



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.

JULY 2022



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Just a friendly Reminder
 The Center is a Fragrance Free Environment.



Fragrance Free Zone

Please help us to accommodate those who are chemically sensitive to fragrances and other scented products. Your consideration for other members is very much APPRECIATED!!



We are currently looking for volunteers to join our Bingo Team. We need callers and floor help. Please visit or call Lisa Cooley (734-243-6217) if interested.



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
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 Daniel Lee Hartong
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 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
 Kathleen McBee—Accountant/ Ext 5
 Christine Pidruzny—Office Manager / Ext 4
 Patricia Smith—Administrative Assistant / Ext 8
 Building Attendant **NEEDED**

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
 Alexia Kennedy—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.





July Activities


Mon	Tue	Wed	Thu	Fri
				1 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
Closed 4th of July	5 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social 1:00 Travel Meeting	6 9:00 Enhanced Exercise 9:30 Euchre 12:30 Paint w/Friends 1:00 Happy Hookers	7 8:30 Breakfast 9:00 Bridge 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 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	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 12:30 Paint w/Friends 1:00 Happy Hookers	14 8:30 Breakfast 9:00 Bridge 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 1:00 Line Dancing	15 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
18 9:00 Enhanced Exercise 11:00—1:00 Quilting	19 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social	20 9:00 Enhanced Exercise 9:30 Euchre 12:00 RSVP 12:30 Paint w/Friends 1:00 Happy Hookers	21 8:30 Breakfast 9:00 Cardio Drumming 10:00 Ping Pong 10:00 Board Mtg 11:00 Blood Pressure Check 12:30 LCR 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	26 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social	27 9:00 Enhanced Exercise 9:30 Euchre 12:30 Paint w/Friends 1:00 Happy Hookers	28 8:30 Breakfast 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 1:00 Line Dancing	29 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo



The kitchen staff would greatly appreciate it if when you telephone and leave a message to order lunch, **PLEASE** indicate whether you want a carry out or if you will be dining in. **THANK YOU!!**



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

Mon	Tue	Wed	Thu	Fri
<p>Please take notice – We want to keep our meal costs low for everyone. With the rising cost of food products, it will be necessary to charge for a lunch reservation if there is a failure to cancel before 12:30, or we could not sell due to a no-show. We will expect payment during your next visit.</p>				1 Sloppy Joe w/Side
Closed 	5 Sweet & Sour Chicken over Rice	6 Goulash w/Salad	7 Chicken Quesadilla	8 Lemon Pepper Cod w/Rice
11 Baked Chicken Legs w/Side	12 Pork Taco's w/ Black Bean & Corn Salsa	13 Betty Salad	14 Ultimate Nacho's	15 Chili Dog w/Side
18 K-Mart Sub	19 Scallop Potato & Ham w/Green Beans	20 Chicken Soft Taco's w/Tortilla Soup	21 BBQ Ribs w/ Side	22 Broccoli & Cheese Soup w/Salad
25 Haluski—Fried Cabbage w/ Onions & Bacon over egg Noodles	26 Chicken Fajita's	27 Pork Chops w/Side	28 Chef Salad	29 Fish Sandwich w/ Side

Breakfast Menu—Served 8:30 AM—9:30 AM

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

July 7 Western Omelette

July 14 Pancakes

July 21 S.O.S.

July 28 Skillet



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).





It is the second week of June, and I flashed forward to the Monroe County Fair. Everyone who has lived here a while understands Fair week is a dreaded weather week. Heck, when farmers have the week circled in red, it doesn't necessarily mean get the 4H animals ready. It means if you have a crop ready to get in, GET IT IN, because they all know we are going to get torrential rains or extreme heat. Fair week came early, reaching a high of 105 degrees today when factoring in the humidity. Heat and humidity are reasons I'm not too fond of Florida. You can tell I am not a fan (no pun intended) of heat and humidity. From what I saw, it was just as uncomfortable in the upper parts of our State. I wonder how far North I need to go to find cooler weather when I retire, again!

During these hot, humid days, stay inside or out of the sun and stay hydrated. Don't forget to check up on each other in this extreme heat. Remember, according to the Centers for Disease Control, extreme heat kills more Americans yearly than hurricanes, lightning, tornadoes, and floods combined.

The Rummage Sale is in full swing. Sheila's daily venture here for the past few weeks pricing everything is undoubtedly paying off. The hours she has already invested are huge, and of course, the other volunteers who arrived on Monday and Tuesday to get things set up only added to that number. I am always hesitant to mention people for fear of forgetting someone. This time I am going to rely on technology. Since Monday, we have had Rummage Sale as a choice on the Kiosk, so hopefully, our volunteers selected it when they came to help. In addition to Sheila, Dianne Beaudrie, Donna Bender, Barb Boudrie, Ellen Brockway, and Debbie Smith were there. If I missed someone, I apologize and promise I will get you in next month's newsletter.

Our travel program seems to have picked up the pace, or maybe not. Maybe I am only now noticing because I am helping with travel. Since Lisa has been off, everyone is doing a little bit of something extra, helping out when and where they can. I thought travel would be easy, so I picked it. Well, shame on me for thinking something would be easy. The worst part for me is writing receipts. If you have ever seen my handwriting, you know that is why I am an average typist. Enough about my superpowers. I want to remind those interested in our Mackinaw Grand Experience that we still have available rooms. We have until the end of August to get eight more people to make this trip happen. From what I have been told, this is a trip you don't want to miss if you have never been to Mackinaw Island. It is a bargain for three nights at the Grand with all the amenities.

As a gentle reminder, Kim and Michelle are trying to keep our meal costs low for everyone. With the rising cost of food products, it has become necessary to charge for a lunch reservation if you fail to cancel before 12:30. First, we will attempt to sell your lunch shortly after 12:30 if you haven't arrived or failed to call before 12:30. If we are unsuccessful at selling it or you don't pick up your order, we will expect payment during your next visit. Remember to call 734-636-9477. **DO NOT LEAVE A MESSAGE AT THE FRONT DESK or TRUST A FRIEND.** If a message is not left with the kitchen or kitchen staff, you will be considered a no-show, and the lunch could be sold, or you will be expected to pay.

We all wish Lisa a speedy recovery and hope she can return to work soon.

A handwritten signature in blue ink, appearing to read "All Good".



We are happy to offer the following training classes for you presented by **Area Agency on Aging 1-B**



Tuesday, August 16, 2022 1:00 PM

Basic Dementia

This course will cover the different forms of dementia and give a clear description of beginning, middle and end stages. Information includes addressing repetitive behaviors, appropriate activities, and changes in communication that will help not only our patient, but the often, stressed, caregiver.

Thursday, September 15, 2022 1:00 PM

Understanding Elder Abuse

With seniors so hesitant in reporting abuse, we need to be their eyes and ears, but many people don't know what to look for. This class will review the different types of abuse and identify resent statistics on the growing number of cases that go unreported.

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FRENCHTOWN CENTER

Library in Motion will return

Wednesday, July 13, 2022

Please have returns ready by 10:00 am

PHONE: 734-241-5770

EMAIL: lim@monroe.lib.mi.us



Please take notice –

We want to keep our meal costs low for everyone. With the rising cost of food products, it will be necessary to charge for a lunch reservation **if there is a failure to cancel before 12:30, or we could not sell due to a no-show.** We will expect payment during your next visit.



TUESDAY FUN NIGHT

Meal &

Entertainment

2nd Tuesday

(July 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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Downtown Monroe

Medicaid / Eligibility / Planning / Application,
Wills and Trust, Guardianship and Conservatorship
(734) 244-5457



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7

15-0719

Frenchtown Center for Active Adults

NEW MEMBERS

Diana C. Allen
 Janet Allen
 William T. Barton
 Diane K. Bilicic
 Mary E. Brancheau
 Martha A Goetz
 Amy C. Horsfall
 Nancy Hubbell
 Wilma Johnson
 John P. Klosinski
 Chris Kull
 Kathleen A. Langton

Richard J. Langton
 Juanita A. LeBlanc
 Marilyn M. McAfee
 Kathleen K. McBee
 Keith D. McBee
 Anita D. McFarland
 JoAnn Meka-
 Barbosa
 Marcia Nagowski
 Jane M. Steed
 Jackie Tucker

