



# FRENCHTOWN CENTER FOR ACTIVE ADULTS

**2786 VIVIAN ROAD  
MONROE, MI 48162**  
**Phone: 734-243-6210**  
**Fax: 734-243-5761**  
**CENTER HOURS:**  
**Monday through Friday**  
**8:30 a.m. - 4:00 p.m.**

## FEBRUARY 2022



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### **Frenchtown Voyagers Travel Meeting**

**NOTE: NO TRAVEL MEETING February or March, Resuming April 5, 2022**

During this time, Lisa will not be available. However, you can find the latest travel information on our Website, FaceBook page and in the newsletter. If you need any assistant with your travel needs during this time, other staff members are here to help you.



### **February American Heart Month**

“Most women do not realize that heart disease is the No. 1 killer of American women.” — Monica Potter

“A healthy heart is the main source of your strength.”

“Prevention is better than cure and it all depends on us which one we want to choose.”

See page 14 for helpful Information and <https://parade.com/1187612/michelleparkerton/quotes-about-heart-disease/>





# FRENCHTOWN CENTER LINK

2786 Vivian Road, Monroe, MI 48162

Phone: (734) 243-6210 Fax: (734) 243-5761

e-mail: seniors@frenchtownsenior.com

Website: [www.frenchtownsenior.com](http://www.frenchtownsenior.com)

## 2021 BOARD OF DIRECTORS

Floreine Mentel—Chairman  
 Larry Vanwasshenova—Vice Chairman  
 Thomas Peckham—Treasurer/Member at Large  
 Jon Moore—Secretary  
 Jean Guyor  
 Daniel Lee Hartong  
 Charles Mushung  
 Darla Myers  
 Lance Slatton  
 James Smith  
 Alan VanWashenova—Frenchtown Charter Township Liaison

Board of Directors meet on the 3<sup>rd</sup> Thursday each month at 10:00 a.m.

Center hours: 8:30 a.m. – 4:00 p.m. Monday/Friday

Adult Day Service: Monday – Friday 8:00 a.m. – 4:00 p.m. Can be open from 6:00 a.m.—6:00 p.m. with 24 hour notice.

Dues \$20.00 per year if you live in the county and \$22.00 if you live out of the county, are due in January. Lifetime membership \$200.00

Meals at 12:00 Noon - Monday – Friday. For reservations, please call before 9AM the day of. Call Kitchen at 734-636-9477

## FRENCHTOWN CENTER PERSONNEL/PHONE EXT

Paul Iacoangeli—Executive Director/ Ext 9  
 Lisa Cooley—Program Coordinator/ Ext 2  
 Joe Hess—Accountant/ Ext 5  
 Christine Pidruzny—Office Manager / Ext 4  
 Patricia Smith—Administrative Assistant / Ext 8  
 Thomas Werle—Building Attendant

### **Kitchen Staff**

Kim Maracle—Head Cook/ Ext 6  
 Michelle Jones—Assistant Cook

### **DADC Staff**

Jean Siemik—Program Director/ Ext 7  
 Paula Cicero, C.N.A.—Adult Day Staff  
 Nancy Jones—Adult Day Staff

[www.frenchtownsenior.com](http://www.frenchtownsenior.com)

## **Activities & Services for Monroe County Older Adults at Frenchtown Center**

- Bingo
- Blood Pressure Checks (3rd Thursday)
- Bocce Ball
- Bridge
- Bunco
- Caregivers Support Group
- Card Parties
- Cardio Drumming
- Craft Classes
- Dinner Dances
- Euchre
- Enhanced Exercise
- Fund Raising
- Golf Outings
- Hand & Foot
- Health Screening
- Knitting & Crocheting Classes
- Legal Services
- Line Dancing
- Men’s Pool League
- Newsletter
- Nine Ball Pool League
- Noon Lunches
- Notary Services
- Quilting
- Ping Pong
- Tuesday Fun Night (2nd Tuesday)
- Thursday Breakfast
- Travel (Frenchtown Voyagers)
- Water Color Class
- Workshops

### **Commission on Aging Disclaimer Statement**



Views & comments expressed in this newsletter are not necessarily the views & 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.

The Frenchtown Center for Active Adults program will not discriminate against any individual or group because of race, sex, religion, national origin, color, marital status, handicap, or political beliefs.

**This institution is an equal opportunity provider.**



# February 2022 Activities

Mon	Tue	Wed	Thu	Fri
	<b>1</b> 9:00 Cardio Drumming 12:30 Bunco	<b>2</b> 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball Pool 12:30 Paint w/Friends 1:00 Happy Hookers	<b>3</b> 8:30 Breakfast 9:00 Cardio Drumming 9:00—1:00 Pool 10:00 Ping Pong 12:30 LCR 1:00 Eight Ball Pool 1:00 Line Dancing	<b>4</b> 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
<b>7</b> 9:00 Enhanced Exercise 11:00—1:00 Quilting	<b>8</b> 9:00 Cardio Drumming 12:30 Bunco <b>4:30 Fun Night (Meal &amp; Entertainment)</b>	<b>9</b> 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball Pool 12:30 Paint w/Friends 1:00 Happy Hookers	<b>10</b> 8:30 Breakfast 9:00 Cardio Drumming 9:00—1:00 Pool 10:00 Ping Pong 12:30 LCR 1:00 Eight Ball Pool 1:00 Line Dancing	<b>11</b> 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
<b>14</b>  9:00 Enhanced Exercise <b>10:00 Library</b> 11:00—1:00 Quilting	<b>15</b> 9:00 Cardio Drumming 12:30 Bunco	<b>16</b> 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball Pool 12:30 Paint w/Friends 1:00 Happy Hookers	<b>17</b> 8:30 Breakfast 9:00 Cardio Drumming 9:00—1:00 Pool 10:00 Ping Pong <b>10:00 Board Mtg</b> <b>11:00 Blood Pressure Check</b> 12:30 LCR 1:00 Eight Ball Pool 1:00 Line Dancing	<b>18</b> 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
<b>21</b>  9:00 Enhanced Exercise 11:00—1:00 Quilting	<b>22</b> 9:00 Cardio Drumming 12:30 Bunco	<b>23</b> 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball Pool 12:30 Paint w/Friends 1:00 Happy Hookers	<b>24</b> 8:30 Breakfast 9:00 Cardio Drumming 9:00—1:00 Pool 10:00 Ping Pong 12:30 LCR 1:00 Eight Ball Pool 1:00 Line Dancing	<b>25</b> 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
<b>28</b> 9:00 Enhanced Exercise 11:00—1:00 Quilting	<b>Bridge Resumes on March 1, 2022</b> <b>Evening Cardio Drumming resuming March 7, 2022 @ 4:00 PM</b> <b>Travel meetings resume Tuesday, April 5, 2022</b>			

**Dementia Adult Day Care available Monday—Friday (please call for hours)**



**Please Read Below for Details**

Dine—In \$3.00 for members  
 \$5.00 for non members  
**Carry Out pricing see below**

# February 2022 Menu

Choose your February  
 Birthday Lunch from this months menu items until  
 we can resume our  
 Birthday Celebration

Mon	Tue	Wed	Thu	Fri
	1 Chicken Salad Sandwich	2 Chicken Fajitas	3 Loaded Nacho's	4 Pork Chops in Mushroom Soup w/Sides
7 Chicken Stir Fry	8 Wet Burrito	9 Betty Salad	10 Turkey Platter	11 Chicken Cordon Bleu w/Sides
14 Boiled Dinner w/Ham	15 Chef Salad	16 Spaghetti	17 Pulled Pork Sandwich w/ Coleslaw	18 Chili Dogs w/Chips
21 Chicken Pot Pie	22 Ham Sandwich w/Soup	23 Pizza	24 Stroganoff w/ Peas	25 Sloppy Joe
28 Tater Tot Casserole w/Corn				

**Breakfast Menu—Served 8:30 AM—9:30 AM**

**Please Call at least the Day Before to Reserve your Seat for Breakfast**

**February 3 Skillet February 10 Biscuits & Gravy**

**February 17 Chef's Choice**

**February 24 Chef's Choice**

**Please call 734-636-9477 by 1:00 pm the day before to order lunch.**

Carry out available for pick-up 11:30am—12:30pm

**\*\*Dining in available Monday—Friday 12:00—1:00 PM\*\***

**Please Try and Call by 1:00 pm Friday for the following Monday**

**\*\*\*\*To receive the member 60 or better price of \$3.00, you will need your scan card. Staff may be using handheld devices to register your lunch activity for funding purposes. Without a scan card, you will need to pay \$5.00 regardless of your age.**







Here we are getting ready to publish our February 2022 newsletter and unlike the famous Staples school time commercial played to the theme “It’s the most wonderful time of the year,” this is my most dreaded time of the year. You might be thinking to yourself, yea, the gray, dreary days make everybody dread February, so get over it. If that were the case, trust me, I wouldn’t be writing this segment of the letter. February is when we get the most questions regarding membership renewals for me and the rest of the staff. Folks do not seem to realize that every Center that provides a service to our mature members in Monroe County does things differently. Dues may not be the same, and activities are different, service hours vary, the list goes on and on. And NO, just because you pay a fee to one Center does not entitle you to the membership benefits of the other. I pay for HBO using that analogy, Comcast should allow me to watch Showtime or Starz as well. We all know it is not the way it works. If I were to call Comcast, they would want me to purchase a bundle. Centers currently do not offer a bundle price, but maybe we should.

Since we became more diligent about membership or scan card fees, the common concern I hear from folks is, “I have been coming here for years and never had to pay a fee.” For those who attend regularly, you slipped through the cracks. You may be wondering how did this happen? It happened because the old way of registering made it much easier to avoid paying a yearly fee. One of the things changed by COVID it made people start using technology they may not have used in the past. We are no different. As a result, it became necessary to enhance our technology. During the past two years, and probably into the foreseeable future, accountability will be an issue. We are fortunate from one aspect that we already had a piece of technology in place to make accountability easier. More emphasis was placed on accountability because of the need to perform contact tracing in the event of an exposure. Unfortunately for those who had not paid a fee in a while, it meant they were not in our database to use the kiosk and needed to be added. This also meant they needed to become a member or the other option, purchase a scan card. We encourage folks who plan on regularly attending to become members because of the additional benefits. Free birthday lunch, our monthly Tuesday meal, a lunch discount, discounts on special events, and more. But I have also heard some folks say, “I don’t want to belong to a Senior Center.” These folks still need to have a scan card, and we also sell those. So, the choice remains yours. As a reminder, even though many things have increased in price, our fee still is \$20.00.

With tax season right on our heels, another free service offered to members is tax preparations. John Bocks will once again be here working his magic. Even though John and Lois moved from Frenchtown to Bedford, John has graciously offered to join us every Wednesday, Thursday, and Friday, preparing taxes. Call Chrissy to get your appointment scheduled.

Even with this new strain of virus invading Monroe County, we have been cautiously optimistic that things will remain unhindered as we move further into 2022. We strongly encourage people to take the necessary safety precautions, wear a mask, wash their hands frequently, and use the sanitizing stations. Since we have the space, we encourage folks to social distance and wear masks, and require them if they are not vaccinated. We are also sensitive that many of you have been together throughout this crisis and trust you will use your best judgment to keep yourself and others around you safe. We will continue to go the extra mile by sanitizing regularly and providing the safest environment for you as possible during these trying times.

One final thought, when you celebrate on the 14<sup>th</sup> with your loved one, here are a few facts about February 14<sup>th</sup> or Saint - Valentine’s Day that could be of interest. February 14<sup>th</sup> became associated with romantic love in the 14<sup>th</sup> and 15<sup>th</sup> centuries when courtly love flourished. Saint Valentine is also the patron saint of epilepsy and beekeepers.

A handwritten signature in blue ink, appearing to read "John Bocks".



## SOME FUN TRIVIA

1. What was the first toy to be advertised on television?
2. What was the first feature-length animated movie ever released?
3. What TV series showed the first interracial kiss on American network television?
4. What were the four main characters' names in the TV series "Golden Girls" that ran from 1985-1992?
5. Who created Sherlock Holmes?
6. What awards has an EGOT winner won?
7. Which member of the Beatles married Yoko Ono?
8. What are the names of Cinderella's stepsisters?
9. What famous US festival hosted over 350,000 fans in 1969?



*Answers Page 9*

### Did you know? Some interesting facts.

- |   |  |
|---|--|
| 1. Hot water will turn into ice faster than cold water      | 2. "I am" is the shortest complete sentence in English.                        |
| 3. The strongest muscle in the body is the tongue           | 4. Coca-Cola was originally green.   |
| 5. Ant's take rest for around 8 minutes in a 12 hour period | 6. There are almost 8 million possible seven-digit phone numbers per area code |

<p><b>THIS SPACE IS AVAILABLE</b></p>	<p><b>ADVERTISE HERE</b> to reach the senior market</p>  <p><b>Call (800) 477-4574</b></p>	
<p><b>Allore Chapel - (734) 241-5225</b> Celebrate the life &amp; Cherish the memories.</p>  <p>• Maybee • Trenton • Rockwood • Monroe</p> <p><b><a href="http://martenson.com">martenson.com</a></b></p>	<p><b>STAND OUT</b> with a PREMIUM DIGITAL AD on MYCOMMUNITYONLINE.COM</p>  <p><b>CONTACT US AT 800-477-4574</b></p>	<p><b>ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?</b></p> <p><b>TO ADVERTISE HERE CALL 800.477.4574</b> or visit <a href="http://www.lpicommunities.com/advertising">www.lpicommunities.com/advertising</a></p>



4-D-5-5



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## FRENCHTOWN CENTER

Library in Motion will return  
Monday, February 14, 2021

Please have returns ready by 10:00 am

PHONE: 734-241-5770

EMAIL: [lim@monroe.lib.mi.us](mailto:lim@monroe.lib.mi.us)



### 2022 Dues are Due

2022 dues will be \$20.00 per person. Life Time memberships will be \$200.00 per person. If you are not a resident of Monroe County, dues will be \$22.00 per person. Membership is open to persons 55 years of age or older who reside in Monroe County. This membership fee allows you to participate in our many programs, special events, travel, discounted prices on happenings and to receive our monthly newsletter, The Frenchtown Link AND MORE.

## TUESDAY FUN NIGHT

Meal &  
Entertainment

2nd Tuesday

(February 8th)

Each Month

4:30 p.m.—6:30 p.m.

Come Join Us for Some  
Food and Fun!!!

Members ONLY

\$1.00

NON-MEMBERS

\$3.00



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Wills and Trust, Guardianship and Conservatorship  
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4-D-5-5



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**NEW MEMBERS**

Mary Jean Amolsch  
Tracy Blakeman  
Anna Burgess  
E. Diane Daly  
Kristine F Durkin  
Timothy J Durkin  
Sheryl Joy Dye  
Julie A Ellison  
Patricia A Gillenkirk



**NEW MEMBERS**

Mary Goode  
David N Heilman  
Pamela A Hyden  
Rick R Hyden

**NEW MEMBERS**

Barbra J Krueger  
Elizabeth Lovell  
Les Messer  
Kathleen Ann Sass  
Cheryl I Southworth  
Muriel I Southworth  
Cathy J Swanson  
Carrie M Williams

*Our Sympathy and Support  
are with the family and  
friends of our members who  
have recently passed away.*

*William F LaVoy  
Roselyn S Sagan  
Jan Vitale*

*"It's hard to forget someone who  
gave you so much to  
remember." —Unknown*



**Choose your February  
Birthday Lunch from this months menu items (Page 4)  
until we can resume our  
Birthday Celebration**

James M Adams  
James K Ash  
Ethel N Austin  
Jon F. Baldock  
Daniel T Batista  
Sarah M Boghosian  
Donald C Boucher  
Jo Anne Bray  
Marlene Briggs  
Doris B Brown  
Deborah J Caines  
Joyce Craanen  
Marvin H Culverhouse  
Darlene R Dailey  
William O Doster  
Edward L Friedline  
Nancy K Gates  
Mary Goode  
Sally M Gruber

Carolyn Haines  
Elaine M Halstead  
Rosalie Frey- Hamm  
Barbara J Hehl  
Judith E. Hoag  
Barbara J Hogberg  
Ralph L Hutchison  
George Janisse  
Sally J Jaynes  
Janice Marie Johnston  
Carolyn Kallenberg  
Russell O Kenyon  
Gerry Kilts  
Edward J Kowalczyk  
Douglas L Loop  
Ann M Manikowski  
Marilyn K McCrory  
Nancy K McLaughlin  
Franklin R Nation

Tom M Perry  
Jackie L Rains  
Ann E Rothman  
George Satterfield  
Kathy L Schafer  
Harold D Schlipp  
Susan Kay Stoll  
Judy A Stump  
Pat A Turner  
Jackie L VanHouten  
Martha A Welber  
Roxanne M Wertenberger  
Ellen M Wickenheiser  
Margaret L Willis  
Mary Jo Windels  
John D Wright  
Rita Gail Wylie  
Shirley L Yoas  
Bradley W Young



## Presidents Day

### *Presidents' Day History, Folklore, and More*



This year, Presidents' Day is Monday, February 21! Which presidents do we celebrate on Presidents' Day? And why do we commonly call it "Presidents' Day" when the observed federal holiday is officially called "Washington's Birthday"? Learn the history of this day—and the truth about a few common George Washington myths.

Is This Holiday Called Presidents' Day or Washington's Birthday?

Although the holiday is most often referred to as "Presidents' Day," the observed federal holiday is officially called "Washington's Birthday."

Neither Congress nor the President has ever stipulated that the name of the holiday observed as Washington's Birthday be changed to Presidents' Day. Additionally, Congress has never declared a national holiday that is binding in all states; each state has the freedom to determine its own legal holidays. This is why there are some calendar discrepancies when it comes to this holiday's date. In a sense, calling the holiday Presidents' Day helps us to reflect on not just the first president, but also the founding of our nation, its values, and what Washington calls in his Farewell Address the "beloved Constitution and union, as received from the Founders." Additionally, Abraham Lincoln's birthday is in February (on the 12th), so by calling the holiday "Presidents' Day," we can include another remarkable president in our celebrations as well.

Today, many calendars list the third Monday of February as Presidents' Day, just as quite a few U.S. states do, too. Of course, all of the 3-day retail store sales are called "Presidents' Day" sales and this vernacular has also been influential in how we reference the holiday.

For Complete Article, visit: <https://www.almanac.com/content/when-presidents-day>

## Trivia Answers

## From Page 6

1. Mr. Potato Head
2. Snow White and the Seven Dwarfs
3. Star Trek
4. Dorothy, Rose, Blanche, and Sophia
5. Arthur Conan Doyle
6. An Emmy, Grammy, Oscar and a Tony
7. John Lennon
8. Anastasia and Drizella
9. Woodstock
10. Candle in the Wind (1997)





Volunteers are needed.  
 Friday Bingo  
 Front Desk Greeter  
 Special Events, e.g. Tuesday Fun Meal  
 Contact Lisa Cooley @  
 734-243-6210 ext. 2



## Income Tax Help

John Bocks began taking appointments the last week of January 2022 to do taxes at the Frenchtown Center for Active Adults. It is **FREE** of charge for the Center's members and a minimal cost for non-members.

**PLEASE call** to schedule your appointment and bring any necessary documentation to your appointment.

Center's Phone: 734-243-6210  
 John Bocks Phone: 734-790-5971

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4-D-5-5



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## COVID-19 HEALTH SCREENING QUESTIONS

Before you enter, please ensure you can answer **NO** to each of the following questions  
Do you have any of the following symptoms?

Sign In  
I don't have my card

1. Fever of 100.4 degrees or higher?
2. Cough (excluding chronic cough)?
3. Shortness of breath?
4. Sore throat or new loss of taste or smell?
5. Vomiting/Diarrhea (excluding diarrhea due to a known medical reason other than COVID-19)
6. Repeated shaking with chills?
7. Engaged in activity or non-routine travel within past 14 days in an area known for COVID-19?

By continuing and entering you acknowledge you have read and answered **NO** to the COVID-19 Health Screening Questions.



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15-0719



## Biggest Medicare Changes for 2022



Look for higher premiums and deductibles in the new year, but also more help with insulin, mental health - by *Dena Bunis, AARP, January 3, 2022 AARP Newsletter*

The biggest change Medicare's nearly 64 million beneficiaries will see in the new year is higher premiums and deductibles for the medical care they'll receive under the federal government's health care insurance program for individuals age 65 and older and people with disabilities.

### **Largest Part B increase ever**

The monthly premium for Part B, which covers doctor visits and other outpatient services, such as diagnostic screenings and lab tests, will be \$170.10 in 2022, up \$21.60 from the 2021 monthly charge. Centers for Medicare & Medicaid Services (CMS) officials say this largest-ever dollar increase was necessary because of three factors:

- \* Rising health care prices, some of which were attributed to COVID-19 care.
- \* Because of the pandemic, Congress acted to significantly lower the planned 2021 Part B premium increase (something AARP fought hard for), but lawmakers directed CMS to begin paying back that reduced premium starting in 2022.
- \* CMS decided it needed to set aside money in its reserves in the event that Medicare covers Aduhelm, a new Alzheimer's drug. The annual price for Aduhelm was originally set at \$56,000. But after CMS set the Part B premium, Biogen, the drug's manufacturer, cut the annual price to \$28,200 under pressure from health advocates. Advocates have urged CMS to lower the Part B premium increase in the face of that price cut.

The Part B premium increase will be somewhat offset by the 5.9 percent increase in Social Security's annual cost-of-living adjustment (COLA). Social Security beneficiaries enrolled in Medicare have the premium deducted from their monthly check. However, not everyone enrolled in Medicare is getting Social Security benefits yet, and how much enrollees will end up seeing of the COLA increase will depend on the size of their monthly Social Security benefit.

### **◆ Deductibles also rising**

The annual Part B deductible will be \$233 this year, an increase of \$30.

For Medicare Part A, which covers hospitalizations, hospice care and some nursing facility and home health services, the inpatient deductible that enrollees must pay for each hospital admission will be \$1,556, an increase of \$72 over 2021.

The deductibles and copays and other charges beneficiaries must pay for prescriptions under the Part D prescription drug benefit will vary based on what plan they choose and where they live. But the federal government does cap the Part D annual deductible, and in 2022 it cannot exceed \$480.

### **◆ More help with insulin costs**

This year, enrollees in every state will be able to sign up for a Part D "enhanced" plan that is participating in a CMS program that caps the cost of some insulins at \$35 a month. The program began in 2021, but the number of plans available is expanding. This year, 2,159 Part D plans have agreed to participate. Beneficiaries who are enrolled in original Medicare or a Medicare Advantage plan can sign up for this program.

*Continued on page 15*



# Grand Hotel/Mackinac Island Trip

## 4days/3 Night stay Grand Hotel

**Cost per person**

<b>Room Double</b>	<b>\$1,097.00</b>
<b>Room Triple</b>	<b>\$1,097.00</b>
<b>Room Single</b>	<b>\$1,397.00</b>

Make Checks payable to:  
 Frenchtown Center for Active Adults



Deposit required on  
 sign up — \$200.00  
 Additional \$425.00 due by June 8  
 30 people need to pay \$425.00 or the trip will be cancelled

**The mParks Grand Experience—**  
 Accommodations at Grand Hotel (include  
 baggage handling, taxes and gratuities),  
 special champagne reception, nightly  
 dancing with Grand Hotel Orchestra.

### For more Details Call Lisa @ 734-243-6217

- Ferry Boat Ride to the Island
- Full Breakfast each morning
- Four-Course dinner each night
- Champagne Reception
- Nightly Dancing
- Grand Hotel History Lecture
- Carriage Tour
- Tournaments games
- Horse Drawn Taxi to and from the Grand Hotel
- Discounts on Bike Rentals & Golf
- Writing Contest
- Evening Entertainment
- Professional Tour Manager
- Luggage handling, taxes & gratuities
- Motorcoach Transportation

**October 18—21, 2022**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Roommate Name: \_\_\_\_\_

Please send insurance forms:  Yes  No

I do not want insurance  Yes  No

Special Needs: \_\_\_\_\_

2786 Vivian Rd.—Monroe, MI 48162—734-243-6210—Fax 734-243-5761

## The Best Foods to Eat When You Have High Blood Pressure

Eating a diet rich in unprocessed, low-sodium foods helps you manage hypertension.

### What Is Considered High Blood Pressure?

According to the guidelines by the American College of Cardiology and the American Heart Association, published in May 2018 in the *Journal of the American College of Cardiology*, the criteria for high blood pressure are as follows:

- **Normal** Less than 120/80 millimeters of mercury (mmHg)
- **Elevated** Systolic between 120 and 129 mmHg and diastolic less than 80 mmHg
- **Stage 1** Systolic between 130 and 139 mmHg or diastolic between 80 and 89 mmHg
- **Stage 2** Systolic at least 140 mmHg or diastolic at least 90 mmHg
- **Hypertensive Crisis** Systolic over 180 mmHg or diastolic over 120 mmHg, with patients needing prompt changes in medication if there are no other indications of problems, or immediate hospitalization if there are signs of organ damage

A large study of more than 9,000 patients, published in May 2021 in *The New England Journal of Medicine*, found that participants who got their systolic pressures below 120 mmHg saw their incidence of heart failure, heart attack, stroke, and death drop substantially in comparison with those who followed a more standard treatment plan, where the goal was to reduce their systolic pressure to less than 140 mmHg.

### Lifestyle Changes Recommended for High Blood Pressure

The American Heart Association encourages people with high blood pressure to:

- Eat a diet rich in fruit, vegetables, and whole grain foods, as well as fish and skinless poultry
- Limit alcohol
- Increase their physical activity
- Lose weight
- Reduce the amount of sodium in their diet
- Quit smoking
- Manage stress



If you're worried about your blood pressure, the first step is to see your doctor, in order to have your blood pressure checked. Then, after a discussion with your healthcare provider, it can help to start incorporating some of these foods into your meals. Your taste buds and your heart will thank you.

### Heart Friendly Foods

Bananas	White Potatoes	Lima Beans
Yogurt	Fresh Fish	Spinach
Salt Free Seasoning	Oat Bran	Flaxseed
Cinnamon		

FOR MORE INFORMATION VISIT: SOURCE: <https://www.everydayhealth.com/hypertension> Article by Jennifer Acosta Scott Medically Reviewed by Kelly Kennedy, RDN, December 21, 2021.



## Biggest Medicare Changes for 2022

*Continued from page 12*

### ◆ Mental health coverage via telehealth improving

Medicare continues to focus more attention on telehealth, especially during the pandemic. For 2022, the agency is increasing the availability of mental health services via telehealth.

“The COVID-19 pandemic has highlighted the gaps in our current health care system and the need for new solutions to bring treatments to patients, wherever they are,” CMS Administrator Chiquita Brooks-LaSure said in announcing these changes. “This is especially true for people who need behavioral health services, and the improvements we are enacting will give people greater access to telehealth and other care delivery options.”

New features include providing certain mental and behavioral health services over the phone. CMS officials say this means that counseling and therapy services, including the treatment of substance use disorders, will be more available, especially in areas where not everyone has access to broadband.

Also in 2022, Medicare will pay for mental health visits outside of the rules governing the pandemic. This means that mental health telehealth visits provided by rural health clinics and federally qualified health centers will be covered.

*SOURCE: <https://www.aarp.org/health/medicare-insurance/info-2022/changes>*

### 7 Superfoods to Eat to Live Longer

These superfoods can help you stave off disease and remain healthier as you age

by Kimberly Goad, **AARP**, December 9, 2021

There’s a reason the Mediterranean diet has been dubbed the longevity diet. Research shows that people who follow the eating plan — which favors fresh foods over processed — tend to live not just long lives, but long, healthy lives. Not coincidentally, it’s also the one most followed by people who live in the Blue Zones, those five regions of the world with the highest concentration of healthy centenarians.

“People who live in the Blue Zones aren’t looking for the latest fad diet or magical elixir to wellness,” says Kristin Kirkpatrick, a registered dietitian nutritionist at Cleveland Clinic. “They’re eating real food,” meaning fresh, minimally processed whole foods. “They also eat to 80 percent fullness,” she adds. “So instead of measuring their food, they are tapping into their hunger and fullness cues.” These seven Blue Zone-worthy superfoods may help you stave off all the biggies — cancer, cardiovascular disease, diabetes, dementia, obesity — and live well into the triple digits.

1. Nuts
2. Olive Oil
3. Dark Leafy Greens
4. Whole Grains
5. Fruits
6. Legumes
7. Green Tea

For the complete article, visit;

<https://www.aarp.org/health/healthy-living/info-2021/superfoods-to-live-longer>







**'Laughter IS the Best Medicine.'**




Boy: Do you have a date for Valentine's Day?  
 Girl: Yes, February 14th.



 JuicyQuotes.com | THE BEST JOKES TO SHARE

Dear men, "I don't want anything for Valentine's Day" is the same as "I'm fine."  
 You're welcome.



 JuicyQuotes.com | THE BEST JOKES TO SHARE

“ Parade

Who *always* has a date on Valentine's Day?

A calendar.

”

- "If he doesn't appreciate your fruit jokes, you need to let that mango."
- "Why didn't the skeleton want to send any Valentine's Day cards?" "His heart wasn't in it."
- "What did the cucumber say to the pickle?" "You mean a great dill to me."

What did one watermelon say to the other on Valentine's Day?

☺

"You're one in a Melon!"

• "What's Cupid's favorite band?"  
 "Kiss!"







experience  
a new blue

**BLUE  
MAN  
GROUP**  
SPEECHLESS  
TOUR



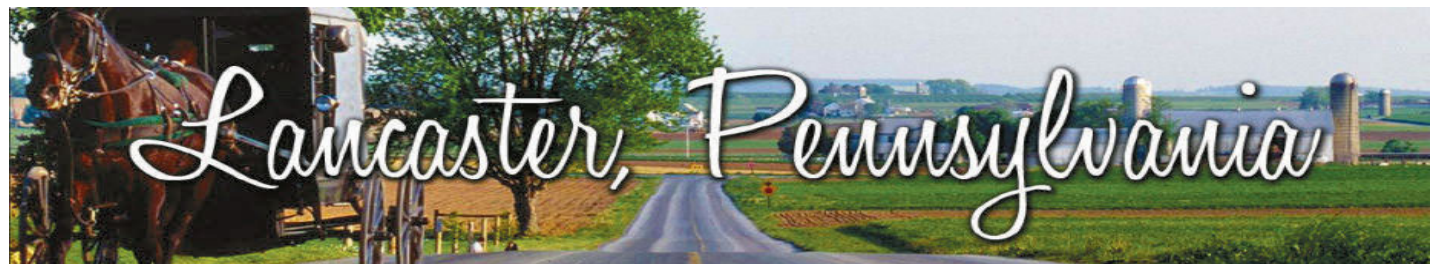
**Travel—For upcoming trips, flyer, and more information can be found at [www.frenchtownsenior.com/travel.html](http://www.frenchtownsenior.com/travel.html) or to make your reservations, please stop by the Center, Monday—Thursday 8:30 am—4:00 pm and Friday 8:30 am—Noon.**

**If you have any concerns or questions, contact Lisa Cooley at 734-243-6210.**

**PLEASE REMEMBER: STAFF IS UNAVAILABLE FOR TRAVEL QUESTIONS ON FRIDAYS FROM NOON—4:00PM. All payments must be done at the Center.**

## NEW ORLEANS & BILOXI

ALSO FEATURING THE U.S. SPACE & ROCKET CENTER



**Responsibility Clause: The Frenchtown Center for Active Adults acts as agent for the various companies whose accommodations are made available and assumes no responsibility for liability in connection with the service of any train, vessel, aircraft or other conveyance. Neither will Frenchtown Center for Active Adults be responsible for any act, error or omission, or for any other injury, loss, accident, delay or irregularity which may be occasioned by reason or any defect, in any vehicle or through neglect or default of any company.**





New travel opportunities are being added all the time so please check our website— [frenchtownsenior.com/travel](https://www.frenchtownsenior.com/travel) for more and updated travel information regularly or stop in during travel hours and talk to Lisa.

### Ladies in Lavender

An Act of Service Theatre

**Wednesday March 30, 2022**  
10:00am-4:00pm  
\$110 Per Person

**Spn Situations**  
CORRIE, 1956 - When a handsome and talented young Polish student bound for America is washed ashore, the White House sisters take him under their wing to nurse him back to health. However, the presence of the mysterious young man disrupts their peaceful lives and the community in which they live.

**MEADOW BROOK THEATRE**

**MEMO**  
This play is included in our Senior Pass program. For more information, please visit [www.frenchtownsenior.com/travel](https://www.frenchtownsenior.com/travel).

Phone: 734-243-6217  
Address: 10000 E. 15th Ave., Suite 100, Denver, CO 80232

### BLUE MAN GROUP SPEECHLESS TOUR

experience a new blue

**Tuesday April 19, 2022**  
3:00pm-11:30pm  
\$142 (Includes 70 Show Kit)  
\$151 (Includes 70 Show Kit + 100% Cash Back)

**MEMO**  
This play is included in our Senior Pass program. For more information, please visit [www.frenchtownsenior.com/travel](https://www.frenchtownsenior.com/travel).

Phone: 734-243-6217  
Address: 10000 E. 15th Ave., Suite 100, Denver, CO 80232

### Arizona

Wine of the Southwest

**February 20-28, 2022**  
\$2,599 (Includes 2022 Pass)  
Single \$3,499 | Triple \$5,299

**MEMO**  
This play is included in our Senior Pass program. For more information, please visit [www.frenchtownsenior.com/travel](https://www.frenchtownsenior.com/travel).

Phone: 734-243-6217  
Address: 10000 E. 15th Ave., Suite 100, Denver, CO 80232

### WINE TASTING TOUR

**MEMO**  
This play is included in our Senior Pass program. For more information, please visit [www.frenchtownsenior.com/travel](https://www.frenchtownsenior.com/travel).

Phone: 734-243-6217  
Address: 10000 E. 15th Ave., Suite 100, Denver, CO 80232

### FRENCHTOWN VOYAGERS PRESENTS CALIFORNIA GOLD

FEATURING SAN FRANCISCO, NAPA VALLEY, SACRAMENTO AND LAKE TAHOE

**FRIDAY, MAY 6, 2022**  
FROM \$3,299 (Includes Air & Land)  
7 DAYS, 8 NIGHTS INCLUDING HOTELS, MEALS, DAY TRIPS, AND AIRFARE

**MEMO**  
This play is included in our Senior Pass program. For more information, please visit [www.frenchtownsenior.com/travel](https://www.frenchtownsenior.com/travel).

Phone: 734-243-6217  
Address: 10000 E. 15th Ave., Suite 100, Denver, CO 80232

### The Frenchtown Voyagers present: A Florida Gulf Coast Vacation

**St. Pete Beach, Florida**  
February 24th-March 13th, 2022  
18 Days / 17 Nights

**MEMO**  
This play is included in our Senior Pass program. For more information, please visit [www.frenchtownsenior.com/travel](https://www.frenchtownsenior.com/travel).

Phone: 734-243-6217  
Address: 10000 E. 15th Ave., Suite 100, Denver, CO 80232

### Circle Michigan

**May 4-11, 2022 8 Days**  
\$1,499 (Includes 2022 Pass)  
Single \$2,499 | Triple \$3,499

**MEMO**  
This play is included in our Senior Pass program. For more information, please visit [www.frenchtownsenior.com/travel](https://www.frenchtownsenior.com/travel).

Phone: 734-243-6217  
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### DOORNWELL'S Turkeyville

**YOUR BRANDO TOUR INCLUDES:**

**MEMO**  
This play is included in our Senior Pass program. For more information, please visit [www.frenchtownsenior.com/travel](https://www.frenchtownsenior.com/travel).

Phone: 734-243-6217  
Address: 10000 E. 15th Ave., Suite 100, Denver, CO 80232

### Lancaster Pennsylvania

**4 days / 3 night**  
\$829.00 (per person double occupancy)  
PACE OF TOUR: [Icons]

**MEMO**  
This play is included in our Senior Pass program. For more information, please visit [www.frenchtownsenior.com/travel](https://www.frenchtownsenior.com/travel).

Phone: 734-243-6217  
Address: 10000 E. 15th Ave., Suite 100, Denver, CO 80232

You can now go to our website— <https://www.frenchtownsenior.com/travel.html> for the latest downloadable flyers and upcoming trip information



## Frenchtown Voyagers Travel Meeting

**NOTE: NO TRAVEL MEETING February or March, Resuming April 5, 2022**

You can find the latest travel information on our Website, FaceBook page and in the newsletter. If you need any assistant with your travel needs during this time, other staff members are here to help you.

**Please call and make reservations in advance.**

**\*\*\*\*\* If you are not a member of the Frenchtown Center for Active Adults, we ask that you pre-register with our Office Manger, Christine Pidruzny. \*\*\*\*\***

Just a  
friendly  
reminder...

**We can not accept cash for trips.  
Checks or money orders only.**

**PLEASE REMEMBER: Lisa IS UNAVAILABLE FOR TRAVEL QUESTIONS ON FRIDAYS FROM NOON—4:00PM.** She is happy to answer all of your questions on Monday—Thursday 8:30am—4:00pm, and Fridays 8:30am—Noon.

- ◆ **Ladies in Lavender, Wednesday, March 30, 2022**—presented by Custom Holidays, \$110 Meadow Brook Theatre, Lunch at Loccino's, 2PM showtime
- ◆ **Lancaster, Pennsylvania, April 18-21, 2022**—presented by Bianco Tours \$829.00 4 days/3 nights. Round Trip Transportation, 3 nights at the Eden Resort, 3 Breakfasts & 3 Dinners, Featuring Amish Theater, Kettle Village, Buggy Rids and more.
- ◆ **Firekeepers, Tuesday, April 26, 2022**—presented by Bianco Tours \$41.00 Round Trip, Includes \$20 slot credit and \$5 to be used for food, slop play or gift shop
- ◆ **California Gold, May 6—12, 2022**—presented by Aventura World-pp/dbl starting at #3,299. 7 days/6 nights \* San Francisco—City Tour & Cruise, explore the Civic Center area, Chinatown, Golden Gate Park, Union Square, Seal Rocks, Pacific Heights and Pier 39. Enjoy the San Francisco Bay Cruise showcasing the Golden Gate Bridge, Alcatraz, and the city's skyline. Experience the scenic drive across the Golden Gate Bridge as you head toward the picture-perfect Sausalito.
- ◆ **Cruisin' Kentucky, May 18-19, 2022**—presented by Bianco Tours \$293.00 pp/dbl 2 days / 1 night 1 Breakfast & 1 Dinner, National Museum of the US Air Force, BB Riverboats Dinner Cruise, Underworld Tour of Newport, Kentucky Shopping at Newport on the Levee.
- ◆ **Maine: Mountains to the Sea, June 19-28, 2022**—presented by Ed & Ted's-pp/dbl starting at \$2,499. 10 days/9 nights \* The Franconia Notch State Park Tram \* A Moose Safari through Grafton Notch State Park \* Slucing for gems at Maine Mineralogy \* Lobster Bake in Bar Harbor \* Whale Watch Cruise in Boothbay Harbor \* Guided Tour of Boston \* 16 Meals.
- ◆ **Sault Ste Marie, July 27-29, 2022**—presented by Bianco Tours \$450.00 pp/dbl 3 days / 2 nights, 2 Breakfasts 2 Dinners, Lockview Restaurant, Tower of History, Museum Ship Valley Camp, Downtown Sault Ste. Marie, Soo Locks Boat Cruise and more.



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## NEWS TO NOTE:

*(November 18th was the last day of Bridge for 2021 - Resuming play on March 1, 2022)*  
Evening Cardio Drumming has taken a short winter break. Classes will resume  
Monday, March 7, 2022

- ◆ Library will be here on Monday, February 14, 2022
- ◆ **NO Travel Meeting February and March, Resuming April 5, 2022**
- ◆ Tuesday, February 8, 2022 FUN NIGHT MEAL & Entertainment  
**Members \$1.00 / NON-MEMBERS \$3.00**
- ◆ **Due to additional funding, Carry Out lunches for those members 60 and better will remain at \$3.00. Members less than 60 will pay \$4.00 to help offset the raising cost of foam containers. \$5.00 for non members regardless of age. PLEASE CALL THE DAY BEFORE TO ORDER BY 1:00 PM \* Also, it would help if you would call your Monday order in the Friday before. Breakfast is served Thursdays from 8:30 AM—9:30 AM (must pre-register)**
- ◆ **Thursday, February 18—Board Meeting @ 10:00 am**

◆  
ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING

