



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.

MAY 2022



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**OLDER
AMERICANS
MONTH**

AGE MY WAY: MAY 2022

We will be CELEBRATING YOU!!!!

See page 6 for details



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 the day before by 1:00 PM. 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 Szabo, 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.





May Activities

Mon	Tue	Wed	Thu	Fri
2 9:00 Enhanced Exercise 11:00—1:00 Quilting 4:00 Cardio Drumming	3 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social 1:00 Travel Meeting	4 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball Pool 12:00 RSVP 12:30 Paint w/Friends 1:00 Happy Hookers 4:00 Cardio Drumming	5 8:30 Breakfast 9:00 Bridge 9:00 Line Dancing 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 1:00 Caregivers 1:00 Eight Ball Pool 1:00 Line Dancing	6 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
9 9:00 Enhanced Exercise 10:00 Library 11:00—1:00 Quilting 4:00 Cardio Drumming	10 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social 4:30 Fun Night (Meal & Entertainment)	11 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	12 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	13 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
16 9:00 Enhanced Exercise 11:00—1:00 Quilting 4:00 Cardio Drumming	17 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social	18 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball Pool 12:00 RSVP 12:30 Paint w/Friends 1:00 Happy Hookers 4:00 Cardio Drumming	19 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 Caregivers 1:00 Eight Ball Pool 1:00 Card Making Class 1:00 Line Dancing	20 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
23 9:00 Enhanced Exercise 11:00—1:00 Quilting 12:30 Ice Cream Social 4:00 Cardio	24 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social	25 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	26 8:30 Breakfast 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 1:00 Eight Ball Pool 1:00 Line Dancing	27 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo

30 CLOSED



31


9:00 Bridge
 9:00 Cardio Drumming
 12:30 Bunco
 12:30 Color Social





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.

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

Mon	Tue	Wed	Thu	Fri
2 Cobb Salad	3 Scoop of Tuna Salad w/Fresh Fruit	4 Goulash w/Salad	5 Chicken Fajita's	6 Sloppy Joe w/Side
9 Hot Pork Sandwich w/Mashed Potatoes	10 Chicken Philly w/Peppers, Onion & Cheese	11 Biscuits & Gravy Eggs & Sausage	12 Soup & Salad	13 Scoop of Chicken Salad w/Fruit
16 Chicken & Biscuits	17 Egg Salad Sandwich w/Chips	18 Brat w/Side	19 Chicken Stir Fry w/Salad	20 Spinach Strawberry Salad
23 Wet Burrito	24 Baked Chicken legs w/Side	25 Betty Salad	26 Ranch Pork Chops w/ Sides	27 Grilled Chicken Sandwich
	31 Greek Salad			All Menu Items subject to change without given notice

Breakfast Menu—Served 8:30 AM—9:30 AM

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

- May 5 Waffle May 26 S.O.S.
- May 12 Biscuit & Gravy
- May 19 Breakfast Scramble



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.**





One of the things about writing this article for the newsletter is it is generally written a couple of weeks before the end of the month. So, if anything happens in the last two weeks of the month, it is another month before you see it here. Of course, we get those things on our website or Facebook page, but I have been told a lot of you wait for the newsletter. In a way, that is good to hear because at least a few folks are reading it. The other day, I was poking fun at one of our regulars. I walked into the kitchen area, and there happened to be a member standing talking to staff. I could not resist interrupting by saying, "we buy them books, send them to school, and they still can't read," as I pointed to the sign that clearly stated in Bold Red Letters, "Restricted Area" followed by "Duty Kitchen Staff Only." We all had a good laugh.

I want to take a moment and tell you a little about your newsletter. Most of you probably do not realize the mechanics behind what brings you your monthly newsletter, so maybe this will help and encourage you to read it regularly. After I wrote that sentence, I thought, how will this encourage them to read it regularly if they don't read it in the first place? Maybe by osmosis! An often-heard explanation from Brother Don when one did poorly on a test. He would say you undoubtedly held the book to your head, thinking the information would ooze in since you obviously didn't read the material. I apologize for the flashback, so I will continue. My contribution is this article. I usually finish my piece last because I like to wait and see if something more exciting happens so I can fill you in. Pat is the point person and often starts months in advance, pulling articles, jokes, and puzzles together to be prepared. Kim and Michelle must work on the menu at the beginning of the month so Pat has time to format it for print. Chrissy maintains a list of birthdays, memorials, donations, and new members and gets those to Pat. Lisa provides travel updates, flyers, and a list of upcoming events. She coordinates new activities or educational events, so we have time to promote them in the newsletter properly. Jean also contributes with articles related to the Dementia Adult Day Care program.

Once Pat has the information, she has to format the various pieces and do the layout for the 20-page newsletter. When completed, it gets sent electronically to our publisher, who places the advertisements, prints, folds, and ships it back to us. In the meantime, Chrissy prints the labels and gathers the necessary supplies for our newsletter volunteers, and coordinates with Becky Peckham once the newsletters arrive. The volunteers tape, label, and sometimes insert flyers before getting them packaged for the Post Office. When we know how many pieces we have, Chrissy weighs one and calculates the postage required. I sign off on the paperwork, Joe prints out a check, Tom Peckham and I then sign the check. Bob takes the six flats of newsletters, the paperwork, and the check to the Post Office, and within a few days, it should be delivered to your home.

You may have wondered why I pulled the curtain back on publishing the newsletter. The entire staff and at least a half dozen volunteers put a significant amount of time into bringing you a quality publication. Hence, you have the most current information about your Center. Please share if someone has a magical way to get folks to read it. I cherish the day I don't have to rhetorically ask, "did you read your newsletter?"

If you have been here lately, you know things are busy. It is nice to have the amount of activity in the building. Hard to believe two years ago midmorning, I stood in the front of Lisa's office and watched an earthworm inch its way towards the back of the building. It was a struggle, but I eventually captured the little intruder and released it into the flower bed. Rest assured, no earthworms were hurt when I made the video. Yes, I did record the adventure.

May 8th is a day of celebration for all of the Moms out there, Happy Mothers Day! Enjoy your day because you deserve it. Remember to join us for lunch on May 23rd. That way, you will already be here and can join us for some ice cream. If nothing else, stop in and enjoy some ice cream that day.

A handwritten signature in blue ink, appearing to read "Pat Smith".



#OlderAmericansMonth | ACL.gov/OAM



You're invited!



Monday

May 23, 2022

12:30 PM

See page 9 for the history of Older Americans Month

Ice Cream Social

Join us for some fun and ice cream as we celebrate you for Older American Month

Complimentary—We just ask you Sign-up by Friday, May 20, 2022



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FRENCHTOWN CENTER

Library in Motion will return
Monday, May 9, 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

(May 10th)

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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7

15-0719

Frenchtown Center for Active Adults

NEW MEMBERS

Nancy Jane Babcock	Shelle G Lieto
Bonnie J Banning	Deborah L Masserant
Karen L Beaudrie	James T McGuire
Betty Ann Bomia	Dennis J Miller
Lois Breeding	Kim A Miller
Mary H Brooks	Michael R Miller
Brenda J Farris	Nancy S Miller
Carol Fehse	Wanda "Sue" Miller
Cheryl A Fitzpatrick	Brian J Nolan
Karen A Gleason	Patricia K Privett
Doris Kay Kavanagh	Denise Roberts
Joseph T Kavanagh	Raymond Starll
Jo Lynn Laderach	Joseph H Wise
John Peter Lieto	Patricia D Yeager



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

Donations

Tom & Becky Peckham in Memory of Ms. Marian Baker.



HAPPY BIRTHDAY

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

Joyce Asam
Mary Au
Wava Balk
Diana Barron
Sheila Barstad
Lawrence Beaudrie
Vicki Berry
Rita Bliss
Patt Boitnott
Katherine Boylan
Debra Break
Gay Brinkmeier
Sharon Brown
Mary Bullard
Charlene Calkins
Peter Carlton
Phyllis Chamberlin
Larry Chinavare
Lynn Cichowlas
Linda Compora
LaVern Curley Jr.
Linda Dattner
Brian Dewilde
Lawrence Dupuis
Raymond Dushane

Sheryl Joy Dye
Adam Emmendorfer
Jacqueline Etchill
Donald Faulhaber
Carol Fehse
Jean Finley
Kathleen Fogle
Michael Garrison
Craig Garrison
Mary Lou Gautz
Delana Gessner
Barbara Golubic
Rick Haines
Diana Hammack
Peter Hartner
Daniel Hartong
Karen Hauser
Charlene Hobbs
Rose Marie Hopkins
Bonnie Hoppert
Michael Hoydic
Richard Hutchison
Angela Katz
Mary Kenney

Maria Koch
Mary Kohlman
Barbra Krueger
Maureen "Mo" Lakin
Thomas Lakin
Valarian Langton
Richard LaVoy
Patricia Lonchyna
Evonne Loop
Frank Lucas
Dolores MacDonald
Richard Marchese
Sarah Masserant
Kathleen McCarter
Deborah McCormick
Lori McLaughlin
Joyce Medley
Floreine Mentel
Kim Miller
Allison Miller
Vernon Daniel Miller
Stanley Miller
Teri Monday
Deborah Neely
Judith Nielsen

Tanya Parks
Pearl Peraino
Richard Peters
Maureen Pfiester
Evelyn Pope
Tracy Porter
Charlene Quiel
Janette Riggs
Christine Rounsifer
Jan Ryder
Joe Anthony Saez
Todd Scaggs
Joseph Schmitt
Geraldine Scholl
Sue Stadler
Kathy Story
Mitzi Straub
Gerald Stromberger
Brenda Kay Stump
Peter Sucura
Cathy Swanson
Ruth Tozzi
June Vroman
Lorna Ann Walker
Ellen West
Martha White
Sandra Zeestraten

Age my way!



OLDER AMERICANS MONTH

Every year in May, Older Americans Month recognizes the contributions of older adults across the nation. While raising families and building careers, older Americans also gave back to their communities in a variety of ways. In their lifetime, times have changed and they continue to volunteer and serve their neighborhoods in their own ways. Whether they mentored child, volunteered at a soup kitchen or served their country, each one deserves recognition for their commitment.

Older Americans Month also serves to raise awareness concerning elder abuse and neglect. As we age, the risk of abuse and neglect increases. We must be sure resources are in place to protect our older population from the risks of abuse and neglect. One way is to maintain involvement in community activities and social activities. It helps to maintain our overall health and vitality.

See page 6 for a special event for YOU!!

HISTORY

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.



Advancing independence, integration, and inclusion throughout life

The Administration for Community Living was created around the fundamental principle that older adults and people of all ages with disabilities should be able to live where they choose, with the people they choose, and with the ability to participate fully in their communities.

By funding services and supports provided primarily by networks of community-based organizations, and with investments in research, education, and innovation, ACL helps make this principle a reality for millions of Americans.

SOURCE: ACL.Gov

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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15-0719

Inspiring Mothers Day Quotes

- It takes a lifetime to truly appreciate all the ways a good mom makes all the difference. —Ellen Brenneman
- Motherhood is tough. Moms are tougher. —Keion Jackson
- When I grow up, I want to be just like my mom... beautiful. —Amy Trowbridge Yates
- Of all the people who pour sunshine into our days, moms are the best. —Keely Chace
- Smiles and hugs, joy and love... that's what great moms are made of. —Paige DeRuyscher
- Moms just know... How to help. How to heal. How to listen. How to love. —Bill Gray
- M-O-M is just another way of spelling LOVE.—Keely Chace
- For every dream that has taken flight, there's a mother who believed. —Jennifer Fujita
- A mother teaches us that there is no end at all to what love can do. —Keely Chace
- They go beyond. They go above. Mothers have mastered how to love. —Keion Jackson
- She's a woman of purpose, compassion, and strength... my hero, my mom. —Suzanne Berry
- A mother's love is the sun for growing, the moon for dreaming, the stars for guiding the way. —Barbara Loots
- A mom holds it together. Some days with tape and glue and safety pins, but she holds it together. —Keely Chace
- Moms give us wings to fly and rides to the ER when we don't understand what a metaphor is. —Andrew Blackburn



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15-0719



The Civil War, which ended in the spring of 1865, claimed more lives than any conflict in U.S. history and required the establishment of the country's first national cemeteries.

By the late 1860s, Americans in various towns and cities had begun holding springtime tributes to these countless fallen soldiers, decorating their graves with flowers and reciting prayers.

The first national celebration of the holiday took place **May 30, 1868**, at Arlington National Cemetery, where both Confederate and Union soldiers were buried. Originally known as Decoration Day, at the turn of the century it was designated as Memorial Day. In many American towns, the day is celebrated with a parade and unofficially, it marks the beginning of the summer season.

On May 5, 1868, General John A. Logan, leader of an organization for Northern Civil War veterans, called for a nationwide day of remembrance later that month. "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he proclaimed. The date of Decoration Day, as he called it, was chosen because it wasn't the anniversary of any particular battle.

On the first Decoration Day, General James Garfield made a speech at Arlington National Cemetery, and 5,000 participants decorated the graves of the 20,000 Civil War soldiers buried there.

Many Northern states held similar commemorative events and reprised the tradition in subsequent years; by 1890 each one had made Decoration Day an official state holiday. Southern states, on the other hand, continued to honor the dead on separate days until after World War I.

What is the difference between Memorial Day and Veterans Day? Both days are observances to honor those who have served in the military. Memorial Day, which is in May, particularly honors those who were

killed during their service. Veterans Day honors all those who have served.



Memorial Day Hymn for Fallen Soldiers

by Michael R. Burch

Sound the awesome cannons.
Pin medals to each breast.
Attention, honor guard!
Give them a hero's rest.

Recite their names to the heavens
Till the stars acknowledge their kin.
Then let the land they defended
Gather them in again.

<https://www.history.com/topics/holidays/memorial-day-history>

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

FDA U.S. Food & Drug Administration As You Age: You and Your Medicines



As you get older you may be faced with more health conditions that you need to treat on a regular basis. It is important to be aware that more use of medicines and normal body changes caused by aging can increase the chance of unwanted or maybe even harmful drug interactions. The more you know about your medicines and the more you talk with your health care professionals, the easier it is to avoid problems with medicines.

As you get older, body changes can affect the way medicines are absorbed and used. For example, changes in the digestive system can affect how fast medicines enter the bloodstream. Changes in body weight can influence the amount of medicine you need to take and how long it stays in your body. The circulatory system may slow down, which can affect how fast drugs get to the liver and kidneys. The liver and kidneys also may work more slowly, affecting the way a drug breaks down and is removed from the body.

Drug Interactions

Because of these body changes, there is also a bigger risk of drug interactions among older adults. Therefore, it's important to know about drug interactions. **Drug-drug interactions** happen when two or more medicines react with each other to cause unwanted effects. This kind of interaction can also cause one medicine to not work as well or even make one medicine stronger than it should be. For example, you should not take aspirin if you are taking a prescription blood thinner, such as warfarin, unless your health care professional tells you to.

Drug-condition interactions:

- happen when a medical condition you already have makes certain drugs potentially harmful. For example, if you have high blood pressure or asthma, you could have an unwanted reaction if you take a nasal decongestant.
- result from drugs reacting with foods or drinks. In some cases, food in the digestive tract can affect how a drug is absorbed. Some medicines also may affect the way nutrients are absorbed or used in the body.
- can happen when the medicine you take reacts with an alcoholic drink. For instance, mixing alcohol with some medicines may cause you to feel tired and slow your reactions.

Talk to Your Health Care Professionals

It is important to go to all your medical appointments and to talk to your team of health care professionals (doctors, pharmacists, nurses, or physician assistants) about your medical conditions, the medicines you take, and any health concerns you have. It may help to make a list of comments, questions, or concerns before your visit or call to a health care professional. Also, think about having a close friend or relative come to your appointment with you if you are unsure about talking to your health care professional or would like someone to help you understand and remember answers to your questions.

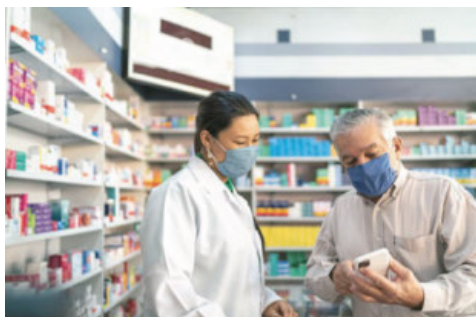
Here are some other things to keep in mind:

- **All medicines count.** Tell your team of health care professionals about all the medicines you take, including prescription and over-the-counter (OTC) medicines, such as pain relievers, antacids, cold medicines, and laxatives. Don't forget to include eye drops, dietary supplements, vitamins, herbals, and topical medicines, such as creams and ointments.

Continued on page 15

As You Age: You and Your Medicines *continued from page 14*

- Keep in touch with your doctors. If you regularly take a prescription medicine, ask your doctor to check how well it is working. Check to see whether you still need to take it and, if so, whether there is anything you can do to cut back. Don't stop taking the medicine on your own without first talking with your doctor.
- Medical history. Tell your health care professional about your medical history. The doctor will want to know whether you have any food, medicine, or other allergies. He or she also will want to know about other conditions you have or had and how you are being treated or were treated for them by other doctors. It is helpful to keep a written list of your health conditions that you can easily share with your doctors. Your primary care doctor should also know about any specialist doctors you may see on a regular basis.
- Eating habits. Mention your eating habits. If you follow or have recently changed to a special diet (a very low-fat diet, for instance, or a high-calcium diet), talk to your doctor about this. Tell your doctor about how much coffee, tea, or alcohol you drink each day and whether you smoke. These things may make a difference in the way your medicine works.
- Recognizing and remembering to take your medicines. Let your health care professional know whether you have trouble telling your medicines apart. The doctor can help you find better ways to recognize your medicines. Also tell your doctor if you have problems remembering when to take your medicines or how much to take. Your doctor may have some ideas to help, such as a calendar or pill box.
- Swallowing tablets. If you have trouble swallowing tablets, ask your doctor, nurse, or pharmacist for ideas. Maybe there is a liquid medicine you could use or maybe you can crush your tablets. Do not break, crush, or chew tablets without first asking your health care professional.
- Your lifestyle. If you want to make your medicine schedule more simple, talk about it with your doctor. He or she may have another medicine or other ideas. For example, if taking medicine four times a day is a problem for you, maybe the doctor can give you a medicine you only need to take once or twice a day.
- Put it in writing. Ask your health care professional to write out a complete medicine schedule, with directions on exactly when and how to take your medicines. Find out from your primary care doctor how your medicine schedule should be changed if you see more than one doctor.
- Keep a record of your medicines. List all prescription and OTC medicines, dietary supplements, vitamins, and herbals you take.



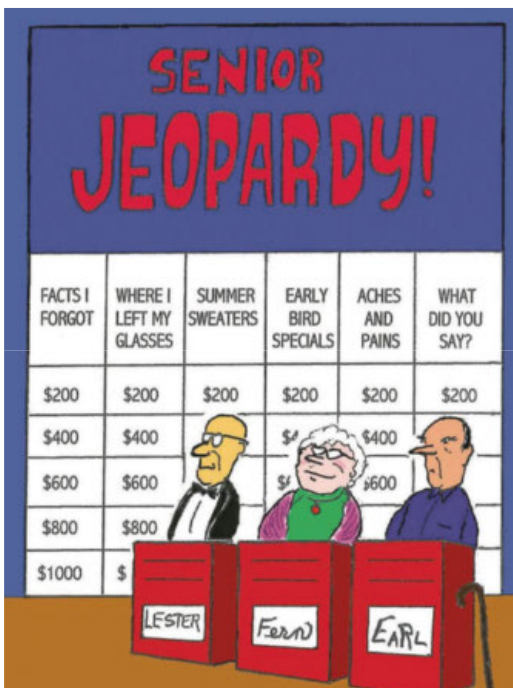
Your Pharmacist Can Help, Too

One of the most important services a pharmacist can offer is to talk to you about your medicines. A pharmacist can help you understand how and when to take your medicines, what side effects you might expect, or what interactions may occur. A pharmacist can answer your questions privately in the pharmacy or over the telephone.

For more information, visit SOURCE: <https://www.fda.gov/drugs/information-consumers>

'Laughter IS the Best Medicine.'

