



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.

APRIL 2022



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NEW Group Activity beginning in April—"Colors Social"

See Page 7 for details.

Happy Easter!





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

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 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
 Bob Brockway— 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

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.





April Activities

Mon	Tue	Wed	Thu	Fri
				1 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
4 9:00 Enhanced Exercise 11:00—1:00 Quilting 4:00 Cardio Drumming	5 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social 1:00 Travel Meeting	6 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	7 8:30 Breakfast 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 1:00 Eight Ball Pool 1:00 Line Dancing	8 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
11 9:00 Enhanced Exercise 10:00 Library 11:00—1:00 Quilting 4:00 Cardio Drumming	12 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social 4:30 Fun Night (Meal & Entertainment)	13 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	14 8:30 Breakfast 9:00 Bridge 9:00 Line Dancing 9:00 Cardio Drumming 10:00 Ping Pong	15
18 9:00 Enhanced Exercise 11:00—1:00 Quilting 4:00 Cardio Drumming	19 9:00 Bridge 9:00 Cardio Drumming 12:30 Color Social 12:30 Bunco	20 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	21 8:30 Breakfast 9:00 Bridge 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	22 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
25 9:00 Enhanced Exercise 11:00—1:00 Quilting 4:00 Cardio Drumming	26 9:00 Bridge 9:00 Cardio Drumming 12:30 Color Social 12:30 Bunco	27 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	28 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	29 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo

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



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.

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

Mon	Tue	Wed	Thu	Fri
<p>For quicker access to the kitchen to place your lunch order PLEASE CALL (734-636-9477). This direct line will by-pass all the prompts.</p>				1 Greek Salad
4 Cuban Sandwich w/chips	5 Chicken Fajita's	6 Sausage & Kraut w/Stewed Tomatoes	7 BBQ Ribs w/ Sides	8 Fish & Chips
11 Meatloaf w/Mashed potato & Veggie	12 Ham Dinner w/ Sides	13 Grilled Chicken Sandwich w/side	14 Cheeseburger w/side	15 CLOSED Good Friday
18 Smothered Chicken w/sides	19 BBQ Pork Sandwich w/side	20 Betty Salad	21 Spaghetti	22 Chicken Salad Sandwich w/Cottage Cheese & Peaches
25 Loaded Nacho's	26 Sweet & Sour Chicken over Rice	27 Pork Chops in Cream of Mushroom Soup w/Sides	28 Chili Dogs w/ Root Beer Float	29 Chicken Fajita Salad

Breakfast Menu—Served 8:30 AM—9:30 AM

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

- April 7 Ham & Cheese Scramble**
- April 14 Biscuits & Gravy**
- April 21 Breakfast Sandwich**
- April 28 Pancakes**

All Menu Items subject to change without given notice



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 needs this for funding purposes. Without a scan card, you will need to pay \$5.00 regardless of your age. Additional meals over two are available for \$5.00 each (see Directors Corner pg. 5 for more information).**





By the time many of you receive the newsletter, spring will have sprung, and I have to say it hasn't come too soon. Spring not only brings sunshine, a change to daylight savings time and St. Patrick's Day, and one would think a little luck of the Irish. Not so here, it should come as no surprise, but this year marks the third year in a row the Jiggs dinner has been jinxed. In case you didn't remember, in March 2020, the dinner was held two days before the State locked down due to the pandemic. Of course, people were already exercising caution, so attendance suffered dramatically. We canceled the 2021 dinner because it would have been a carryout-only event, so it sort of defeats the purpose of a social event. Believe it or not, a snowstorm probably impacted this year's event. It's Michigan, and we know snow happens, but why did it have to produce treacherous driving conditions an hour before the event. Oh well, the people who made it enjoyed some incredible live entertainment provided by Tom Slatton. I can't tell you how many compliments I heard from people about the music Tom played. They thought it was great to hear so many songs they grew up with being played. They also had their fill of vittles. While it may not have been as delectable as the Fatback and Black-Eyed Peas that Jethro ate, people did seem to enjoy the corn beef and cabbage.

Speaking of vittles. While I might not be the sharpest knife in the draw, I would venture to say many of you have noticed a significant price increase when you have gone grocery shopping. Well, you are not the only one. Many of you probably don't realize that you are paying \$2.83 per meal; the other 17 cents is State sales tax. If you have been to a sit-down restaurant lately, you know \$2.83 might get you a medium-sized soft drink, let alone a full meal, dessert, and a beverage. I had limited each member to two meals at their particular member rate to control cost. After discussing this issue with Kim, she felt they could handle those few extra requests. For now, if you would like to purchase a meal in excess of the first two, you can, for \$5.00 each. If food and supply cost continue to surge, this may change again.

A couple of other ways we are trying to control costs are already happening. The kitchen staff usually packages condiments for the meal, whether salad dressing, dipping sauces, or plain old ketchup. Whether you eat in or carry out, everyone receives the same portion. If you would like extra be prepared to pay a small fee. Our regular diners already know the meal portions are generally large. We have been strongly encouraging them to bring a container for leftovers, just in case. If you don't want the hassle of bringing your container, we can prepare your meal in a carryout container. This way, you still have the option to dine in, and any leftovers will already be in a carryout container.

Enough about vittles. You may have noticed a new guy in the building possibly attending to your needs. Bob Brockway started on February 22 and has spent a significant amount of time in the kitchen in Michelle and Kim's absence, but now that they have both returned, you should expect to see him in the Center more.

After 21 years, this March, Joe has decided to retire. Thankfully he intends to stay around until we can find someone competent to fill at least one of his shoes. Joe's skills as an accountant in the nonprofit sector are unmatched. Before becoming Director, I was an appointed member of the Commission on Aging board. All agencies wishing to receive your millage money had to appear before the board and make a pitch for those funds. Joe always came prepared to answer the tough questions, and the fruits of his labor still shine around the Center. Remember the garden? Joe's idea and his presentation to the Commission board secured those funds. Little did he know how much work that idea would get him. How about the 24,000 piece jigsaw puzzle gracing the wall. Another Joe idea and presentation to the board that brought the money home. He isn't only going to be missed by everyone at the Center and the Commission, but also by the people at Area Agency on Aging 1B, the United Way, and our auditing firm. Joe made life easy for the staff, me, and our funders. To say he will be missed is an understatement. Joe did so much for so many we can only hope the person who replaces him understands how big the one shoe is to fill. Congratulations and best wishes on your retirement, and when you come back to see us remember to "Scan In."

A handwritten signature in cursive script, likely belonging to the author of the text.



Strive for a healthy weight.

Managing your weight helps you stay healthy now and in the future.



What's Important to Know?

Maintaining a healthy weight can help you feel better and have more energy. It can also help prevent and control many chronic diseases and conditions. Having overweight or obesity increases your risk for diabetes, high blood pressure, cholesterol problems, heart disease, gallbladder disease, female health disorders, arthritis, some types of cancer, and sleep apnea. If you currently have overweight or obesity, losing as little as 5-10% of your current body weight can lower your risks for these diseases.

A simple way to know if you are currently at a healthy weight is to know your body mass index (BMI). You can use a [BMI Calculator](#) to determine your current weight status. Maintaining a healthy weight means balancing the number of calories you eat with the calories your body uses or burns.

When Striving to Maintain a Healthy Weight, Remember to:

- Adopt healthy lifestyle habits. Develop and nurture connections with others and look for purpose and meaning in your life. Fulfilling your social, emotional, and spiritual needs restores food to its rightful place as a source of nourishment and pleasure.
- Find joy in moving your body and becoming more physically active in your everyday life. Strive to include at least 2½ hours each week of moderate-intensity activity.
- Eat when you are hungry, pay attention to when you are full, and seek satisfying foods, such as sources of fiber and protein that you enjoy.

Continued on bottom of page 15

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15-0719



FRENCHTOWN CENTER

Library in Motion will return
Monday, April 11, 2021

Please have returns ready by 10:00 am

PHONE: 734-241-5770

EMAIL: lim@monroe.lib.mi.us



When calling to place
your **lunch** order,
PLEASE CALL
(734-636-9477).

This is the direct line
to the kitchen and will by-pass all
the prompts and make it easier
for you. **THANK YOU**

TUESDAY FUN NIGHT

**Meal &
Entertainment**

2nd Tuesday

(April 12th)

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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15-0719

NEW MEMBERS

David R Baker	Richard LaVoy
Eileen Baldock	Drew S Lyons
Ronald A Benore	Veronica L Lyons
Allen V Brown	Lori L McLaughlin
Sharon L Brown	Ronald Mills
Linda J Compota	Steve M Peterson
Linda Crabtree	Theresa H Pritchett
Taq A DeCarlo	Kay Rutledge
Christy Lynn Derry	Jan M Ryder
Fred L Drotar	James Mark Ryder
Dennis Foster	Pamela Starll
Jack Gomez	Kathy Story
Christopher M Hess	Jerry W Stromberger
Daniel M Hicks	Wanda Stromberger
Maria T Koch	August A Wenzel
Adele B Konyha	Marsha C Workman



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

Victoria Lynn Bellows

Donations
THANK YOU!
 From Mary Lou Gautz and
 From Bill and Joanne
 Reynolds



In Memory of
Marian Baker



**Choose your April
 Birthday Lunch from this months menu items
 (Page 4)**



Susan A Anspaugh
 Jerry Baker
 Verma A Boss
 Patricia A Boucher
 Rebecca Burkett
 Ruth A Burlew
 Carol Carmichael
 Jackie K Chinavare
 Barbara J Conroy
 Lois M Cupp
 Bernice Deering
 Mary L Diekman
 Carol J Donnelly
 Gladys L Drummonds
 Marian Duvall
 Patricia A Foster
 Crystal J Friedline
 Josephine N Gaglio
 Carolyn L Gardetto
 John C Gebhardt

Sheryl A Geiman
 Catherine Giarmo
 Patricia A Green
 Barb J Griffith
 Pauline L Hood
 Lois A Janisse
 Kathleen A Jondro
 Gregory A Kaminski
 Eva Karalewitz
 Rosalyn A Kern
 Barbara Kinne
 Michaelene A. Kowalczyk
 Ann H Krause
 Joyce Janet Lee
 Shirley M Libstorff
 Sandra F Lipford
 Larry E Lymond
 Marjorie Martin
 Ronald E Mills
 Jon R Moore
 Roger D Morgan

John M Nation
 Margaret C Nelles
 Carol E Nickoloff
 Elizabeth M Nied
 Denise M Palmer
 Ruth Ann Peters
 Steve M Peterson
 Liz M Reynolds
 Dolores A Robideau
 Money M Robinson
 Robert (Rusty) Russ
 Gail M Sachs
 Judy M Sacka
 Reba L Scarffe
 Joanne M Scheuerman
 Carolyn Anne Spillson
 Mary A Stiehl
 Edward Straub
 Judith M Vanisacker
 Georgia Mae
 VanWassehnova
 Jacqueline M Walock
 Ann M Williams
 Steve T. Wilson
 Ardieth C Zawacki





Why do we prank each other on April Fools' Day?

Here's how it started The complicated and hilarious history of the holiday. *February 23, 2022 By Alexandra Clay*

It's all part of the annual tradition of marking the beginning of April with April Fools' Day, when those so inclined prank others in their lives by announcing fake marriages, pregnancies, or the purported purchase of the Liberty Bell by Taco Bell in 1996. You might wonder how all this foolishness got started. What is the origin of April Fools' Day, and why do we celebrate?

The origins of April Fool's Day are rather more murky than the day itself. According to the experts at the Museum of Hoaxes, which was established in 1997 to explore "deception, mischief, and misinformation," there's no clear-cut or specific origin of the day. But theories abound.

Per the Museum of Hoaxes, "The most popular theory about the origin of April Fool's Day involves the French calendar reform of the sixteenth century."

In 1564, France changed its calendar, and moved the start of the year from March to January 1, where it sits today. Those stalwarts who refused to embrace the change and still followed the old calendar had pranks played on them between March 15 and April 1. There's another theory (because of course there is):

Italian followers of the cult of Cybele celebrated the festival Hilaria at the end of the March and of course, that meant dressing up and making fun of other folks. Britain changed its calendar in 1752, which meant that January 1 marked the beginning of the year. And so it makes sense that the Brits embraced April Fools' Day in the 18th century, which meant people were sent on phony errands and played pranks like — well, you can imagine. Oh but wait, there's more. According to History.com, some muse that April Fools' Day traces its origins to the first day of spring in the Northern Hemisphere. Why? Because Mother Nature is a prickly and surprising creature, and tricks you into believing that warmer temps are here — right before that freak snow storm hits in mid-April.



"What strikes me is the fact that you've got these traditions in Ireland, in Scotland, in France. It's an official holiday in the Ukraine. How did the concept of April Fools' expand to these different countries? That's the true mystery," says Weiner. "My speculation is that the concept of there being a day for fools and pranks — it was transmitted orally. And then it became codified in regular popular culture that the first of April was the day of fools. It's one of those weird quirks of history that has transcended cultural boundaries."

But pinning tails on people or covering the toilet with clear saran wrap doesn't begin to compare to the left-handed Whopper announced by Burger King in 1998. Or the new pizza-flavored seltzer you could ostensibly buy from Bud Light last year, part of a growing tradition of pranks by food brands. April Fools!

SOURCE: <https://www.today.com/parents/parents/april-fools-day-origins-rcna15527>



Colors Social

Come join our “Colors Social” every Tuesday from 12:30 pm—3:00 pm.



Color for fun or learn to shade, blend and others. You can also bring your diamond painting. Come and enjoy others company.

No charge for class at this time (subject to change).

Begins Tuesday, April 5, 2022



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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Nonprofit Helps You Age Better

The Area Agency on Aging 1-B is a nonprofit serving older adults, people with disabilities and family caregivers in Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties. We help people access the services and programs they need to live independently and with dignity in their own home or with family caregivers.

Our services include:

- **Free telephone assistance:** 800-852-7795. Available from 8 am– 5 pm Monday through Friday. Learn about resources and programs.
- **In-home care programs:** Help with activities of daily living for people who qualify.
- **Meals on Wheels and senior nutrition programs:** Home-delivered meals and community dining sites managed by 12 community partners throughout our region.
- **Medicare Medicaid Assistance Program:** Free and unbiased help with Medicare and Medicaid by highly trained volunteers.
- **Health and wellness classes for seniors and family caregivers that cover everything from financial and emotional readiness to managing chronic conditions to self-care.**
- **Transportation options including lift rides (in some counties)**
- **Caregiver Coaching:** Volunteer coaches are paired with caregivers to help them solve problems and navigate resources.

Visit our website: aaa1b.org



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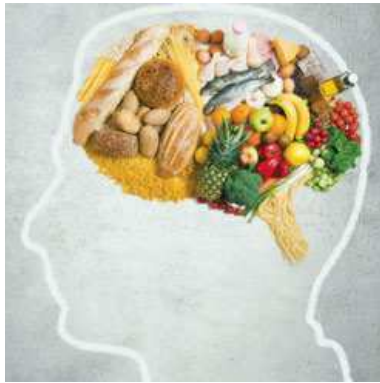


4-D-5-5



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15-0719



4 Types of Foods to Support Memory

Contributors: Marisa Moore, MBA, RDN, LD and Sarah Klemm, RDN, CD, LDN Published September 16, 2021 Reviewed September 2021

If you're feeling forgetful, it could be due to a lack of sleep or a number of other reasons, including genetics, level of physical activity and lifestyle and environmental factors. However, there's no doubt that diet also plays a role in brain health.

The best menu for supporting memory and brain function encourages good blood flow to the brain — much like what you'd eat to nourish and protect your heart. Research is finding the Mediterranean Diet may help keep aging brains sharp, and a growing body of evidence links foods such as those in the Mediterranean diet with better cognitive function, memory and alertness.

Strengthen Recall by Adding These Foods to the Rotation

- ◆ **Eat your veggies.** You're not likely to forget this message. Getting adequate vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory. Try a kale salad or substitute collard greens for a tortilla in your next sandwich wrap. Broccoli stir-fry also is an excellent option for lunch or dinner.
- ◆ **Be sweet on berries and cherries.** Berries — especially dark ones such as blackberries and blueberries, as well as cherries — are a source of anthocyanins and other flavonoids that may support memory function. Enjoy a handful of berries or pitted cherries for a snack, mixed into cereal or baked into an antioxidant-rich dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.
- ◆ **Get adequate omega-3 fatty acids.** Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid, or DHA, in particular, may help improve memory. Seafood, algae and fatty fish — including salmon, bluefin tuna, sardines and herring — are some of the best sources of the omega-3 fatty acid, DHA. Substitute fish for other meats once or twice a week to get a healthy dose. Grill, bake or broil fish for ultimate flavor and nutrition. Try salmon tacos with red cabbage slaw, snack on sardines or enjoy seared tuna on salad greens for dinner. If you don't eat fish, discuss other food options or supplementation with your doctor or registered dietitian nutritionist. You can get DHA omega-3 fatty acids from fish oil, seaweed or microalgae supplements.
- ◆ **Work in walnuts.** Well known for a positive impact on heart health, walnuts also may improve cognitive function. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or a salad for crunch or mix them into a vegetable stir-fry for extra protein.



While there's no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health.

Marisa Moore, MBA, RDN, LD, is an Atlanta-based registered dietitian nutritionist.

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



Nutrition for Older Adults

What is nutrition and why is it important for older adults?

Nutrition is about eating a healthy and balanced diet so your body gets the nutrients that it needs. Nutrients are substances in foods that our bodies need so they can function and grow. They include carbohydrates, fats, proteins, vitamins, minerals, and water.

Good nutrition is important, no matter what your age. It gives you energy and can help you control your weight. It may also help prevent some diseases, such as osteoporosis, high blood pressure, heart disease, type 2 diabetes, and certain cancers.

But as you age, your body and life change, and so does what you need to stay healthy. For example, you may need fewer calories, but you still need to get enough nutrients. Some older adults need more protein.

What can make it harder for me to eat healthy as I age?

Some changes that can happen as you age can make it harder for you to eat healthy. These include changes in your:

- Home life, such as suddenly living alone or having trouble getting around
- Health, which can make it harder for you to cook or feed yourself
- Medicines, which can change how food tastes, make your mouth dry, or take away your appetite
- Income, which means that you may not have as much money for food
- Sense of smell and taste
- Problems chewing or swallowing your food

How can I eat healthy as I age?

To stay healthy as you age, you should:

- **Eat foods that give you lots of nutrients without a lot of extra calories**, such as
 1. Fruits and vegetables (choose different types with bright colors)
 2. Whole grains, like oatmeal, whole-wheat bread, and brown rice
 3. Fat-free or low-fat milk and cheese, or soy or rice milk that has added vitamin D and calcium
 4. Seafood, lean meats, poultry, and eggs
 5. Beans, nuts, and seeds
- **Avoid empty calories.** These are foods with lots of calories but few nutrients, such as chips, candy, baked goods, soda, and alcohol.
- **Pick foods that are low in cholesterol and fat.** You especially want to try to avoid saturated and trans fats. Saturated fats are usually fats that come from animals. Trans fats are processed fats in stick margarine and vegetable shortening. You may find them in some store-bought baked goods and fried foods at some fast-food restaurants.
- **Drink enough liquids**, so you don't get dehydrated. Some people lose their sense of thirst as they age. And certain medicines might make it even more important to have plenty of fluids.
- **Be physically active.** If you have started losing your appetite, exercising may help you to feel hungrier.

Continue on page 15

Nutrition for Older Adults *Continue from page 14*

What can I do if I am having trouble eating healthy?

Sometimes health issues or other problems can make it hard to eat healthy. Here are some tips that might help:

- If you are tired of eating alone, try organizing some potluck meals or cooking with a friend. You can also look into having some meals at a nearby senior center, community center, or religious facility.
- If you are having trouble chewing, see your dentist to check for problems
- If you are having trouble swallowing, try drinking plenty of liquids with your meal. If that does not help, check with your health care provider. A health condition or medicine could be causing the problem.
- If you're having trouble smelling and tasting your food, try adding color and texture to make your food more interesting
- If you aren't eating enough, add some healthy snacks throughout the day to help you get more nutrients and calories
- If an illness is making it harder for you to cook or feed yourself, check with your health care provider. He or she may recommend an occupational therapist, who can help you find ways to make it easier.

SOURCE: <https://medlineplus.gov/nutritionforolderadults.html>

Strive for a healthy weight. *Continued from page 6*

Managing your weight helps you stay healthy now and in the future.



- Tailor your tastes so that you enjoy more nutritious foods. Use more herbs and spices to gradually reduce excess salt, sugar, and dietary fat. Know that there is still room for less nutritious choices in the context of an overall healthy diet and lifestyle.
- Trust yourself. We all have internal systems designed to keep us healthy and at a healthy weight. Support your body in finding its appropriate weight by paying attention to signals of hunger, fullness, and appetite.
- Make a commitment. The decision to change to a healthier lifestyle and lose weight is a big step. Start by making a commitment to yourself. Writing down the reasons you want to lose weight. Focus on the many benefits you could experience with weight loss including improved sleep, better mood, decreased pain, improved blood pressure or blood sugar control.

A simple way to know if you are currently at a healthy weight is to know your body mass index (**BMI**). You can use a **BMI Calculator** to determine your current weight status. Maintaining a healthy weight means balancing the number of calories you eat with the calories your body uses or burns:

- If you maintain your weight, you are “in balance.” You are eating close to the same number of calories that your body is using. Your weight will remain stable.
- If you are losing weight, you are eating fewer calories than you are using. Your body is burning its fat storage cells for energy, so you will lose weight.
- If you are gaining weight, you are eating more calories than your body is using. These extra calories will be stored as fat, and you will gain weight.

SOURCE: https://www.prevention.va.gov/Healthy_Living/Strive_for_a_Healthy_Weight.asp

'Laughter IS the Best Medicine.'



When you take your grandma to a Chinese restaurant..! 😬



Harold Schlumberg is such a person:



"I've often been asked, 'What do you old folks do now that you're retired?' Well...I'm fortunate to have a chemical engineering background and one of the things I enjoy most is converting beer, wine and vodka into urine. I do it every day and I really enjoy it."

JOKE OF THE DAY-BUMPER STICKER ON A SENIOR'S CAR "I AM SPEEDING BECAUSE I HAVE TO GET THERE BEFORE I FORGET WHERE I AM GOING"





experience
a new blue

**BLUE
MAN
GROUP**
SPEECHLESS
TOUR



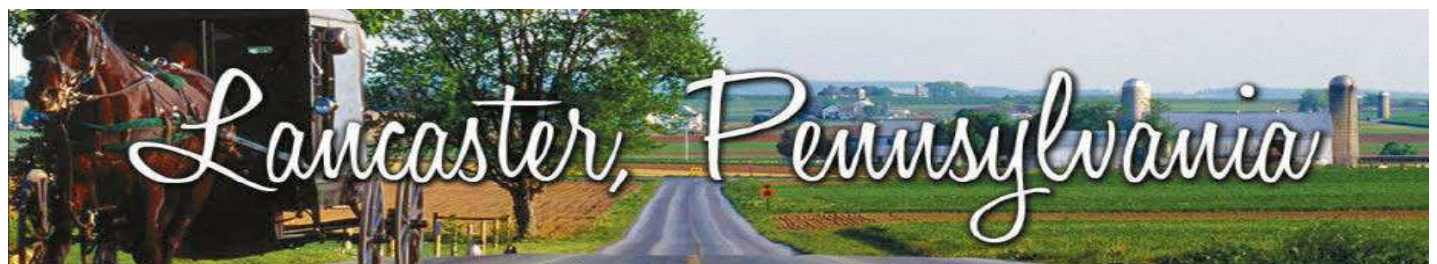
Travel—For upcoming trips, flyer, and more information can be found at www.frenchtownsenior.com/travel.html or to make your reservations, please stop by the Center, Monday—Thursday 8:30 am—4:00 pm and Friday 8:30 am—Noon.

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 for more and updated travel information regularly or stop in during travel hours and talk to Lisa.

THE KEEPERS
LAKE TAHOE

YOUR BRUNCH TOUR INCLUDES:
Round Trip Transportation - 12. After highly recommended breakfast with complimentary coffee and continental breakfast, we will arrive at your cabin at approximately 10:00 AM.

Highlights of Cruise: Enjoy the view as you sail on the water with Lake Tahoe in the background. Enjoy the scenic views of the Golden Gate Bridge, San Francisco Bay, and the Golden Gate Park. Enjoy the views of the Golden Gate Bridge, San Francisco Bay, and the Golden Gate Park.

Includes: Round Trip Transportation, Breakfast, Lunch, Dinner, and Snacks. Includes a complimentary wine and beer reception.

Price: \$41.00 per person (includes tax and gratuity)

Contact: Lisa Cooley (734) 243-6217

FRENCHTOWN VOYAGERS PRESENTS CALIFORNIA GOLD
FEATURING SAN FRANCISCO, NAPA VALLEY, SACRAMENTO AND LAKE TAHOE
MAY 6 - 12, 2022
FROM \$3,299 per person
7 DAYS & NIGHTS INCLUDING HOTEL, MEALS, GAY TRIPS, AND AIRFARE FROM DENVER, CO

Early Bird Special: \$3,299 per person (includes tax and gratuity)

Includes: Round Trip Transportation, Breakfast, Lunch, Dinner, and Snacks. Includes a complimentary wine and beer reception.

Contact: Lisa Cooley (734) 243-6217

BLUE MAN GROUP SPEECHLESS TOUR
experience a new blue

Tuesday April 19, 2022
3:00pm-11:30pm
\$142 Member P2 Show or \$151 Member P3 Show

Includes: Round Trip Transportation, Breakfast, Lunch, Dinner, and Snacks. Includes a complimentary wine and beer reception.

Contact: Lisa Cooley (734) 243-6217

Lancaster, Pennsylvania
4 days / 3 night
\$829.00 per person (includes tax and gratuity)

Includes: Round Trip Transportation, Breakfast, Lunch, Dinner, and Snacks. Includes a complimentary wine and beer reception.

Contact: Lisa Cooley (734) 243-6217

Circle Michigan
May 4-11, 2022 8 Days

Includes: Round Trip Transportation, Breakfast, Lunch, Dinner, and Snacks. Includes a complimentary wine and beer reception.

Contact: Lisa Cooley (734) 243-6217

Arizona
May 14-19, 2022
\$2,599 per person (includes tax and gratuity)

Includes: Round Trip Transportation, Breakfast, Lunch, Dinner, and Snacks. Includes a complimentary wine and beer reception.

Contact: Lisa Cooley (734) 243-6217

Cruisin' Kentucky
2 days / 1 night
\$293.00 per person (includes tax and gratuity)

Includes: Round Trip Transportation, Breakfast, Lunch, Dinner, and Snacks. Includes a complimentary wine and beer reception.

Contact: Lisa Cooley (734) 243-6217

The Frenchtown Voyagers present: A KENTUCKY DERBY EXPERIENCE
Not the Derby though...
May 18th / 20th, 2022
\$599.00 per person

Includes: Round Trip Transportation, Breakfast, Lunch, Dinner, and Snacks. Includes a complimentary wine and beer reception.

Contact: Lisa Cooley (734) 243-6217

MACONNA Lilac Festival
3 days / 2 nights
\$755.00 per person (includes tax and gratuity)

Includes: Round Trip Transportation, Breakfast, Lunch, Dinner, and Snacks. Includes a complimentary wine and beer reception.

Contact: Lisa Cooley (734) 243-6217

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

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, April 26, 2022**—presented by Bianco Tours \$41.00 Package includes a \$20.00 slot credit and \$5.00 to be used for food, slot play or gift shop.
- ◆ **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.
- ◆ **Kentucky Derby Experience, May 18-20, 2022**—presented by Ed & Ted's—\$599 pp/dbl. Round trip transportation, 2 nights Holiday In Express. Admission to and reserve seating for Saturday Night Fever, Frazier Museum, Horse talk-tips/betting lessons, Dinner in Millionaires Row or Sky Terrace and more.
- ◆ Detroit Prohibition Tour, June 15, 2022—presented by Bianco Tours, \$98 Transportation, Tour, Amore Da Roma (included lunch), Detroit speakeasy
- ◆ **Four Winds Casino Resort, June 20-21, 2022**—presented by Bianco Tours, \$222 pp/dbl, Transportation, Accommodations, Meals and \$10 food voucher at both casinos. Featuring Gun Lake Casino and Four Winds.
- ◆ **Mystery Trip, July 18-21, 2022**—presented by Ed & Ted's \$899 pp/dbl. Transportation, 3 night accommodations, Admission to all attractions, 6 meals, 3 dinners and 3 breakfast.



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Current Resident



NEWS TO NOTE:

BRIDGE WILL BE RETURNING Tuesdays and Thursdays @ 9:00 AM MID APRIL 2022

◆ Library will be here on Monday, April 11, 2022 @ 10:00 AM

◆ **Travel Meeting—Tuesday, April 5, 2022 @ 1:00 PM**

◆ **FUN NIGHT MEAL & Entertainment—Tuesday, April 12, 2022 @ 4:00 PM**

Members \$1.00 / NON-MEMBERS \$3.00

◆ **Board Meeting—Thursday, April 21 @ 10:00 am**

- ◆ 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)

ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING