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



Joseph G. Koszegi
 Glenda Faye Faulhaber

DONATIONS

thank you

**Water Color Class
 Pool Players
 Jackie Tucker**



HAPPY BIRTHDAY



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

Barbara Abela
 Robert Ackerman
 Nancy Jane Babcock
 Carol Baumgartner
 Sherry (Sharon)
 Bausman
 Dianne Beaudrie
 Martha Beaudry
 Karen Beck
 Donna Bender
 Ronald Benore
 Arthur Bomia III
 Shirley Bonmon
 Marjorie Brinkmeier
 Robert Brockway
 Ricky Brown
 Sally Brown
 Margot Burger
 Helen Burger
 Donna Chrobak
 Bonnie Clukey
 Carl Cocherell
 Deborah Coon

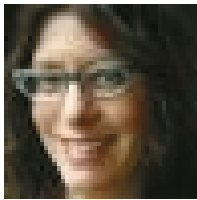
John Craig
 Thorne (Taq) DeCarlo
 Shirley Derry
 Mary Dobberstein
 Frederick Dowler
 Helen Dowler
 Faye Foster
 Charlotte Frary
 Bernice Freimark
 Earl Freimark
 Linda Freiny
 Jane Geiermann
 Karen Gleason
 Lynne Goldsmith
 Janet Grodi
 Robert Groulx
 Wm. Walter Hancock Jr.
 Kay Heiden
 Kaye Horsfall
 Everett Houck
 Pamela Hyden
 Thomas Jay

Anne Kachar
 Alfred "Fred" Klein
 Susan Knapp
 Gayle Kush
 Karen LaVoy
 Barbara Liedel
 John Lieto
 Eileen Love
 Denise Ruth Marcero
 Marilyn Marshall
 Becky Masserant
 Belinda McGuire
 Polly Middleton
 Carlene Monticello
 Jan Noel
 Darlene O'Donnell
 John Oerther
 Serena Oliphant
 H. Lyn Peraino
 Diana Pritchard
 Margaret Reed
 George Regan

Clara Russo
 Patsy Ryan
 Holly Sisung
 Alice Spas
 Debbie Staley
 Pamela Starll
 (Wanda) Faye Stromberger
 Robert Switney
 Joseph Szabo Jr.
 Rose Terrasi
 Deanna Terrasi
 Janice Louise Thoma
 Robert Todd
 Dorothy Tomasik
 John Turner
 Howard Wellhousen
 August "Augie" Wenzel
 Katherine Whiteaker
 Ronald (Gator) Williams
 Judy Wotring
 Margo Zieske

Experimental Drug Shows Early Potential to Treat Dementia

Scientists found that an experimental drug, sodium selenate, is safe and well tolerated in patients with a type of dementia that often strikes early in adulthood.



By Lisa Rapaport
Reviewed: May 9, 2022



Researchers are hopeful that a future clinical trial can test the drug's effectiveness in slowing or stopping disease progression. Katarina Radovic/Stocksy; iStock

Sodium selenate, an ingredient often included in vitamin supplements, appears safe to test as a treatment for dementia, the results of a preliminary study suggest.

The safety study included 12 people with what's known as behavioral variant frontotemporal dementia (bvFTD), a form of cognitive decline that can develop early in adulthood and lead to dramatic personality and behavior changes. People with this condition tend to behave in socially inappropriate ways and lack empathy, judgment, and self-control. There is currently no treatment for this rapidly progressing form of dementia, and people often die within a decade of diagnosis.

All the patients took a 15 milligram (mg) dose of sodium selenate three times daily. The main goal of the yearlong study was to assess the drug's safety. While each participant experienced some side effects, no serious side effects were treatment-related. Common side effects included nail changes, hair loss, headache, muscle aches, and fatigue.

None of the patients dropped out of the trial, another early indication that this drug may be safe for treating dementia, the researchers reported May 5 in *Alzheimer's and Dementia: Translational Research and Clinical Interventions*. "Sodium selenate is safe and well tolerated in patients with bvFTD," the study team wrote.

Scientists also looked at the potential impact of sodium selenate on brain function using both cognitive and behavioral assessments and brain scans and lab tests to look for markers of changes that are associated with dementia. They found that behavioral issues that would normally worsen remained stable with treatment, and there was less shrinkage of brain tissue than typically occurs with disease progression.

These results build on findings from another preliminary trial in Alzheimer's patients, said the lead study author, Lucy Vivash, a neuroscience research fellow at Monash University in Australia, in a statement. In the earlier trial, patients with mild to moderate Alzheimer's disease were randomly assigned to take sodium selenate or a placebo. **People who took the drug had less cognitive decline than those who didn't.**

On the basis of the new study results, researchers concluded that it makes sense to run a **clinical trial** — one that randomly gives some people sodium selenate and others a placebo — to test how well the drug slows or stops disease progression in patients with bvFTD.

Much longer trials, with far more patients, would still be needed before sodium selenate could win U.S. marketing approval as a treatment for bvFTD. Many experimental medicines that look promising in preliminary safety trials ultimately end up being ineffective or having serious side effects when they're tested in larger human studies.

SOURCE: <https://www.everydayhealth.com/dementia/experimental-drug-shows-early-potential-for->

**Picnic / Potluck
August 22, 2022
12:00 NOON**

Hamburgers, Hotdogs, Salad, Baked Beans provided. Bring a dish to pass.



▶ There is a sign-up sheet in the lobby. Please sign up and indicate the dish you will be bringing. ◀



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Music entertainment by
Mary Ouelette**



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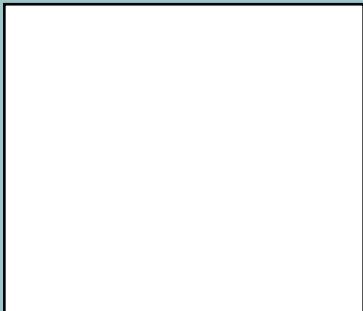
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- John "Pat" Daly
- William Carl Fehse
- Fred W. Gartner
- William E Groulx
- Charles L Mushung
- Charles Penrod



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15-0719





Diabetes Information for You and Your Family

How To Get Started Walking

Why walk?

Our bodies are meant to get up and walk—to the mailbox, down the road, around the neighborhood. Walking can help you stay healthy and live longer so you can:

- ◆ Be there for your children, grandchildren, and other family members.
- ◆ Be an active and helpful member of your community.
- ◆ Serve as an Elder and share your wisdom.

All you need is a sturdy pair of shoes, a few minutes, and a safe place to walk. Give walking a try!

How does walking help?

Walking helps your mind, body, spirit and emotions. It can help you:

- ◆ Have more energy by keeping your blood sugar, blood pressure, cholesterol, and weight in good ranges.
- ◆ Stay active and prevent injuries by keeping your muscles and bones strong.
- ◆ Feel calmer and less stressed by lifting your spirits.



Is walking right for you?

Walking is right for most people. If you are not sure that walking is right for you, ask your health care provider:

1. Is walking right for me?
2. How much walking is right for me?
3. Do I need to check my blood sugar before and/or after I walk?

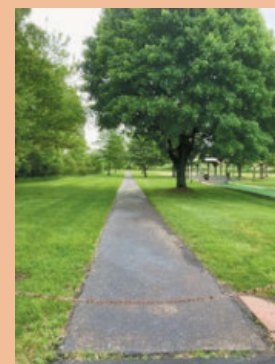
How can you get started?

Start slowly. You may be able to walk only a few minutes at first. That's okay. Try these tips for getting started:

- ◆ Walk at your own pace.
- ◆ Walk up and down your driveway or around your home.
- ◆ Walk around while you watch TV or talk on the phone.
- ◆ Park a little farther from the store.

Try to build up walking 3—5 minutes, 2 or 3 times a day. With time, you may be able to walk farther and go faster. Keep track of the minutes you walk. You may even find that you feel better and stronger.

The Center has a beautiful walking path behind the building. We hope you will take advantage and enjoy.



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

Taking Too Many Supplements? Here's How to Tell, and Why It Can Be Risky

Supplements have exploded in popularity over the past two decades, but a lack of regulation, and a spike in the amount of products available, may be leading people to overdo it.

By Lauren Bedosky Medically Reviewed by Justin Laube, MD Reviewed June 3, 2022



When approved by your doctor, supplementing can help you balance nutritional deficiencies, but there may be health hazards to overdoing it. If you've changed your supplement routine since the pandemic, you're not alone. According to a 2020 survey conducted by the Council for Responsible Nutrition (CRN), more than 43 percent of dietary supplement users have switched things up. Among those who updated their regimens, 91 percent reported increasing their supplement intake, either by adding new supplements, taking the same supplements more regularly, or upping their dose(s). Overall immune support and health and wellness benefits are cited as the top reasons.

But while supplements are often seen as a method to ensure you meet your daily nutritional needs, they can create problems if you're not careful. Like drugs, dietary supplements can affect the way your body functions, which can cause adverse effects in some people, according to an article published in the May 2022 issue of *U.S. Pharmacist*. So, how do you know if you're overdoing it with the supplements? Read on to find out.

What Are the Potential Health Benefits of Supplements?

"[In general], a supplement is something you're not getting enough of through food," says Rohit Moghe, PharmD, CDCES, a pharmacist with Trinity Health Mid-Atlantic in Philadelphia, and member of the American College of Lifestyle Medicine (ACLM).

To fill in these nutrient gaps, many people turn to gummies, capsules, powders, tinctures, and even saline solutions delivered via needle (known as IV therapy).

While many people are able to meet their nutrient needs through their diet, others may benefit from supplements. Particularly those who face a greater risk of nutrient deficiencies, including those with higher requirements (like children, adolescents, and pregnant and lactating women), those who struggle to absorb nutrients (like older adults, obese individuals, and people with chronic conditions), and those who follow a restrictive diet (like vegans and vegetarians), according to an article published in January 2018 article in *Nutrients*.

What Are the Risks of Supplements?

A common concern about supplements is that the industry, in general, is under-regulated. Unlike medications, supplements don't have to be approved by the U.S. Food and Drug Administration (FDA) before they're sold or marketed.

Even if a supplement is considered generally safe, it may not be safe for *you*. "Most vitamins and minerals have a risk of harm with dosages, and the risk is based on the individual nutrient and patient," says Ravi Tripathi, MD, medical director of critical care services for the Ross Heart Hospital at The Ohio State University Wexner Medical Center in Columbus. When it comes to supplements and risks, "there is no one size that fits all," he says. The symptoms from taking more supplementation that your body needs vary depending on the nutrient and the amount taken, and may only show up in blood tests. However, there are some physical signs to watch for. According to the May 2022 *U.S. Pharmacist* article, general symptoms to look out for may include: **Headache—Dizziness—Severe weakness—Nausea—Tremor—Constipation or diarrhea—Inability to exercise or perform routine tasks**

5 Common Supplements People Tend to Overdo

1. Vitamin D
2. Iron
3. Vitamin A
4. Vitamine C
5. Calcium

If you're interested in adding a supplement to your diet, Moghe suggests talking with a physician trained in integrative medicine or nutritional medicine, a pharmacist, naturopath, or registered dietitian. You can check the directories of the National Board of Physician Nutrition Specialists and the American Board of Physician Specialties to find a healthcare professional who works for your needs. Simple blood tests can reveal if you're deficient in specific nutrients, but the routine blood work at your annual physical doesn't typically include these tests, although some nutritional deficiencies can produce changes on these labs, according to Rush University. You'll have to request these blood tests when you visit your doctor.

For more information go to <https://www.everydayhealth.com/diet-nutrition/taking-too-many-supplements-heres-how-to-tell-and-why-it-can-be-risky/>



thank
you!



See all these smiling faces!!!!!! Thanks to the generosity of Jackie Tucker, they are happy and grateful for the new ping pong table. An article was placed in last months newsletter, on Facebook and the Website that the Center was seeking donations for a new table. When Jackie saw it she purchased one from MBM Wholesale and donated it. Again a BIG THANKS!! From left to right: Back Row—Leddy Rose, John Morris, Chris Jones, Dennis Foster, Linda Dudler, Rosemary Straub. Front Row—Daniel Sordini, Sharon Buckley, Deborah Smith and Daniel Batista.

'Laughter IS the Best Medicine.'



Crabby Road 11-20-11



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Some days
I amaze myself.
Other days, I put my
keys in the fridge.

My grandson made the mistake of telling me I was being overdramatic so I just changed the WiFi password. We'll see who's overdramatic in about 5 minutes.



It's called **reading**.
It's how people install new software into their brains.

An 80 year old lady was marrying for the 4th time.
A newspaper asked if she wouldn't mind talking about her first 3 husbands and what they did for a living.
She smiled and said, "My first husband was a banker, then I married a circus ringmaster, next was a preacher and now in my 80's, a funeral director.
When asked why the 4 men had such diverse careers.
She explained, "I married one for the money, 2 for the show, 3 to get ready and 4 to go."

A Senior's Version of Facebook

For those of my generation who do not, and cannot, comprehend why Facebook exists: I am trying to make friends outside of Facebook while applying the same principals. Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom. I give them pictures of my family, my dog and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day. I also listen to their conversations, give them "thumbs up" and tell them I "like" them. And it works just like Facebook. I already have 4 people following me: 2 police officers, a private investigator and a psychiatrist.



