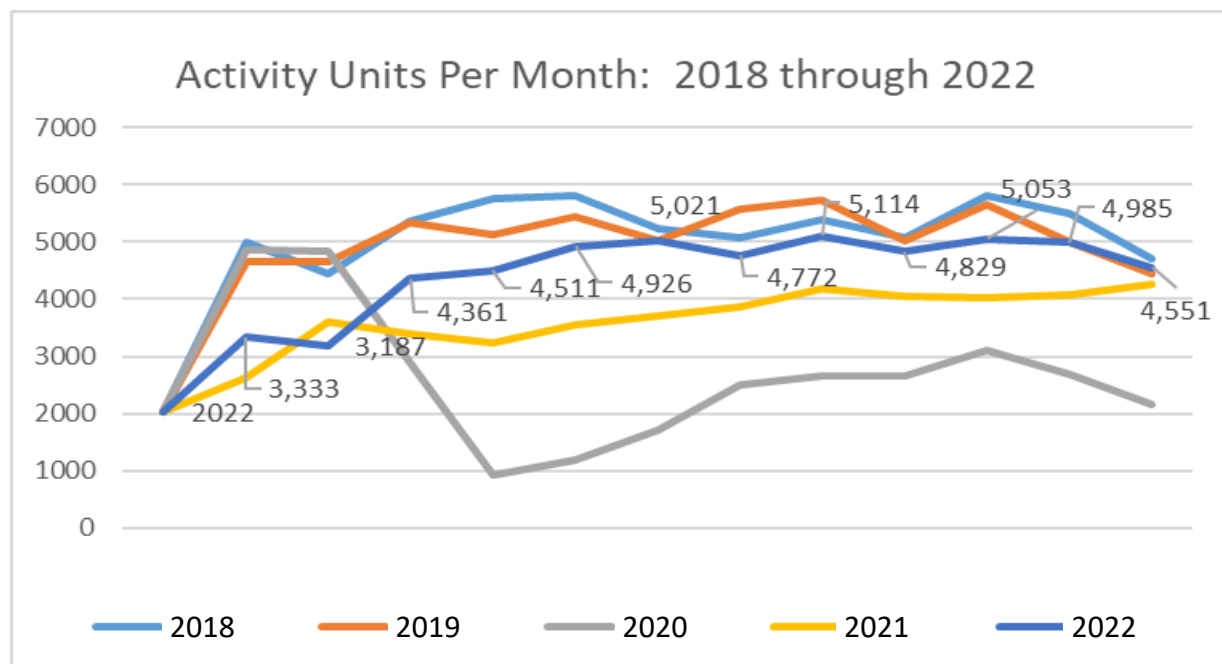
- ♦ In 2022, the Center provided 86,864 hours of service to 1,376 residents of Monroe County who are 60+ years of age or older.

23.6% are male	21% are ages 60 to 69
76.4% are female	40% are ages 70 to 79
	22% are ages 80 to 85
29% are married	17% are over 85
42% are widowed	
23% are divorced	
6% never married	
47% have incomes below \$25,000	

### Total People 60+ Served:

999 in 2012  
1,338 in 2013  
1,553 in 2014  
1,507 in 2015  
1,550 in 2016  
1,652 in 2017  
1,653 in 2018  
1,664 in 2019  
1,484 in 2020  
1,363 in 2021  
1,376 in 2022

- ♦ **Average Daily Attendance** in 2022 was 105.7 which is up from the 86 average in 2021, however is down from the average of 117 individuals served in 2019. (A report from LeadingAge™ shows that nationally, senior centers serve an average of 88 people per day.)
- ♦ Participation in Center activities is tracked through the use of MySeniorCenter. Individuals who come into the Center select the activities in which they are participating each day. In 2022, activity units totaled 61,666 units. The number decreased to 31,153 and 44,584, respectively in 2020 and 2021 as a result of the pandemic, but returned to 54,643 in 2022, which is 89% of pre-pandemic numbers.



Monroe County Retired & Senior Volunteer Program (RSVP) continues to operate under the sponsorship of the Monroe Center. In 2022, 269 RSVP volunteers who are 60 years of age or older provided **62,261** hours of service. This is 91% of the **68,228** hours of service provided in 2019. It is quite impressive that so many volunteers continued to serve our County throughout the pandemic and are back full force.

# Meal Program Attendance

## 2021 Meals

2021 Meals	Breakfast	Evening Meals	Lunch	Health Odyssey	Sunday Dinner	Total Noon Meals
January 2021	150	305	722	29	255	1,006
February 2021	186	369	779	44	227	1,050
March 2021	336	504	1,030	49	240	1,319
April 2021	304	481	962	38	232	1,232
May 2021	250	550	1,061	49	273	1,383
June 2021	283	567	1,127	41	241	1,409
July 2021	366	534	1,179	46	246	1,471
August 2021	399	572	1,251	53	280	1,584
September 2021	401	591	1,237	50	233	1,520
October 2021	339	554	1,189	47	322	1,558
November 2021	331	572	1,235	66	238	1,539
December 2021	346	565	1,234	62	238	1,535
Totals	3,691	6,164	13,006	574	3,025	16,606
Change from 2020	55.4%	67.2%	14.2%	147%	5.8%	14.7%

## 2022 Meals

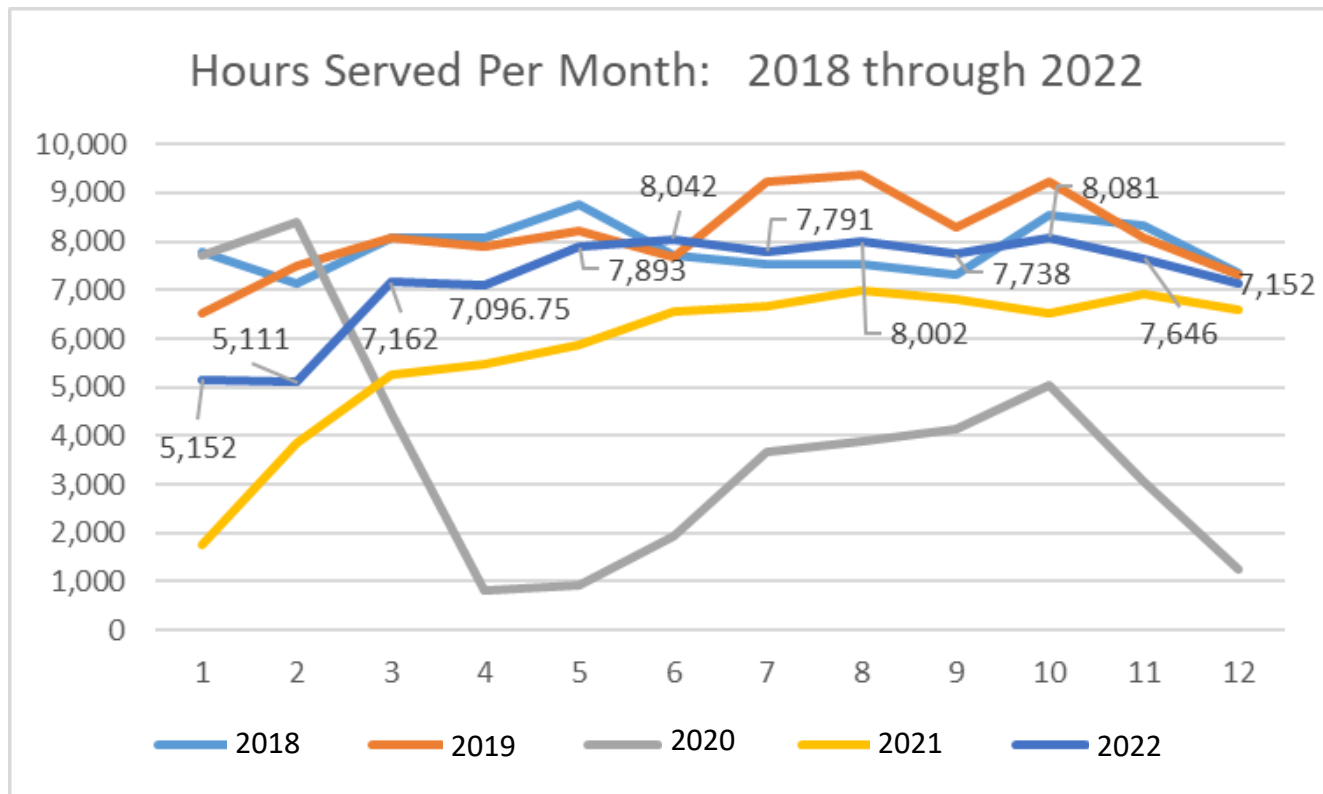
2022 Meals	Breakfast	Evening Meals	Lunch	Health Odyssey	Sunday Dinner	Total Noon Meals
January 2022	218	456	1,110	29	259	1,398
February 2022	219	413	994	46	200	1,240
March 2022	347	624	1,371	60	227	1,658
April 2022	391	576	1,423	64	228	1,715
May 2022	463	654	1,526	58	287	1,871
June 2022	524	690	1,609	59	275	1,943
July 2022	485	635	1,511	58	307	1,876
August 2022	583	696	1,612	62	276	1,950
September 2022	523	612	1,568	63	233	1,864
October 2022	506	654	1,625	72	338	2,035
November 2022	538	616	1,644	81	221	1,946
December 2022	546	508	1,499	73	246	1,818
Totals	5,343	7,134	17,492	725	3,097	21,314
Change from 2021	44.7%	15.7%	9.2%	26.3%	2.3%	28.3%

The number of noon meals served in 2022 was a 28.3% over 2021 and exceed the pre-pandemic number of 21,002 meals served in 2019. The meals are home cooked, nutritious and remain a great value. The amount charged for members for the main choice alone remains \$3 during the week and \$4 on Sundays.

## Participation

**Total Hours at the Center** increased from  
69,299 in 2021 to 86,864 in 2022

After being closed from March 16 through June 14, 2020 and again on November 16, 2020 through January 31, 2021, the hours of service have come back to 89% of 2019 levels.



The Center also measures the impact that participation has on individual's lives. The following was reported for 2022:

- ◇ 49% reported that their lives significantly improved since attending.
- ◇ 38% reported that their lives improved since attending the Center.
- ◇ **91% reported that they were satisfied or very satisfied with the services.**

*"Just keep giving the good care and attitude you do now."*

*"This is a very active Center."*

*"The services are very much appreciated."*

*"I don't know what I'd do if I didn't have the Center. I don't cook."*



## Our Finances

The Center enjoys the support of its members and community, as well as receives approximately 60% of its funding from the Monroe County senior millage through the Monroe County Commission on Aging.

	2018	2019	2020	2021	2022
<b>Income</b>					
Commission on Aging	332,809	349,600	358,568	408,520	412,377
Federal Grant — RSVP	81,889	92,429	89,798	77,327	89,091
Commission on Aging — RSVP	63,479	71,503	41,880	75,000	80,601
LaSalle Township	600	600	600	600	600
Program Fees	163,606	170,770	116,489	159,155	172,723
Fundraising / Interest	37,696	30,069	763	24,418	33,692
Grants / Sponsors / Other	26,605	11,909	4,675	8,143	16,744
Individual Donations	19,577	15,575	24,402	31,670	37,521
PPP Forgivable Loan/Restart Grant	0	0	70,781	0	0
In-Kind Services/Goods	334,899	357,345	221,595	321,557	341,766
<b>Total</b>	<b>\$1,061,160</b>	<b>\$1,099,800</b>	<b>\$929,551</b>	<b>1,102,390</b>	<b>1,185,115</b>
<b>Expenditures</b>					
Personnel Totals	447,294	456,519	439,592	445,072	489,074
Staff Travel	2,131	1,293	283	1,704	1,885
Liability Insurance	8,610	8,868	11,212	10,185	10,843
Conference / Training	988	3,475	813	911	280
Advertising	471	1,245	2,463	1,033	678
Depreciation	9,411	8,752	11,720	32,212	20,291
Telephone & Internet	5,998	6,027	6,484	6,448	6,810
Supplies	24,317	26,118	23,989	22,106	18,104
Duplication / Printing / SeniorSource	879	743	1,000	12,797	4,095
Postage	3,990	4,894	4,019	4,257	4,650
Subscriptions / Manuals	641	300	385	502	534
Equipment Lease	7,982	6,749	7,510	7,510	7,505
Dues / Licenses / Fees	3,052	3,018	3,635	4,299	4,729
Equipment / Facility Maintenance	9,194	5,384	6,808	6,985	16,451
Trash Removal	2,783	2,951	3,071	3,174	3,335
Food and Disposals	91,462	94,651	75,753	102,495	137,812
Volunteer Recognition	6,168	8,448	1,491	12,775	6,480
Volunteer Travel & Meals	52,696	56,997	43,098	46,935	65,504
Contract Services	5,900	9,238	5,035	1,530	900
Professional fees	21,440	19,040	19,040	19,990	17,827
Sales Tax Expense	9,361	9,453	6,947	8,605	10,292
Donated Services / Facilities	334,899	357,345	221,595	321,557	341,766
Fundraising Activities	8,548	5,193	441	604	2,611
Health / Needs / Interest	0	0	442	318	219
<b>Total Expenses</b>	<b>\$1,058,215</b>	<b>\$1,096,701</b>	<b>\$896,826</b>	<b>\$1,074,004</b>	<b>\$1,172,676</b>
Net Change	\$2,945	\$3,099	\$32,725	\$28,386	12,439

