



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.

MARCH 2022



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Join us for a
Jiggs Dinner.
Great Food
Great Fun
Great
Entertainment
 See Page 6 for
 details

Sunday
March 13, 2022



Did you know? Some interesting facts.

March has two zodiac signs—Pisces and Aries . If you were born between February 19 - March 20, you're a Pisces, typically known for being empathic, artistic and dreamy. If you were born between March 21-April 19, you're an Aries, typically known for a competitive, energetic,



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

2022 BOARD OF DIRECTORS

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

Board of Directors meet on the 3rd 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

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

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

www.frenchtownsenior.com




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.



Mon	Tue	Wed	Thu	Fri
 Begins March 13th	 1 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco	2 Ash Wednesday 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball Pool 12:30 Paint w/Friends 1:00 Happy Hookers	3 8:30 Breakfast 9:00 Bridge 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 1:00 Eight Ball Pool 1:00 Line Dancing	4 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
7 9:00 Enhanced Exercise 11:00—1:00 Quilting 4:00 Cardio Drumming	8 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 4:30 Fun Night (Meal & Entertainment)	9 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball Pool 12:30 Paint w/Friends 1:00 Happy Hookers 4:00 Cardio Drumming	10 8:30 Breakfast 9:00 Bridge 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 1:00 Eight Ball Pool 1:00 Line Dancing	11 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
14 9:00 Enhanced Exercise 10:00 Library 11:00—1:00 Quilting 4:00 Cardio Drumming	15 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco	16 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball Pool 12:30 Paint w/Friends 1:00 Happy Hookers 4:00 Cardio Drumming	17 St. Patrick's Day 8:30 Breakfast 9:00 Bridge 9:00 Line Dancing 9:00 Cardio Drumming 10:00 Ping Pong 10:00 Board Mtg 11:00 Blood Pressure Check 12:30 LCR 1:00 Eight Ball Pool 1:00 Card Making Class 1:00 Line Dancing	18 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
21 9:00 Enhanced Exercise 11:00—1:00 Quilting 4:00 Cardio Drumming	22 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco	23 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball Pool 12:30 Paint w/Friends 1:00 Happy Hookers 4:00 Cardio Drumming	24 8:30 Breakfast 9:00 Bridge 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	25 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
28 9:00 Enhanced Exercise 11:00—1:00 Quilting 4:00 Cardio Drumming	29 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco	30 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball Pool 12:30 Paint w/Friends 1:00 Happy Hookers 4:00 Cardio Drumming	31 8:30 Breakfast 9:00 Bridge 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	 Yaaay !!!! March 20th is the first day of Spring

March 2022 Menu
 Choose your March
 Birthday Lunch from this months
 menu items until we can resume our
 Birthday Celebration

Mon	Tue	Wed	Thu	Fri
	1 Mardi Gras	2 Chicken & Biscuits	3 Goulash	4 Grilled Cheese & Tomato Soup
7 Chili & Cornbread	8 Beef Taco's w/ Chips & Salsa	9 Swedish Meatballs over Pasta	10 Fiesta Chicken	11 Egg Salad Sandwich w/Chips
14 Sheppard Pie	15 Hot Pork Platter	16 Vegetable Soup w/ Hamburger Served with a Sandwich	17 Taco Salad	18 Tuna Casserole w/ Peas
21 Chef Salad	22 Chicken Quesadilla	23 Pork Chops	24 Chicken Parmesan w/Sides	25 Fish Sandwich
28 Stuff Pepper Casserole	29 Mostaccioli w/ Roll	30 Betty Salad	31 Pizza	

Breakfast Menu—Served 8:30 AM—9:30 AM

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

March 3	Chef's Choice
March 10	Chef's Choice
March 17	Ham & Cheese Omelet
March 24	SOS
March 31	Pancakes

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.**



I always say technology is a wonderful thing when it works. From my first Radio Shack TRS80 home computer until today, this saying couldn't be more accurate. A couple of weeks ago was one of those days when I needed to use a piece of new technology, had it worked correctly, it would have been a blessing. Regrettably, putting technology to use on this occasion was a blessing for some and not for some others. For staff, it turned out to be a misfortune.

We had one of our first confirmed COVID cases in quite some time, and the individual was thoughtful enough to let their groups' leader know. In turn, the group leader called me to let me know. The staff and I have been adamant in making sure everyone has a scan card and uses the kiosk just in case we have a COVID case. With the kiosk, I can send a prerecorded message to anyone who is considered a close contact with the individual. The message is informational and follows CDC guidelines. The recording reads like this,

"Good afternoon, this is Paul from the Frenchtown Center for Active Adults. I received a call today informing me that a member of the (insert activity name here) has tested positive for COVID. This message is a precaution and to advise you that you should monitor your health for signs and symptoms of COVID-19. Please feel free to contact your healthcare provider or call the Monroe County Health Department at (734) 240-7800 for additional information. Goodbye"

Thankfully this was the first time I needed to use the system. The message was intended for those considered close contacts. The system decided to send it to everyone who used the Center that day, even the folks who received a carry-out lunch and never set foot in the building. Needless to say, once the recording went out, the phone lines at the Center lit up like the Rockefeller Christmas tree. Staff reassured those who called the message was informational only and may have affected 13 of the 87 who used the Center on that day.

I did reach out to the kiosk vendor and explained what happened, and they asked me to send some information to run a simulation. They were surprised to discover the program wasn't working as intended and suggested a workaround. I must admit I am also amazed. Was I the first to use the system, or did those who used it shrug it off and decide not to report the problem? I hope the latter isn't the case because the only way to improve technology is to point out the flaws. I will keep my fingers crossed this is the first and hopefully the last time I need to use the system for COVID.

Speaking of flaws, have you ever taken an introductory computer class? One of the first things an instructor will preach is "garbage in, garbage out." In short, the information you enter has to be correct, or the information coming out will be incorrect. This became apparent during the COVID call and our recent significant weather event, "Landon," which stretched 2,000 miles and included Monroe. The kiosk system gives us the ability to send out various messages. As a courtesy to the group leaders, we can send meeting reminders and notify the group in advance of a canceled activity. We will also let people know if we are closed, but you have to request to be added to our closure list for this. We have to have a current phone number for the system to work. Many folks now have cell phones and no longer have a landline. Or changed services and now have a new number. As a few folks have recently discovered, having your current phone number is vital for our system to work as designed. If your phone number has changed, please speak to one of our staff to get it updated.

We hope to see you for some good food and great entertainment at our March 13th Jiggs Dinner.

A handwritten signature in blue ink, appearing to read "Paul", is written in the bottom right corner of the page.





Jiggs Dinner

Sunday, March 13, 2022 *

12:00—3:00 PM

Members \$10.00

Non-Members \$15.00

Pre-Sold Tickets ONLY

Cut Off Date Wednesday, March 9, 2022

*Join us for a great meal and Entertainment
50/50 Raffle and Basket Raffle*



Entertainment

By Tom Slatton



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Dinners

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FRENCHTOWN CENTER

Library in Motion will return
Monday, March 14, 2021

Please have returns ready by 10:00 am

PHONE: 734-241-5770

EMAIL: 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

(March 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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NEW MEMBERS

Kathy Brancheau	Tom Lakin
Judy Byerley	Karen L LaVoy
Jerrie "Edith" Campbell	Rose A Leddy
Lexi B Ellison	Frank A Lucas
Nora L Hartman	Brenda L Lymond
Joyce A Kiebler	Larry E Lymond
Patricia Kull	Tom E McCammon
Jeffrey B Lacy	Richard Louis Peters
Maureen "Mo" Lakin	Dorothy A Wagner