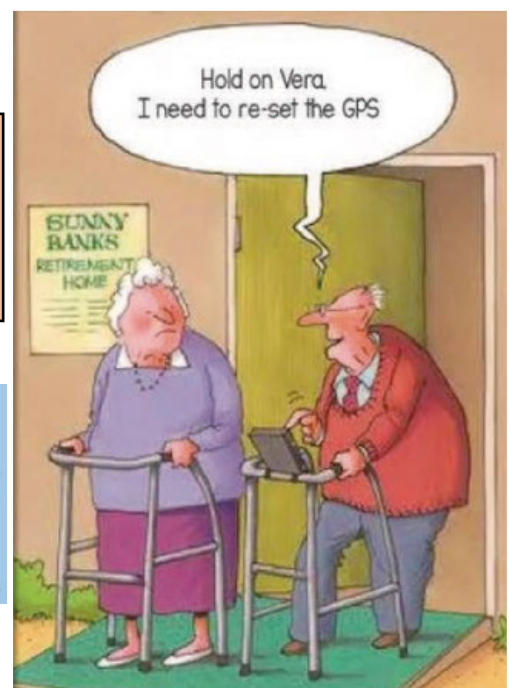
Yesterday my SON e-mailed me asking why I didn't do something useful with my time. Like sitting around playing on my computer is not a good thing? I asked. Talking about my "doing-something-useful" seems to be his favorite topic of conversation. He said he was "only thinking of me", he said and suggested that I go down to the Senior Center and hang out with the ladies. I did this and when I got home last night, I decided to play a prank on him. I e-mailed him and told him that I had joined a Parachute Club. He replied, "Are you nuts? You are 60 years old and now you're going to start jumping out of airplanes?" I told him that I even got a Membership Card and e-mailed a copy to him. He immediately telephoned me and yelled, "Good grief, Mom, where are your glasses?!" This is a Membership to a Prostitute Club, not a Parachute Club." "Oh man, I'm in trouble again, I said, I really don't know what to do. I signed up for five jumps a week!!" The line went quiet and his friend picked up the phone and said that my son had fainted. Life as a Senior Citizen is not getting any easier, but sometimes it can be fun.....🍷🍷 Stolen from a friend



What do you call a boomerang that doesn't come back?
-
A stick.

If April showers bring May flowers, what comes next in June?
Pilgrims. 🍌

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

Ed & Ted's Excellent Adventures presents...
American Queen
Pittsburgh to Louisville 9 Days August 7-15, 2022



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Frenchtown Voyagers Travel Meeting

May 5, 2022

Please call and make reservations in advance. Contact Lisa Cooley (734)-243-6217 to reserve your seating or with any questions. www.frenchtownsenior.com. You can find the latest travel information on our Website, FaceBook page and in the newsletter.

***** 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.

- ◆ **Honky Tonk Angels, May 18, 2022**—presented by Holiday Tours, \$112 pp Country classics combine with a hilarious and uplifting story about 3 gool ol' gals who follow their dreams to Nashville. Music includes "Stand by Your Man", "Coal Miner's Daughter", "9 to 5", "Fancy" and more. Includes lunch at Cornwell's Turkeyville.
- ◆ **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, \$98 Lunch included at Amore Da Roma and then a visit at a former 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.
- ◆ **New York City, August 29-Sept 3, 2022**—presented by Ed & Ted's \$1,699 pp dbl 2 nights to/from New York City, 3 nights Sheraton Time Square, 5 Breakfast, 3 Dinners, Mrs. Doubtfire on Broadway, Ground Zero, Ellis Island and more.
- ◆ **Still Dreaming of a White Christmas, December 14, 2022**—presented by Custom Tours. \$112 A Cornwell's original! A sister act, tow dashing song and dance men, and a whole lot of Christmas Cheer. Cornwell's Turkeyville—Fresh carved turkey, mashed potatoes, dressing, gravy, vegetable, casserole, rolls, dessert.
- ◆ **A Smoky Mountain Christmas, Nov. 28-Dec. 2, 2022**—presented by Ed & Ted's \$1,299 pp dbl A five-time awards winner of America's Best Christmas Event, Dollywood's Smoky Mountain Christmas Festival. Dinner at Five Oaks Farm Kitchen, Free time for shopping & lunch on your own, Dolly Parton's Stampede Dinner & Show. 8 meals—4 dinners & 4 Breakfast



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NEWS TO NOTE:

- ◆ **BRIDGE Returned Tuesdays and Thursdays @ 9:00 AM**
- ◆ **Library will be here on Monday, May 9, 2022 @ 10:00 AM**
- ◆ **Travel Meeting—Tuesday, May 3, 2022 @ 1:00 PM**
- ◆ **FUN NIGHT MEAL & Entertainment—Tuesday, May 10, 2022 @ 4:30 PM
Members \$1.00 / NON-MEMBERS \$3.00**
- ◆ **Board Meeting—Thursday, May 19 @ 10:00 am**
- ◆ **Older American Celebration, May 23, 2022—Join us for an Ice Cream Social @ 12:30 PM**

