



# 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.**

## SEPTEMBER 2022



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### For General Inquiries call:

**(734) 243-6210**

**FLU SHOTS** will be available at the Center  
on Wednesday, September 28, 2022  
from 8:30 a.m. – 11:00 a.m.  
Given by Hometown Pharmacy  
*See page 6*

We are happy to offer this training class

### Understanding Elder Abuse

presented by **Area Agency on Aging 1-B**  
Thursday, September 15, 2022, at 1:00 p.m.  
*See page 10*

Just a Reminder  
We are a  
**Fragrance Free Facility**





# FRENCHTOWN CENTER LINK

2786 Vivian Road, Monroe, MI 48162

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

e-mail: seniors@frenchtownsenior.com

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

## 2022 BOARD OF DIRECTORS

Floreine Mentel—Chairman  
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Jon Moore  
Charles Mushung—Member at Large  
Lance Slatton  
James Smith  
Alan VanWashenova—Frenchtown Charter Township Liaison

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

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

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

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

Meals at 12:00 Noon - Monday – Friday. For reservations, please call 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

### 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  
Alexis Kennedy—Adult Day Staff

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

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

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

### Commission on Aging Disclaimer Statement

Views & comments expressed in this newsletter are not necessarily the views & comments of the Monroe County Commission on aging. The Monroe County Commission on Aging is a governmental agency, which funds community senior programming through millage dollars.

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

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





# September Activities

Mon	Tue	Wed	Thu	Fri
Nine Ball starts on Wednesday, September 7, 2022 @ 10:00 AM Eight Ball starts on Thursday, September 8, 2022 @ 1:00 PM  Join us the week of Sept. 19-23 for some fun events celebrating <b>National Adult Day Services Week.</b> Lots of fun! Things!!!			<b>1</b> 8:30 Breakfast 9:00 Bridge 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 1:00 Line Dancing 1:00 Eight Ball	<b>2</b> 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
<b>5</b> 9:00 Thrift Shop 9:00 Enhanced Exercise 11:00—1:00 Quilting	<b>6</b> 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social	<b>7</b> 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball 12:30 Paint w/Friends 1:00 Happy Hookers	<b>8</b> 8:30 Breakfast 9:00 Bridge 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR <b>1:00 Caregiver Mtg</b> 1:00 Line Dancing 1:00 Eight Ball	<b>9</b> 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
<b>12</b> 9:00 Enhanced Exercise <b>10:00 Library In Motion</b> 11:00—1:00 Quilting	<b>13</b> 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social <b>4:30 Fun Night (Meal &amp; Entertainment)</b>	<b>14</b> 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball 12:30 Paint w/Friends 1:00 Happy Hookers	<b>15</b> 8:30 Breakfast 9:00 Bridge 9:00 Cardio Drumming 10:00 Ping Pong <b>10:00 Board Mtg</b> <b>11:00 Blood Pressure</b> 12:30 LCR <b>1:00 Card Making Class</b> 1:00 Line Dancing 1:00 Eight Ball	<b>16</b> 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
<b>19</b> 9:00 Enhanced Exercise 11:00—1:00 Quilting <b>1:00 Ice Cream Social</b>	<b>20</b> 9:00 Bridge 9:00 Cardio Drumming <b>12:00 RSVP</b> 12:30 Bunco 12:30 Color Social <b>1:00 \$1.00 Bingo</b>	<b>21</b> 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball 2:30 Paint w/Friends 1:00 Happy Hookers	<b>22</b> 8:30 Breakfast 9:00 Bridge 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR <b>1:00 Caregiver Mtg.</b> 1:00 Line Dancing 1:00 Eight Ball 1:00 Elder Abuse Seminar	<b>23</b> 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
<b>26</b> 9:00 Enhanced Exercise 11:00—1:00 Quilting	<b>27</b> 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social	<b>28</b> 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball 12:30 Paint w/Friends 1:00 Happy Hookers	<b>29</b> 8:30 Breakfast 9:00 Bridge 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 1:00 Line Dancing	<b>30</b> 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!!



**September 2022 Menu**  
Choose your September Birthday Lunch from this month's menu items until we can resume our Birthday Celebration

Mon	Tue	Wed	Thu	Fri
All Menu Items subject to change without given notice			1 Haluski	2 Sweet & Sour Chicken over Rice
5 Closed	6 Ham & Scalloped potatoes w/ Veggie	7 Chicken Leg w/Side & Veggie	8 Swedish Meatballs over Pasta	9 Pork Taco's
12 Breakfast for Lunch (Biscuits & Gravy, Scrambled Eggs & sausage)	13 Mexican Pizza	14 Chicken Tetrizzini	15 BBQ Ribs w/Side	16 Slim Jim Sandwich
19 Italian Sausage Peppers & Onions in red sauce over Pasta	20 Chicken Taco's w/Tortilla Soup	21 Chili w/ Cornbread & Salad	22 Boiled Dinner	23 Shepherd's Pie
26 Chicken Fajita's	27 Grilled Cod w/Rice	28 Betty Salad	29 Chicken Pot Pie	30 BBQ Pulled Pork 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**

September 1st SOS

September 8th Pancakes

September 15th Breakfast Skillet

September 22 Eggs, Sausage, Potato & Toast

September 29th Biscuits & Gravy



**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.







Let me start the September article and see if you can answer this – They provide supervised community settings where men and women of all ages can obtain care that may not be available in their homes. They enable individuals to receive the care they need without being forced to live in institutions, and they offer needed rest to families whose relatives living with them have some form of challenge. They provide opportunities for socially isolated adults to find friends and learn skills.

If you answered Adult Day Care Centers, give yourself a gold star. Congress, by House Joint Resolution 132, credited the dedicated professional staff who provide the many health maintenance functions and medical care, including medication monitoring, therapies, and health education, and offer invaluable opportunities for social interaction to disabled, elderly Americans. President Ronald Reagan, in recognition of the value adult day care centers provided, proclaimed the week beginning on September 25, 1983, as the first National Adult Day Care Center Week.

This year we will observe National Adult Day Services Week on September 18-24. It provides a terrific opportunity to gather information on our services and programs to meet the needs and enhance participants' lives through adult day services. In addition to the information, we plan on offering some fun things during the week. We will also be doing a few things in support of the Alzheimer's Walk in October.

Having already mentioned SEPTEMBER, I don't mean to shout, but it is already September. Heck, it just seems like the other day, the Day Care staff was enjoying themselves at the beer tent at the Monroe County Fair. I know, I know you probably expect it out of Jean, but Nancy enjoying herself in the BEER tent at the Monroe County Fair, no way. Before you jump to conclusions and get on Facebook, Twitter, Spotify, or whatever else you get on, listen. Every year staff serves beer in the fair saloon as part of a fundraiser for the program. Too bad we didn't get a percentage of the sales the day we served because it was one of the hottest days to be there. In addition, Mary Ann Mack and Don Lingar lent their talents, so thanks. All in all, they had fun and what we do receive from the fair makes it worth our while.

Even though our picnic has passed, and you didn't make it, you missed another great event. As I mentioned, different things will be happening in observance of National Adult Day Care Center Week. Be sure to look through the newsletter and mark your calendar accordingly. We attempt to plan these things during different times on different days, so everyone at least has an opportunity to come. Another important thing is we are always looking for other ideas. Maybe there has been something you did while visiting an out-of-state relative who invited you to their center. Or it could be something you always thought could be fun but didn't know where to begin. A couple of weeks ago, someone asked about pickleball. The Township had the tennis courts redone and stripped for pickleball. It might be nice to start something, but you ask yourself, where do I begin? Maybe we can make something happen. Please stop in, and let's talk about it.

It doesn't happen very often, but occasionally a mistake is made. In an attempt to correct one of those, let me take this opportunity to pass on a belated birthday wish to Mary Lue Manor. The newsletter incorrectly listed Mary Manor. Mary Lue celebrated her 49<sup>th</sup> **appreciation day** in August. **(Ask me)**

As we approach the unofficial end of summer, Labor Day, the annual celebration of American workers' social and economic achievements is celebrated the first Monday in September. The holiday is rooted in the late nineteenth century, when labor activists pushed for a federal holiday to recognize workers' many contributions to America's strength, prosperity, and well-being. I would be remiss if I did not remember my brothers and sisters in the labor movement. We will be closed, so everyone here can celebrate the day.