Please note: Income and Expenditures for 2022 are currently unaudited figures.

## Center Volunteers – Donated 9,323 hours in 2022

Peggy Barton  
Roland Barton  
Bob Beadles  
Valerie Bezeau  
Nancy Bonk  
Cheryl Brightbill  
Lisa Brown  
Karen Diedrich  
John Diehl  
Patricia Diehl  
Jackie Drouillard  
Nancy Ellison  
Bobby Eppler  
Susan Fahey  
Mary Faryniarz  
Mary Frushour  
Christine Frayer  
Allison Fuller  
Amy and Jack Fuller  
Nick Fuller

Mary Goode  
Maxine Gowman  
Janie Groven  
Walter Hancock  
Rose Harris  
Kevin Hemry  
James Huffman  
Lynne Johnson  
Robin Keegan  
Mary Kenney  
Ben Kern  
Rose Kern  
Lois Knegendorf  
Mary Kohler  
Mary Krueger  
Mick Krueger  
Linda Lamb  
Rose Leddy  
Debbie Lentz  
Debra Lindsay

Samantha Lindsay  
Clara Lloyd  
Valerie Mainzinger  
Ken Masserant  
John Meyer  
Linda Micheles  
Gary Miller  
Jenny Morales  
Dale Morgan  
Gloria Payne  
Janet Pavlat  
Ann Pulford  
Jim Pulford  
Mary Rhoades  
Joyce Rober  
Francine Roscoe  
Patti Rousselo  
Holly Simon  
Ken Steward  
Bonnie Thompson  
Nancy Wortinger

Thanks!

Thanks!

### *Award Recipients for Service in 2021*

*Earl and Hazel Barron Service Award*  
*Mary Kinney & Linda Micheles*

*Rose Post Sunshine Award*  
*Mary Goode*



*Rohen-Simonton Leadership Award*  
*Kevin Hemry*

*Pamela LaPan Humanitarian Award*  
*Susan Fahey*

*Service Above Self Award*  
*Jim Huffman*



### *Volunteer of the Year* *Lynne Johnson*



## Individual Contributors in 2022

Margaret Auten  
Roland & Peggy Barton  
Stella Battistone  
Louise Bauerschmidt  
Carolyn Baumgartner  
Jeff Beaman  
Barbara Benore Family  
Beth Berlin & Patti Rousello  
Valerie Bezeau  
Shirley Bitz  
Bob & Susie Bates  
Sharon Bondy  
Joanne Bowman  
Robert & Elizabeth Bradley  
Mary Brancheau  
Mark & Cheri Braunlich  
LeAnn Brown  
Lisa Brown  
David Bryant  
Marge Campione  
Canasta  
Commissioner David Hoffman  
Jean Cohn  
Jim & Marilyn Cooley  
Marie Criste  
Marvin & Elaine Culverhouse  
Bob & Dorothy D'Haene  
Sherry Duffey  
Mike & Mary Durell  
Sharon Eby  
Barbara Fitzgibbon  
Gary Folbaum  
Earl & Bernice Freimark  
Cathy Friederichs  
Svetlana Gill  
Janet Ginepro  
Troy Goodnough

Esther Haberstroff  
Mary Hall  
Eugene Haman  
Juanita Hatcher  
Paulette Hawley  
Kevin & Pat Hemry and Family  
Jack & Helen Henegar  
Barb Hogberg  
Margery Hotchkiss  
Gabriele Huber  
Melissa Hug  
Fran Ingels  
Violet Ingram  
Lynne Johnson  
Denise Jones  
Jeff & Jackie Jones  
Jane Karau & Nancy Kirwen  
Ben & Rose Kern  
Lois Knegendorf  
Sandra Kraus  
John Kriska  
Mick & Mary Krueger  
JoAnn Kunich  
Bea Lajiness  
Debbie Lentz  
Marge Kreps  
Pat McPhail  
Carol Merta  
Rosanne Metcalf  
Mariann Meyer  
Al Miller  
Kim Miller  
Mable H. Kehres Resident Assoc.  
Margaret Morrison  
David & Nancy Neal  
Network for Good  
Phil & Shirley Nietubicz

James & Mary Penley  
Lisa Peters  
Jerry & Sandie Pierce  
Jonnie Pratt  
Jim & Ann Pulford  
Marcelle Ramsey  
Polly Raymer  
Jim & Donna Reaume  
Dennis Richardville  
Dan Ripple  
River Raisin Wood Carvers  
Dennis & Loretta Scheich  
Ethel Sebolt  
Bonnie Shinevar  
Alan & Terri Shopshire  
Janet Simmons  
Arthur Stites  
Dave & Rosemary Stoner  
Ralf & Samuela Swiderski  
Don & Sarah Tennyson  
Janice Thomas  
Anita Thompson  
Steve & Bonnie Thompson  
Thursday Euchre group  
Joan Toth  
Jacquelyn VanHouten  
David Vanisacker  
Priscilla Vasicek  
Bari & Wendy Waltz  
Nancy Waltz  
Eddie Weaver  
Herman Weller  
Sue Wenzlaff  
Marsha West  
Betty Westover  
Katherine Woodrum



A special thanks to  
Earl and Bernice Freimark,  
and Nancy Kirwen and Jane Karau  
for their generous support of the Center.



## Supporters

Funding for the Monroe Center *for Healthy Aging* for 2022 was provided by:



**Monroe County Commission on Aging**



**Corporation for National Community Service**

### Corporate / Organizational Support:

Amazon Smiles  
Bacarella Funeral Home  
Community Foundation of Monroe County  
DTE Energy  
Family Medical Center  
First Merchants Bank  
Fountain View of Monroe  
Hickory Ridge of Temperance  
Humana  
Kroger Co.  
LaSalle Township  
La-Z-Boy Chair Foundation  
Maria McMullin, DDS  
Monroe Car Care  
Monroe County Community College  
ProMedica Monroe Regional Hospital  
Sieb Plumbing and Heating  
UAW Local 723  
University of Chicago  
Vibrant Life Senior Living



### In-Kind Donations / Services were received from:

Rose Community — In-Kind Rent  
Volunteer Time — 8,904 hours  
Community Service — 155 hours  
IHM Senior Living — Blood Pressure Checks  
Monroe Family YMCA — Enhance®Fitness  
HomeTown Pharmacy— Flu Shots  
Sheriff Troy Goodnough — Garage Project  
Dee Mitchell, Lisa Brown, Val Bezeau, Debbie Lentz, JoAnn Kunich— Donation of Bottled Water

### Capital Improvement Projects

In 2022, the Monroe Center purchased new convection ranges thanks a grant from the Community Foundation of Monroe County.

A new refrigerator was purchased with a grant from the Monroe County Commission on Aging.

And we purchased a second MySeniorCenter station. Thanks to all those who contributed to the Center to make this happen.