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.

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

A Branson Adventure

Nov. 29th/Dec. 4th, 2021
6 Days / 5 Nights

\$1,299.00
Double Occupancy



THE BRETT'S



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

DIAMOND JACK BOAT RIDE

Friday August 5, 2022
8:30am-4:15pm

\$102
Per Person

Menu
Crown Inn
A relaxing cruise trip...
Begin your day with an excellent lunch at the Crown Inn... a waterfront restaurant on Lake St. Clair. Then, join us aboard the Diamond Queen for a two-hour cruise on the sparkling waters of the Detroit River, the world's largest international straitway. Discover countless sights with its history and amenities during the regularly scheduled tour along the U.S. and Canadian Shores. Back at the restaurant, our lounge and summer surf flats alongside giant lake fishponds and world trending indoor shops, join us for the mighty Ambassador Bridge, others: spectacular views of the Detroit and Windsor skyline and much more.

Registration Form

Ann Arbor Matthaei Botanical Gardens

Saturday July 30, 2022
9:30am-4:00pm

\$101
Per Person

Menu
Start your day at Matthaei Botanical Gardens with a guided tour...
After lunch, make your way to The Ann Arbor Farmers Market...
A registration form is required for all attendees.

Registration Form

Huron Lady II

Spent an exciting day in Port Huron, Michigan!

YOUR BRANCO TOUR INCLUDES:
Round trip transportation...
The Voyageur included lunch...
Huron Lady II...
Depart 9:00 am - Returns 4:45 pm

Lisa Cooley
(734) 243-6210

\$82.00

MEAL CHOICE: Full Brunch Dinner with Soup Dinner with Dessert

Chicago Getaway

August 24-26, 2022

\$720 pp Double Occupancy
Triple \$999
Single \$928

Highlights & Inclusions:
Round trip transportation...
2 Nights 2+7pm New York City
3 Nights at the Sheraton Times Square
3 Breakfasts
3 Dinners including Carnie's in the Theatre District...
Visit to Ground Zero/World Trade Center...
Ferry to Ellis Island and the Statue of Liberty...
Admission to Top of the Rock...
Step on Guide for extensive tour of NYC including Wall St., China Town, Greenwich Village...
A free evening with NYC...
Visit to the Flight 93 Memorial and Visitor Center in Pennsylvania...
All luggage, taxes and gratuities on items included

Registration Form

NEW YORK CITY

August 29th/Sept. 3rd, 2022

\$1,699.00 per person
Double Occupancy

YOUR EXCELLENT NEW YORK ADVENTURE INCLUDES:
Deluxe Motorcoach Transportation
2 Nights 2+7pm New York City
3 Nights at the Sheraton Times Square
3 Breakfasts
3 Dinners including Carnie's in the Theatre District...
Visit to Ground Zero/World Trade Center...
Ferry to Ellis Island and the Statue of Liberty...
Admission to Top of the Rock...
Step on Guide for extensive tour of NYC including Wall St., China Town, Greenwich Village...
A free evening with NYC...
Visit to the Flight 93 Memorial and Visitor Center in Pennsylvania...
All luggage, taxes and gratuities on items included

Ed & Ted's Excellent Adventures Tour Director

Registration Form

Chicago Getaway

September 6-9, 2022

\$720 pp Double Occupancy
Single Supplement \$253

Highlights & Inclusions:
Round trip transportation...
2 Nights 2+7pm New York City
3 Nights at the Sheraton Times Square
3 Breakfasts
3 Dinners including Carnie's in the Theatre District...
Visit to Ground Zero/World Trade Center...
Ferry to Ellis Island and the Statue of Liberty...
Admission to Top of the Rock...
Step on Guide for extensive tour of NYC including Wall St., China Town, Greenwich Village...
A free evening with NYC...
Visit to the Flight 93 Memorial and Visitor Center in Pennsylvania...
All luggage, taxes and gratuities on items included

Registration Form

Finger Lakes New York

September 6-9, 2022

\$720 pp Double Occupancy
Single Supplement \$253

Highlights & Inclusions:
Round trip transportation...
2 Nights 2+7pm New York City
3 Nights at the Sheraton Times Square
3 Breakfasts
3 Dinners including Carnie's in the Theatre District...
Visit to Ground Zero/World Trade Center...
Ferry to Ellis Island and the Statue of Liberty...
Admission to Top of the Rock...
Step on Guide for extensive tour of NYC including Wall St., China Town, Greenwich Village...
A free evening with NYC...
Visit to the Flight 93 Memorial and Visitor Center in Pennsylvania...
All luggage, taxes and gratuities on items included

Registration Form

Detroit Tigers Game

Wednesday August 24, 2022
11:00am-5:00pm

\$77
Lower Price Section 13

Menu
Included meal...
A registration form is required for all attendees.

Registration Form

Autumn in Shipshewana

Featuring Daniel O'Donnell

October 4-5, 2022

\$339 pp Double Occupancy
Single Supplement is \$52
Triple \$325 pp

Highlights & Inclusions:
Round trip transportation...
2 Nights 2+7pm New York City
3 Nights at the Sheraton Times Square
3 Breakfasts
3 Dinners including Carnie's in the Theatre District...
Visit to Ground Zero/World Trade Center...
Ferry to Ellis Island and the Statue of Liberty...
Admission to Top of the Rock...
Step on Guide for extensive tour of NYC including Wall St., China Town, Greenwich Village...
A free evening with NYC...
Visit to the Flight 93 Memorial and Visitor Center in Pennsylvania...
All luggage, taxes and gratuities on items included

Registration Form

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

July 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.

- ◆ **Detroit Tigers Game, Wednesday, August 24, 2022 (SOLD OUT)** —presented by Custom Holidays \$77 Lower First Baseline section 113. Playing San Francisco Giants. Hot Dog Chips and Soda.
- ◆ **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.
- ◆ **Huron Lady II, Thursday, September 1, 2022**—presented by Bianco \$82.00 The voyageur (included lunch). Sweet Tooth of Marine City. Cruise from Port Huron.
- ◆ **Travers City, Mon-Wed, September 12-14, 2022**, Presented by Bianco \$607 3 days/2 nights pp dbl 2 nights at Sugar Beach Resort Hotel, 2 Breakfasts & 2 Dinners, Featuring Chateau Chantal, Sleeping Bear Dunes, Rover Vineyard & Winery, and more.
- ◆ **Harvest Adventure, Wednesday, October 5, 2022**, presented by Bianco. \$96 Lunch at White Horse Inn (Metamora), Westview Orchards and Winery.
- ◆ **Amazing Akron, October 19-20, 2022**, presented by Bianco, \$268 pp dbl Included Meals: 1 Breakfast, 1 Dinner Featuring Brandywine Falls, MAPS Air Museum, Spaghetti Warehouse, Cuyahoga Railroad, Mustill Store & Canal System.
- ◆ **Southern Charms, Charleston & Savannah, November 5-12, 2022** presented by Custom Holidays, \$1,883 pp dbl, \$1,749 Triple, Quad \$1,698 \$2,512 Single Trolley tour, Riverboat Dinner Cruise, Jekyll Island, St. Simons Island, Charleston Tour, 12 Meals, 7 Breakfast, 1 Lunch & 4 Dinners.
- ◆ **The Mousetrap, October 28-29, 2022**, presented by Custom Holidays, \$369 pp dbl, \$359 triple, Quad \$349, Single \$442. Amish Buffet Dinner, Olympia Candy Kitchen, Soap making tour, Bonnyville Mill & Gardens plus more.
- ◆ **Firekeepers, Tuesday, November 29, 2022**, presented by Bianco \$41.00 Incudes \$20 slot credit and \$5.00 to used for food, slot play or gift shop.



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A Non-Profit Organization

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Monroe, MI 48162

A Monthly Publication

Current Resident



NEWS TO NOTE:

- ◆ **Travel Meeting—Tuesday, July 5, 2022 @ 1:00 PM**
- ◆ **Library will be here on Monday July 11, 2022 @ 10:00 AM**
- ◆ **FUN NIGHT MEAL & Entertainment—Tuesday, July 12, 2022 @ 4:30 PM *Members \$1.00 / NON-MEMBERS \$3.00***
- ◆ **Board Meeting—Thursday, July 21 @ 10:00 am**
- ◆ **Picnic/Potluck—Monday, August 22, 2022**
- ◆ **Training Classes coming: Dementia August 16 and Elder Abuse, September 15**