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



**Flu Shots will be available at the  
Frenchtown Center for Active Adults on  
Wednesday, September 28, 2022  
8:30—11:00 a.m.**



**Given by Hometown Pharmacy**



**Flu shot: Your best bet for avoiding influenza**

*Getting a flu shot will often protect you from coming down with the flu. And although the flu shot doesn't always provide total protection, it's worth getting.* [By Mayo Clinic Staff](#)

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15-0719

## FRENCHTOWN CENTER

Library in Motion will return  
**Monday, September 12, 2022**  
Please have returns ready by 10:00 am  
**PHONE: 734-241-5770**  
**EMAIL: lim@monroe.lib.mi.us**



### Frenchtown Center is a Scent-Free environment.

Be courteous to others and please do not use scented products while visiting and enjoying your activities.

These fragrances can trigger reactions to some individuals. Some serious such wheezing, asthma, difficulty breathing and talking. We want everyone to enjoy their time at the Center.

## TUESDAY FUN NIGHT

### Meal & Entertainment



**2nd Tuesday**

(September 13th)

**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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Call **Tina M. Mullins, Atty**  
Downtown Monroe

Medicaid / Eligibility / Planning / Application,  
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15-0719



**WELCOME NEW MEMBERS !!!!!**

John J Booth	Francine Leonard
Joan M DeSloover	Gerald McWilliams
Kenneth K DeVee	Glenna McWilliams
Lacee M Drerup	Joanne Minney
Anneke Frank	Linda M Parriet
Sharon R Friedline	Curtis J Posuniak
Jacqueline R Gale	Debra M Poupard
Diane M Groulx	Sandra Vanisacker
	Barbara A Wood

To our **VOLUNTEERS**  
We appreciate you and everything you do!

*Thank You*

*Because of you, our programs and events are successful. We thank you for your involvement, dedication and help as a volunteer. You are an inspiration to others.*



**HAPPY BIRTHDAY**



**Choose your September Birthday Lunch from this month's menu items (Page 4)**

Nancy K Adams  
Janet Allen  
Mary Jean Amolsch  
Kevin M Angove  
David R Baker  
Margaret L Beason  
Scott Belknap III  
Ray L Bergmooser  
Ilah M Brancheau  
Janice A Brunswick  
Sharon Kay Buckley  
Mark A Cicero  
Naomi S Coon  
Michael Cunningham  
Barbara J Daniels  
Stephanie J Derry  
Shelley L Desrosiers  
Joann Dotson  
Barbara A Drake  
Timothy J Durkin  
Cheryl A Everett  
Judith D Ferry  
Ronald Florian  
Betty L Frazer  
Gregg P Gentil

Beverly J Gessner  
Catherine S Haddix  
Janice A Hammer  
Nora L Hartman  
Duane L Hearn  
Jacqueline A Hirst  
Donna M Houck  
Marie A Hutchison  
Rick R Hyden  
Linda M Imber  
Donald R Janiszewski  
Marlene M Johnson  
Donna M Kelley  
James K Knapp  
Nancy L Koszegi  
Bonnie J Kregel  
Chris Kull  
Paul J Livernois  
Drew S Lyons  
Mary Ann Mack  
Anita D McFarland  
Myrna R Meek  
Ron C Merrick  
Les Messer  
Dale Mitchell

Diane J Moran  
Jerry A Mudget  
Marcia Nagowski  
Jo Ann Naida  
John A Piekarski  
William F Plass  
Maureen D Quinn  
Velvet B Rauton  
Ann L Reaume  
Rosa M Reed  
Jayme A Richards  
Michele Y Rinne  
Linda S Salisbury  
Dennis S Scheich  
Caroline A Short  
Janet M Sottile  
Cheryl I Southworth  
Donna L Streeter  
Mary E Turner  
Frances M VanSlambrouck  
Donna M Wickenheiser  
Lawrence J Wilcousky  
Betty L Wilhelm  
Barbara A Wood  
Reggena S Wortinger







Each September, people unite from all corners of the world to raise awareness and to challenge the stigma that persists around Alzheimer's disease and all types of dementia.

The Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer care, support and research.

**Monroe County will hold it's annual walk on:  
October 8, 2022 @ St. Mary's Park  
111 W. Elm Ave. Monroe, MI Monroe, MI 48162**

Registration at 9:30 a.m.

Opening Ceremony 10:45 a.m. and Walk 11:00 a.m.

*Route Length: 2 miles*

Contact: Marsha Oberleiter | 734-652-8946  
| [moberleiter@alz.org](mailto:moberleiter@alz.org)

**This year's theme,  
"Know Dementia, Know Alzheimer's"**



**Three Online Social Security Musts**

August 4, 2022 • By [Dawn Bystry, Deputy Associate Commissioner, Office of Strategic and Digital Communications](#) Source: <https://www.ssa.gov/news/newsletter/>



It's never been easier to do business with us online. Often there is no need to call or visit an office. Here are three webpages that can make your life easier:

**Create Your Personal *my* Social Security Account.** Did you know you already have access to much of your Social Security information? All you need to do is create or sign in to your personal *my* Social Security account. You can verify your earnings, get future benefit estimates, instantly get a benefit verification letter, and more, with your own personal [my Social Security account](#).

**File for Your Retirement Online.** Planning for retirement? Or looking to retire now? You can complete and submit your online application for retirement benefits in as little as 15 minutes on our [Retirement Benefits](#) page.

**Stay Informed!** Need more information about our programs? There's a publication for that. Visit our [publication library](#) online (including audio versions) to learn more about our programs.

Our online resources don't end there. If you didn't see what you need in the list above, visit our [Online Services](#) page. Please share these pages with your friends and family.



We are happy to offer this training class for you presented by:

**Area Agency on Aging 1-B**

**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 recent statistics on the growing number of cases that go unreported.



Complimentary Drink and Snack



Are you a **DOLL COLLECTOR?**

Do you know someone who is?

We have a few members interested in starting a group.

If you would like to join, give us your name and phone number.

We always look forward to bringing new activities to the center

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15-0719



**Join us for the Celebration of  
National Adult Day Services Week  
September 18—24, 2022**



On September 27, 1983 President Ronald Reagan Issued Proclamation 5107 — Designating the third full week of September as **National Adult Day Services Week, 1983**

A week of events has been planned to celebrate the Center’s Dementia Adult Day Care Program. The Dementia Adult Day Care has been proving support and respite for caregivers and socialization for participants for the past 24 years.

An Ice Cream Social, \$1 BINGO, as well as a 50/50 raffle and a Guessing Game are planned. Proceed will benefit the Alzheimer’s Walk on October 8, 2022, at St Mary’s Park in Monroe Michigan.

**Mark your calendar !!!!**

**Dates & Times**

September 19, 1:00 – 2:00  
September 20, 1:00 – 2:00  
September 21, 12:00

September 22, 1:00  
September 23, 1:00

**Event**

Ice Cream Social  
\$1 BINGO  
Pizza Luncheon for Adult Day Care  
Participants Only  
Guessing Game Winner Announced  
50/50 Raffle Winner Announced



Guess how many in jar

Looking forward to seeing you there!!!

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15-0719



## Stress May Prematurely Age Your Immune System



By; Peter Urban, AARP—June 22, 2022

You likely already know this: Stress is bad for your health. And for people of advanced age, it appears to speed up the natural aging process of the immune system, resulting in too-tired white blood cells that aren't up to the fight. And this increases the risk of cancer, heart disease and infectious illnesses such as COVID-19, according to a study appearing in *PNAS* (formerly called the *Proceedings of the National Academy of Sciences*). As the study's authors explain, "We found that exposure to social stress was associated with T cell distributions indicative of accelerated immune aging."

### WHAT TO DO

Aside from trying to limit stress in your life, the researchers suggest a nutritious diet and exercise, to help maintain healthy T cell development.

A gland called the thymus, which sits in front of and above the heart, serves as an incubator for T cells, but as we age, the thymus becomes fatty and doesn't produce as many immune cells. Previous research has discovered that a healthy diet and exercise may slow down that aging shift.

What's more, the researchers who conducted the current study found that the connection between stress and accelerated immune aging was not as strong when they controlled for factors such as poor diet and infrequent exercise.

### The symptoms may be physical or emotional. Common reactions to a stressful event can include:

- Disbelief
- Feelings of fear, shock, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty sleeping or nightmares, concentrating, and making decisions
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health and mental problems
- Increased use of tobacco, alcohol, and other substances

### 10 Foods to Help Relieve Stress

- |                        |                    |
|------------------------|--------------------|
| 1. Sweet Potatoes      | 6. Black-Eyed Peas |
| 2. Spinach             | 7. Eggs            |
| 3. Avocados            | 8. Beets           |
| 4. Winter Squash       | 9. Broccoli        |
| 5. Yellow Bell Peppers | 10. Almonds        |



### Stress Relief Tips and Healthy Ways to Cope

1. Eat Mindfully
2. Take a Walk
3. Get Creative
4. Hit Snooze
5. Don't Forget the Magnesium
6. Take breaks from watching, reading, or listening to news stories, including those on social media.
7. Take care of yourself.
8. Take care of your body.
9. Make time to unwind
10. Talk to others.
11. Connect with your community- or faith-based organizations.
12. Avoid drugs and alcohol.

For more information, visit these websites:

Sources: <https://www.aarp.org/health/conditions-treatments> <https://www.naturalvitality.com/>  
<https://www.cdc.gov/violenceprevention/about/copingwith-stress-tips>



# Grand Hotel/Mackinac Island Trip

## 4days/3 Night stay Grand Hotel

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



Make Checks payable to:  
 Frenchtown Center for Active Adults

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

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

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

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

## October 18—21, 2022

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

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

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

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

Please send insurance forms:  Yes  No

I do not want insurance  Yes  No

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

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





## Health Benefits of Hobbies

If you have a hobby, you probably love doing it. Hobbies give you a chance to get involved in activities that you enjoy and help you take a load off. Very often, you'll find yourself looking forward to indulging in your hobby after a stressful day or week at work. Your hobby could be anything, but just having something that you enthusiastically wait to do fills you with a sense of happiness. Even better, taking time to indulge in what you love doing boosts your physical and mental health.

### What Is a Hobby?

A hobby is any activity that you frequently do for pleasure during your leisure time. This could include creative, athletic, and intellectual activities. People take up different types of hobbies that interest them, such as dancing, singing, skating, wood crafting or gardening, Others like quieter activities such as meditation, crocheting, quilting, knitting, painting, or spending some time closer to nature by taking long walks.

### Health Benefits of Hobbies

Research shows that when you take time to do activities that make you happy, it helps improve **mental health**. Giving quality time to activities that you enjoy also helps your performance in your professional life. It improves your creative problem-solving abilities and helps you build better relationships with your coworkers and makes you more empathetic.

### Improves Overall Well Being

A study in New Zealand found that participating in activities that bring out your creative side leads to an increased sense of well-being that is good for you in the long term. The people who were involved in the study felt a sense of positivity and upliftment after a few days of creative activity. Studies have also shown that individuals that regularly take time off for their hobbies are less likely to feel low or depressed. In fact, such activities can make you ***happier and more relaxed***.

### Reduces Stress

Keeping yourself engaged during your leisure time

lowers your stress levels. Research found that adults who took out time to practice art found the time they spent to be relaxing, enjoyable, and helpful. They also shared that the session led to an increased desire to continue improving their skills.

More importantly, the cortisol levels of the participants who took part in this study were measured before and after these sessions. The study found that there was a noticeable decrease in cortisol levels after the sessions. Cortisol is the human stress hormone, and your body's stress response is linked to a spike in cortisol levels.

### Promotes Mental Health

Having a hobby leads to improved mental health. If your hobby involves physical activity, it'll lead to reduced stress and a **lower blood pressure** and heart rate. A study that measured both positive and negative psychological stress found that those who took time frequently to do leisure activities that they enjoyed had lower blood pressure, waist circumference, and BMI.

Taking your physical activity outdoors or, better still, closer to nature has many benefits such as improved mood and better focus. You can achieve this by spending just 10 minutes outdoors.

Another study found that those who took part in physical activities went through fewer days of poor mental health compared to those who did not exercise.

Meanwhile, challenging your brain by taking up intellectually rewarding activities not only helps improve your brain activity but also increases your confidence. Learning new skills such as wood crafting or quilting also helps you contribute to people's lives by sharing your expertise with others.

### Improves Relationships

Finding like-minded people who enjoy doing the same activities as you could have added benefits.

Research shows that doing activities in groups such as team sports or volunteering for a cause that you care about helps enhance your communication skills and build healthy relationships with others.

For complete article visit: <https://www.webmd.com/balance/health-benefitshobbies?>





# Trivia

(Related to this month's health article on stress)

Drop your answers off when you come to the center for your activity for a chance to win a complimentary lunch.

1. Stress and anxiety are the same thing. **T or F**
2. The causes of stress are essentially the same for everyone. **T or F**
3. Being easily annoyed and unusually irritable can be an emotional warning sign of too much stress. **T or F**
4. Losing weight can be a sign of too much stress. **T or F**
5. Anxiety is always a negative harmful emotion. **T or F**
6. Men are twice as likely as women to have generalized anxiety disorder. **T or F**
7. Which of the following is a treatment option for anxiety disorders.
  - A. Medication
  - B. Psychotherapy
  - C. Both
  - D. Neither

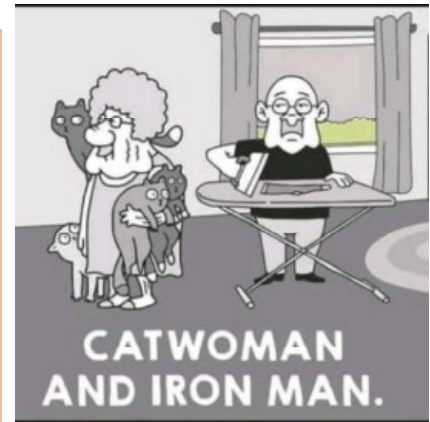


Member's Name:
Entry Date:

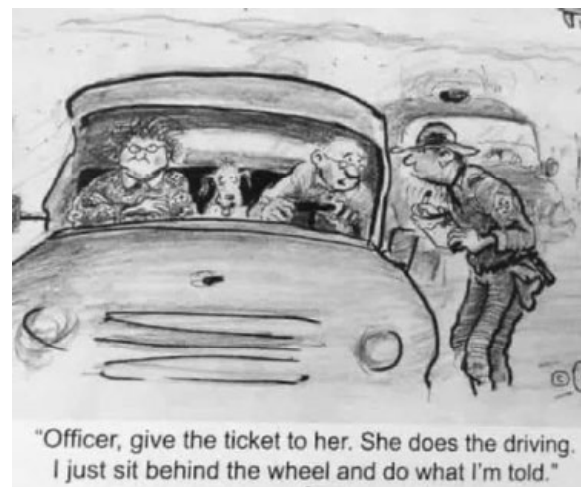
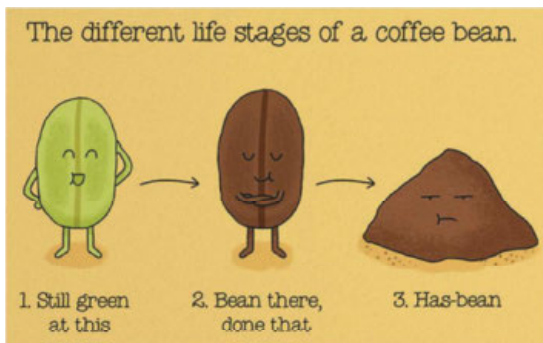


# 'Laughter IS the Best Medicine.'

A little boy goes to his father and asks, "Daddy, how was I born?" The father answers, "well son, I guess one day you will need to find out anyway! Your Mom and I first got together in a chat-room on Yahoo. Then I set up a date via E-mail with your Mom, and we met at a Cyber cafe. We sneaked into a secluded room, and googled each other. There your mother agreed to a download from my hard drive. As soon as I was ready to upload, we discovered that neither one of us had used a firewall, and since it was too late to hit the delete button, nine months later a little Pop-Up appeared that said, "You've got male!"



I accidentally swallowed some Scrabble tiles and now I'm experiencing constant vowel movements. The next trip to the bathroom could spell disaster.







Travel—For upcoming trips, flyer, and more information can be found at [www.frenchtownsenior.com/travel.html](http://www.frenchtownsenior.com/travel.html) or to make your reservations, please stop by the Center, Monday—Thursday 8:30 am—4:00 pm and Friday 8:30 am—Noon. If you have any concerns or questions, contact Lisa Cooley at 734-243-6210. PLEASE REMEMBER: STAFF IS UNAVAILABLE FOR TRAVEL QUESTIONS ON FRIDAYS FROM NOON—4:00PM. All payments must be done at the Center.



Ed & Ted's Excellent Adventures presents:  
**NEW YORK CITY**  
August 29th/Sept. 3rd, 2022

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.







## Frenchtown Voyagers Travel Meeting

(No meeting in September) **October 4, 2022**

You can find the latest travel information on our Website, FaceBook page and in the newsletter. [www.frenchtownsenior.com](http://www.frenchtownsenior.com)  
Contact Lisa Cooley (734)-243-6217

\*\*\*\*\* 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. \*\*\*\*\*



**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.

- ◆ **Amish Country, October 28-29, 2022**—presented by Custom Holidays \$369 pp dbl \$359 pp triple \$349 pp Quad. “The Mouse Trap” in the Round Barn Theatre, Amish Buffet Dinner, Olympia Candy Kitchen, Soap Making Tour, 3 included meals and more adventure.
- ◆ **Best of the Amalfi Coast & Rome**, November 1-8, 2022—presented by Adventura World from \$3,549 Air & Land 8 days, 6 nights including hotels, meals, day trips, and airfare from Detroit, Michigan.
- ◆ **Southern Charms**, November 5-12, 2022—presented by Custom Holidays, \$1,883 pp dbl, \$1,749 pp trp, \$2,512 single. Trolley Tour of Savannah, Riverboat Dinner, St. Simons Island, Charleston Tour, and more plus 12 meals, 7 Breakfast, 1 lunch and 4 Dinners.
- ◆ **Hallmark Christmas Town**, November 20-21, 2022—presented by Bianco \$390 pp dbl Includes 1 Breakfast, 1 Lunch 7 ! Dinner. Das Dutch Village, Las Vegas Live! Christmas Revue, Firestone Park Joy of Christmas Holiday Lights Display, Arms Family Museum and more.
- ◆ **Firekeepers, November 29, 2022**—presented by Bianco, \$41.00 Includes \$20 slot credit and \$5 to be used for food, slot play or gift shop.
- ◆ **Nite Lights at MIS**, December 14, 2022—presented by Bianco Round Trip Transportation, Jerry’s Pub (included lunch) Buffet consisting of Chicken Kabob, Lake Perch, Half Slab of Roasted Baby Back Ribs. MIS holiday display of 65 different themes, 250 Foot lighted tunnel.
- ◆ **Still Dreaming of a White Christmas, December 14, 2022**—presented by Custom Holidays. \$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.





# Frenchtown Center Link

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A Monthly Publication



Commission on Aging



Current Resident

## NEWS TO NOTE:

- ◆ **Travel Meeting—NO TRAVEL MEETING IN SEPTEMBER—Returning October 4, 2022**
- ◆ **Library will be here on Monday, September 12, 2022 @ 10:00 AM**
- ◆ **FUN NIGHT MEAL & Entertainment—Tuesday, September 13, 2022 @ 4:30 PM Members \$1.00 / NON-MEMBERS \$3.00**
- ◆ **Board Meeting—Thursday, September 15 @ 10:00 am**
- ◆ **Join us for the Celebration of National Adult Day Services Week September 18—24, 2022—Ice Cream, Raffles, Bingo. Fun and supporting the Alzheimer’s Walk.**
- ◆ **NEW—Trivia page 15.....Drop you answers off for a chance to win a complimentary lunch.**
- ◆ **RSVP will be here on Tuesday, September 20, 2022**
- ◆ **We are planning a SOCK UP in October. Watch the October newsletter, website and FaceBook for more information. Looking for ideas and volunteers.**



ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING