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

Marian Baker
Karen Anne Bredschneider
Glen Lewis Pafford
Harold Brent Reese



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

Yvonne Amazeen	Richard Cousino	George Lee Jondro	William Mentel
Nancy Bartus	Elaine Culverhouse	Hedwig Kaufman	Marsha Metz
Pat Bastien	John Daly	Roger Kerkenbush	Matthew Miller
Norma Bentley	Millie Daniels	Mary Ann Ketterman	Barbara Morgan
Valerie Bezeau	Danay Dillard	Betty Knapp	Renee Sue Navarre
Madeline Blevins	Karen Drouillard	Theodore Kohler	David Nunez
Mable Bodoh	Kathryn Duvendack	Jerome Kuhr	Frederick Peterson
Shirley Boos	William Facey	Barbara Jean Lajiness	Ruth Phillips
Bob Boudrie	Roxie Ann Ferguson	Patricia "Patty" Lavigne	Thelma Regan
Betty Bragg	Glenda Frederick	Lori Lee	Cheryl Rivard
Helen Brown	James Frederick, Jr.	M. June Linton	Cathy Roberts
Roger Bullard	Richard Gessner	Elizabeth (Liz) Lovell	Charlotte Roberts
James Call	Phyllis Gillispie	Linda Luci	Freddie Rogers, Jr.
Connie Carroll	John Wayne Goins	Bruce MacDonald	Patricia Satterfield
Jerry Collier	Shirley Gonzalez	Linda Marietta	Anne Schwab
Nancy Colpaert	Lois Graham-Bocks	Margaret Mathews	Sheryl Sieb
Linda Cooley	Florence Greer	Kent Mathews	Lance Slatton
Paul Cooley	Zelma Lee Harris	Mary Ann McBee	Marlyn Smith
Julia Copi	David Heilman	Robert "Bob" McCain, Jr.	Lloyd Sorter
Shirley Cousino	Susan Jewell	Patsy McDaniel	John Timko
	Deborah Jondro	Dayton McFarlane	Leslie VanEck
			Nancy C. Waltz
			Shirley Washburn
			Helen Wetzel
			James Wilhelm

Women's History Month TRIVIA

Why Do We Celebrate Women's History Month? Women's History Month is a **dedicated month to reflect on the often-overlooked contributions of women to United States history**. ... Anthony, Sojourner Truth to Rosa Parks, the timeline of women's history milestones stretches back to the founding of the United States.



True or False (Answers Below)

1. The first Women's History Day was held in 1909.
2. The day became Women's History Week in 1978 and in 1987 became Women's History Month
3. Geraldyn "Jerrie" Cobb was the first woman to pass astronaut testing in 1961
4. Women couldn't get credit cards on their own until 1981.
5. Men outnumber Women as they get older.
6. Marie Curie was the first woman to receive two Nobel prizes.
7. Aretha Franklin was the first woman inducted into the Rock & Roll Hall of Fame.
8. The gender pay gap has ended.
9. Rosa Parks was the first to refuse to give up her bus seat.
10. More women are earning college degrees than men.

Trivia Answers

1. True—Feb. 28, 1909 marked the first Woman's History Day in New York City.
2. True—Women's organizations campaigned yearly to recognize Women's History Week. In 1980, President Jimmy Carter declared the week of March 8 Women's History Week. By 1986, 14 states had declared the entire month of March Women's History Month and in March of 1987 Congress declared March Women's History Month.
3. True—But she wasn't allowed to travel to space due to her gender. 20 years later, Sally Ride was the first woman in space.
4. False—It was 1974. Until Congress passed the Equal Credit Opportunity Act of 1974, women couldn't get credit cards in their own name. Often, they had to bring a man along to cosign for them, according to Smithsonian magazine.
5. False—Women age 85 and older outnumber men by about 2 to 1, according to Census data from 2018. That's about 4.2 million women to 2.3 million men in the United States.
6. True—Curie was a scientist whose research on radioactivity led her to discover two new elements. She was the first woman to win a Nobel Prize, as well as the first person and only woman to win two Nobel Prizes. She won the Nobel Prize in physics in 1903 and the Nobel Prize in chemistry in 1911.
7. True—Known as the "Queen of Soul," Aretha Franklin was inducted into the Rock & Roll Hall of Fame in 1987.
8. False—Despite the ever-growing number of women getting degrees, the gender pay gap has narrowed by less than half a cent per year since the Equal Pay Act was signed in 1963. Between 2018 and 2019, no progress was made in closing the gap either. Women who work full-time and year-round are paid about 82 cents for every dollar that a man makes.
9. False—Claudette Colvin refused to give up her bus seat 9 months before Rosa Parks did.
10. True—Women earn about 57 percent of bachelor's degrees, according to 2018 data from the National Center for Education Statistics.



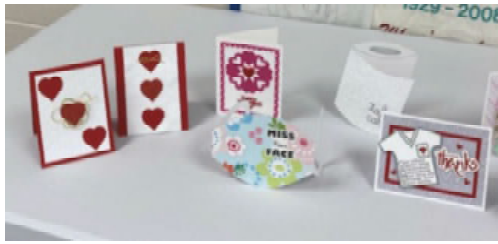
SOURCE: <https://www.womansday.com/life/a34908026/womens-history-month-facts/>



The Card Making Class is
Back !!

3rd Thursday of the month @
1:00 PM

Come join the fun and make
some special homemade cards
for you family and friends. Only
\$3.00 for class and materials.



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



The Monroe Thrift Shop

One group that holds its monthly meetings at the Center is The Thrift Shop. The store is located at 119 S. Monroe St in downtown Monroe. The store is open Wednesday – Saturday from 10:00 am – 4:00 pm. The Thrift Shop is an all-volunteer-run organization, with the proceeds raised going directly back to the community. If you have never been to the store, they have numerous items to choose from, and with the merchandise changing daily, you need to be prepared to make more than one trip.

Their more popular items for sale include clothing for men, women, and children. They offer houseware items, vintage items, small appliances, decorative pieces, books, DVDs, CDs, and toys. These are just a fraction of items they have in store, with many more and not enough space to mention. They also accept donations of gently used clothing, shoes, and accessories for men, women, children, and household items are all welcomed.

Thrift Shop has made a direct impact on high school seniors entering college. College scholarships are awarded every year, and has truly made a difference in many young people's lives. With all the proceeds donated right back into the Monroe County area. Many other social programs have benefited from their generosity from their over 50 years of serving the community.

Here is what a few people are saying about the Thrift Shop in Monroe.

"I am from Toledo, and at least once a month, I drive up just to stop in and take a look. Always so friendly and love that you are helping the kids."

"There's ALWAYS something wonderful to be found at this shop! Staff are great, and ALL proceeds fund the local community. EXCEPTIONAL all around!"

"Absolutely the kindest women running the shop! I was able to find what I needed."



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15-0719

National Nutrition Month[®]

National Nutrition Month[®] is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

Foods for Eye Health

Contributors: Esther Ellis, MS, RDN, LDN Published January 7, 2022 Reviewed December 2021
SOURCE:

Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma and other sight woes? Read on to learn about some of the top foods to promote eye health. But don't count on popping a pill to reduce your risk! To get these nutrients — your best sources of vitamins, minerals and antioxidants are from whole foods, since it may be a combination of nutrients within that provide these benefits.



Kale: See the Light

This leafy green is a source of lutein and zeaxanthin, which are related to vitamin A and beta-carotene, and may help protect eye tissues from sunlight damage and reduce the risk of eye changes related to aging. Other good sources of these nutrients include dark green leafy vegetables such as collard greens, turnip greens and spinach, broccoli, peas, kiwi, red grapes, yellow squash, oranges, corn, papaya and pistachios. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of unsaturated fat such as a drizzle of olive oil or a few slices of avocado. And kale also contains vitamin C and beta-carotene, other eye-friendly nutrients.

Sweet Potatoes: The Color of Health

Beta-carotene gives these tubers their orange color. Your body converts beta-carotene to vitamin A, a nutrient that helps prevent dry eyes and night blindness. Sweet potatoes not your favorite? For beta-carotene, try other deep orange foods, such as carrots and butternut squash, plus dark green foods including spinach and collard greens. Liver, milk and eggs are also sources of vitamin A. And, similar to lutein and zeaxanthin, beta-carotene and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.

Strawberries: Help You "C" Better

Fresh, juicy strawberries are a good thing for your eyes, and contain plenty of vitamin C, which is an antioxidant that may help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, broccoli, citrus (such as orange and grapefruit) and cantaloupe.

Healthy Fats: Include sources of Omega-3s

Besides helping with the absorption of certain nutrients, some healthy fats also contain omega-3s. Salmon is an excellent source of omega-3 fatty acids, which may be beneficial for eye health. Include salmon or other types of fatty fish two to three times per week. Other foods that include this type of healthy fat are walnuts (which also contain eye-healthy vitamin E), flax and chia seeds.

SOURCE: <https://www.eatright.org/health/wellness/preventing-illness/5-top-foods-for-eye-health>

Grand Hotel/Mackinac Island Trip

4days/3 Night stay Grand Hotel

Cost per person	
Room Double	\$1,097.00
Room Triple	\$1,097.00
Room Single	\$1,397.00



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 6 Worst Habits for Your Joints

Everything from what you eat to how often you text can affect the health of your joints—by **Kimberly Goad, AARP, January 3, 2022**

Use anything on and off all day, every day — for decades — and over time, it's bound to show wear and tear. Case in point: the protective cushion between your bones, otherwise known as cartilage. That's why the risk for developing osteoarthritis, a degenerative joint disease, increases with age, says Angelie Mascarinas, M.D., a physiatrist at the Hospital for Special Surgery, headquartered in New York City. About 50 percent of adults over age 65 have arthritis, according to the Centers for Disease Control and Prevention (CDC); osteoarthritis is the most common form. You can't do much to slow the march of time, but there are plenty of lifestyle changes you can make to show your joints a little love.



Here are the six worst habits for your joints.

1. Smoking

Not that you need another reason to give up cigarettes, but here it is: Smoking does a number on your joints. The nicotine in cigarettes narrows blood vessels and, as a result, restricts the amount of oxygen and critical nutrients that reach the joint cartilage. “This can result in cartilage loss, since cartilage receives its nutrients from the surrounding joint fluid and adjacent bone,” Mascarinas says. That’s not all: It turns out, smoking also ups your risk for osteoporosis, the brittle bone disease. According to the American Academy of Orthopaedic Surgeons, seniors who smoke are 30 to 40 percent more likely to break their hips than their nonsmoking counterparts. And it “may increase pain sensitivity,” Mascarinas says. “In other words, arthritis pain can be perceived as more severe in smokers, so the [pain-relieving] effects of arthritis medications may seem less effective to smokers.”

2. A physically inactive lifestyle

Your sedentary habits are bad for your joints in a couple of ways. For starters, it makes it hard to maintain a healthy weight, and extra pounds are hard on your joints, especially those in the hips, hands and knees, according to a study in *Arthritis & Rheumatology* that followed more than 1.7 million people for more than four years. Knees are especially vulnerable. Participants who were obese, with a body mass index of 30 or higher, were about three to five times as likely to get knee osteoarthritis.

Frequent sitting also “leads to muscle tightness in the hips and legs, and weakness of core-stabilizing muscles,” Mascarinas says.

To counter all of the above, aim for 30 minutes of joint-friendly exercise five days a week. “Moderate, low-impact activities like walking, water aerobics and swimming are easy on the joints,” Mascarinas says. “If you have osteoarthritis, avoid deep squats and deep lunges, running, repetitive jumping, and activities with quick turns and sudden stops like basketball and tennis.”

And make a point of breaking up bouts of sitting every 30 minutes or so with a couple minutes’ worth of stretches. Doing so helps keep joints lubricated, says Akhil Chhatre, M.D., director of spine rehabilitation and assistant professor of physical medicine and rehabilitation at Johns Hopkins University School of Medicine. “I advise my patients to maintain some activity throughout the day, but to expect increased pain with increased activity.”



3. Overdoing exercise

Weekend warriors, listen up: Cramming in a week's worth of exercise on the weekends isn't doing your joints any favors. "There's a happy medium between exercising our muscles and not overdoing the stress on the joints," says David Porter, M.D., an orthopedic foot and ankle surgeon in Indianapolis. "Studies have shown that people with arthritis who keep their muscles in good shape manage arthritis much better." Find the sweet spot with a mix of aerobic exercise and strength training. "Even 70-, 80- and 90-year-olds can continue to get good muscle responses to weight-training exercises," Porter says. Research shows "that it's easier to do daily activities — such as getting up out of a chair, going up and down steps, and possibly even decreasing the risk of falls — with more conditioned muscles."

4. Carrying a heavy load

It's hardly a surprise that heavy lifting — whether it's hauling a filled-to-capacity tote bag on a daily basis or picking up your growing grandchild on those once-a-month visits — takes a toll on your body. And it exacts a specific toll on your joints. "Carrying objects that are heavy creates imbalance throughout the body," Porter says. And these imbalances "create torque or stress on the joints which can further deteriorate the cartilage over time."

The trick, of course, is defining "heavy" load. Porter says to consider it "any amount of weight that requires more than one hand to pick it up." Play it safe and use the palms of both hands or use your arms instead of your hands when you lift or carry stuff, the Arthritis Foundation suggests. Hold items close to your body, which is less stressful for your joints.

5. Eating pro-inflammatory foods

We're talking all the usual suspects: red meat, white sugar, French fries, soda, pastries. These pro-inflammatory foods can worsen joint pain, Mascarinas says. On the other hand, foods rich in omega-3 fatty acids — flaxseed oil and cold-water fish like salmon and mackerel — are considered anti-inflammatory and can help alleviate inflamed joints. Leafy greens are also recommended, as are cholesterol-lowering foods like almonds, pistachios and walnuts, suggests a study published in *Rheumatology*, which found a link between high cholesterol and knee and hand osteoarthritis.

Mascarinas suggests incorporating foods like olive oil, berries and fish into your diet if you're experiencing joint pain. Foods that are high in beta-carotene, fiber, magnesium and omega-3s have also been linked to reduced inflammation in studies, she says. What's more, "limiting pro-inflammatory foods like red meat, sugar and dairy can also decrease joint pain."

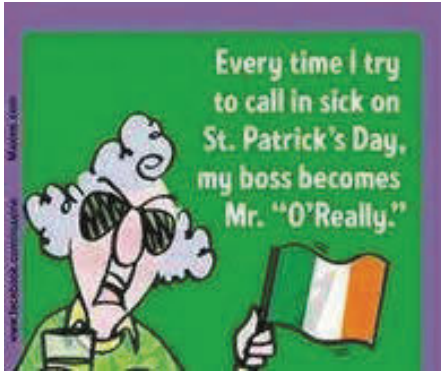
6. Texting, texting, texting

The occasional text does minimal, if any, harm to the joints in your hands. But constant typing on that mini keyboard (aka: your cellphone) "creates inflammation of the joints and tendon sheaths which can lead to pain and stiffness," Porter says. The same holds true for iPads, laptops — basically anything with a keyboard. To avoid joint pain, take breaks. And consider relying on the speech-to-text function on your smartphone.

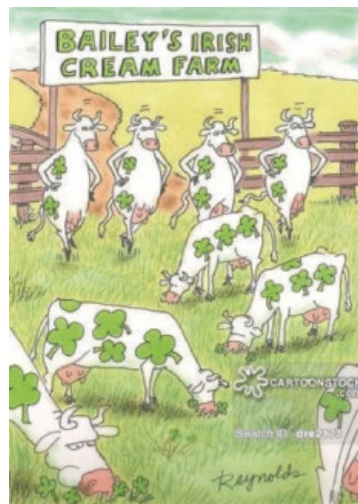
SOURCE: <https://www.aarp.org/health/conditions-treatments/info-2022/worst-habits-joint-health>

Kimberly Goad is a New York-based journalist who has covered health for some of the nation's top consumer publications. Her work has appeared in Women's Health, Men's Health and Reader's Digest.

'Laughter IS the Best Medicine.'



As you slide down the banister of life, May the splinters never point in the wrong direction!
 ~An Irish Saying



How can you tell if an Irishman is having a good time?
 He's Dublin over with laughter

How did the Irish Jig get started?
 Too much water to drink and not enough restrooms



~ Irish Blessing ~
 May the wind at your back not be the result of the corned beef and cabbage you had for lunch.
 (Maxine)



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Travel—For upcoming trips, flyer, and more information can be found at 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.

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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.

- ◆ **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.
- ◆ **American Queen, August 7-15, 2022**—presented by Ed & Ted's—pp/dbl starting at \$4,264 Inside & \$5,964 Veranda,. Pittsburgh to Louisville ** Ports of Calls, Wheeling, WV * Marietta, OH * Huntington, WV * Augusta, KY * Cincinnati, OH * Madison, IN.



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NEWS TO NOTE:

BRIDGE IS BACK, Tuesdays and Thursdays @ 9:00 AM beginning March 1, 2022
Evening Cardio Drumming Returns, Monday, March 7, 2022, **NOTE NEW TIME 4:00 PM**

◆ **Card Making Class is Back—3rd Thursday of the month at 1:00 PM**

◆ **Library will be here on Monday, March 14, 2022**

◆ **Travel Meeting—April 5, 2022**

◆ **Tuesday, March 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 (734-636-9477) 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, March 17—Board Meeting @ 10:00 am**

ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING

