



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.

OCTOBER 2022



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**We all forget—so just a Friendly
Reminder**

LUNCH



**Please call
734-636-9477 by
1:00 pm the
day before to
order lunch.**

**For Monday Orders, Please Call by
1:00 pm the Friday before**

**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!!

*We cannot guarantee a lunch for you if you call
after 1:00 or on week-ends for Monday.*



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
Kathleen McBee—Accountant/ Ext 5
Christine Pidruzny—Office Manager / Ext 4
Patricia Smith—Administrative Assistant / Ext 8
Ronald Benore—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.



Mon	Tue	Wed	Thu	Fri
3 9:00 Thrift Shop 9:00 Enhanced Exercise 11:00—1:00 Quilting	4 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social 1:00 PM Travel Meeting	5 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball 12:30 Paint w/Friends 1:00 Happy Hookers	6 8:30 Breakfast 9:00 Bridge 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 1:00 Caregiver Mtg 1:00 Eight Ball	7 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
10 9:00 Enhanced Exercise 11:00—1:00 Quilting	11 9:00 Bridge 9:00 Cardio Drumming 10:00 Library In Motion 12:30 Bunco 12:30 Color Social 4:30 Fun Night (Meal & Entertainment)	12 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball 12:30 Paint w/Friends 1:00 Happy Hookers	13 8:30 Breakfast 9:00 Bridge 9:00 Cardio Drumming 10:00 Ping Pong 11:00 Blood Pressure 12:30 LCR 1:00 Card Making Class 1:00 Eight Ball	14 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
17 9:00 Enhanced Exercise 11:00—1:00 Quilting	18 9:00 Bridge 9:00 Cardio Drumming 12:30 Bunco 12:30 Color Social	19 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball 12:30 Paint w/Friends 1:00 Happy Hookers	20 8:30 Breakfast 9:00 Bridge 9:00 Cardio Drumming 10:00 Ping Pong 10:00 Board Mtg 12:30 LCR 1:00 Caregiver Mtg. 1:00 Eight Ball	21 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
24 9:00 Enhanced Exercise 11:00—1:00 Quilting	25 9:00 Bridge 9:00 Cardio Drumming 12:00 RSVP 12:30 Bunco 12:30 Color Social	26 9:00 Enhanced Exercise 9:30 Euchre 10:00 Nine Ball 2:30 Paint w/Friends 1:00 Happy Hookers	27 8:30 Breakfast 9:00 Bridge 9:00 Cardio Drumming 10:00 Ping Pong 12:30 LCR 1:00 Eight Ball	28 9:00 Enhanced Exercise 12:30 Water Color Class 1:00 Bingo
31 9:00 Enhanced Exercise 11:00—1:00 Quilting 1:00 PM Halloween Fun				





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!!



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

Mon	Tue	Wed	Thu	Fri
3 Taco Salad	4 Goulash	5 K-Mark Sub w/side	6 Baked Chicken Quarter w/Side	7 Fish Fingers w/ Fries and Coleslaw
10 Chef Salad	11 Chicken & Biscuits	12 Meatloaf w/ Mashed Potatoes & Veggie	13 Salmon Patties w/Rice	14 BBQ Pork Bowl w/Mac & Cheese, Baked Beans & Coleslaw
17 Loaded Nachos	18 Chicken Alfredo w/ Side	19 Betty Salad	20 Chicken Noodle Soup w/Side Salad	21 Beef Stroganoff w/Peas
24 Spaghetti w/ Meatballs	25 Kielbasa & Kraut w/ Stewed Tomatoes	26 Ham-Green Bean-Potato Soup w/ Roll	27 BBQ Pork Sandwich W/ Coleslaw	28 Lemon Pepper Cod w/Long Grain Rice
31 Sweet & Sour Chicken over Rice				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

- October 6 Breakfast Sandwich
- October 13 SOS
- October 20 Biscuit & Gravy
- October 27 Eggs, Meat, Potato & Toast



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 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.**





Well, it is the end of an era, the old bingo equipment was part of this year's rummage sale, and it finally sold. It resides in Union City, Michigan, at the Potawatomie Campground & Recreation Area. By the looks of their Facebook page, it has been getting a workout. In a way, the sale was bittersweet. I will miss pushing the flashboard and blower from room to room. Speaking of the rummage sale, we still have a few unsold items in case anyone is interested. There is a metal desk that would make an excellent addition to that garage workshop. A janitor's utility cart would be a handy place to keep those cleaning supplies, mops, and brooms for keeping the garage workshop clean. While at it, you might as well add some new lights to brighten the area. There are still three light bars that, at one time, hung above the pool tables available. If interested in any of these items, see one of the staff.

Speaking of staff, amazing how one thing leads to another, almost like it was planned. We have a couple of new staff members. Ron Benore is our new Building Attendant and started a couple of weeks ago. Ron has been doing a great job, and we are fortunate to have him join us. If you see a different guy washing dishes or setting up tables, take a moment and make him feel welcome. In Day Care, Alexis, in the words of Don Vito Corleone, was made "an offer she can't refuse." Her last day was on a Friday, she is going to be missed, but we wish her the best. If you have been in on a Friday to play bingo, you are familiar with Mitzi Straub. Mitzi has traded her Bingo duties to help out in Day Care. While we know you will miss her at bingo, she is helping to fill a more critical role in the Day Care. On your way to bingo, stick your head into Day Care and tell her hi. We are looking for a full-time aide in Day Care with Alexis's departure. If interested, see me.

We are in the planning stages of various events to finish the year. Pat is anxiously awaiting Lisa's return so they can plan a sock hop. The Halloween party is scheduled on, Halloween, and should be a fun time for all. Plans are in the making for another Sunday before Thanksgiving dinner. Lance and Tom Slatton, with Tom providing the entertainment, a New Year's Eve celebration afternoon. The staff is tossing some ideas and should have more details for the November newsletter.

Speaking of November, hard to imagine that I am already talking about November. Couple of things I want to prepare you for in November besides the Thanksgiving dinner. Does the first Tuesday after the first Monday in November mean anything to you? Hopefully, it does. Tuesday was selected as a preferred day of the week for voting. A Tuesday was selected because voters often had to travel to come into town in order to vote. The government did not want people to have to travel on the sabbath (Sunday for most Americans). There is a strong possibility we will not have any activities on election day, so watch for the calendar in November. In case you are wondering I refrain from using the word closed because the center will be open for voters to exercise their right to vote.

Speaking of closing, the Farmers Almac is predicting a colder-than-usual winter, and it is expected to arrive much sooner, good news for snow lovers, but not so good for the rest of us! According to the outlet's extended forecast, the United States can expect quite a few winter weather disturbances throughout the season. Remember, we are not on a school closing schedule, we haven't closed for inclement weather in 4 years. Keep in mind that you can sign up to receive an automated notification if we close, or you can always call before you come.

There are Two Vacancies on the Board of Directors, If interested see Paul or Chrissy of an application.

A handwritten signature in blue ink, appearing to read "Paul", is placed over a white rectangular background.



**Frenchtown Center
For Active Adults**
Dementia Adult Day Care
Mon-Fri 8am-4pm hourly or daily

The Help You Need... Close To Home

Support & Respite for CAREGIVERS
Care & Socialization for LOVED ONES

2786 Vivian Rd., Monroe
734.243.6210
frenchtownsenior.com

Above is our new ad campaign in the Town Money Saver

And a reminder that the United Way campaign has started. United Way is another sponsor of the Dementia Adult Day Care Program

Join us in a new way to **LIVE UNITED**[®]

JOIN US IN A NEW WAY TO LIVE UNITED

SUPPORT OUR CAMPAIGN

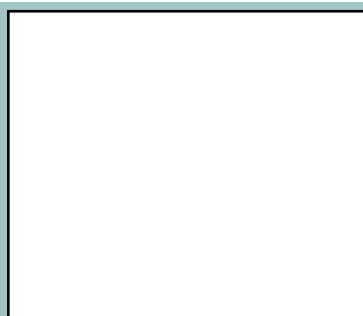
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United Way

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FRENCHTOWN CENTER

Library in Motion will return

Tuesday, October 11, 2022

Please have returns ready by 10:00 am

PHONE: 734-241-5770

EMAIL: lim@monroe.lib.mi.us



Since the last newsletter, we've had some inquires. Please let us know if you are interested.

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.

TUESDAY FUN NIGHT

Meal &

Entertainment

2nd Tuesday

(October 11th)

Each Month

4:30 p.m.—6:30 p.m.

Come Join Us for Some

Food and Fun!!!

Members ONLY

\$1.00

NON-MEMBERS

\$3.00



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15-0719

WELCOME NEW MEMBERS !!!!!

Fred Allen	Linda L Lanier
Pepper Austin	Peggy Manor
Marcia Denoyer	Brenda Montri
Sandra Duncan	Ron Montri
Teresa Gibala	Debra Poupard
Walter Gibala	Sherrie O Szpondowski
Barbara Grajewski	Bonnie Shinevar
Kevin Heller	Deanna Thoma
Phoebe Heller	John Thoma
Connie Hymore	Shirley Yaccick

Donations

Chuck Mushung

Thank You!

We appreciate all donations. Your Donations make a difference.



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

Barbara J Allen
 Natalie B Askar
 Eleanor F Bayer
 Patricia J Beach
 James T Beck
 Russell T Begley
 Charles E. Briggs
 Tom Bruck
 Ashley Frederick Calkins
 Dian M Carmichael
 Peter O Collino
 Kathryn A Cooley
 James E. Coppedge
 Donalda Sue Cupp
 Betty L Curley
 Nancy A Dalpe
 E. Diane Daly
 Joan M DeSloover
 Kathleen M DeSloover
 Michael J Donnelly II
 Lexi B Ellison
 Linda S Gartner
 Glenda J Gentner

Terry M Grabowski
 Marianna Grachek
 Kelly J Hammer
 Kevin Heller
 Richard W. Hubbell
 Karen L Humphrey
 Annie W Kaye
 James L Keck
 Maxine Kull
 Dawn M Kurtz
 Kathleen A. Langton
 Bill Lay
 Rose A Leddy
 Veronica L Lyons
 James T McGuire
 JoAnn Mieden
 Ruby Minton
 Allen G Mrock
 Christine K Noel
 Sharon M Oberly
 Kristina A Pelz
 Chere E Perhatch
 Jim J Reaume

Donna Revell
 Jerome J Richards
 Charles I Rochowiak
 Mary J Rugila
 Kay Rutledge
 Janice L Saez
 Shirley Saum
 Victor Siech
 Rose M Smith
 Beverly A Sobieski
 Mary Lou Soncrant
 Frank B Sottile
 Muriel I Southworth
 Margie A Stone
 Myron Strube
 Cynthia A Tabaczynski
 Marvin J Tarjeft
 Daniel C Van Wasshenova
 Patricia D Venier-Starkman
 Lela M Wadlin
 Cheri L Weakly
 Lois A White
 Joe H Wise
 Patricia D Yeager





Celebration
Monday, October 31, 2022
1:00 PM

Costume contest
Scarry Snack Contest
Pumpkin Painting Contest

Join us for some FUN

Pumpkins and supplies will be provided for the pumpkin contest.

Show us your baking and decorating skills and bring your masterpieces to share and a chance to win a gift card.

Some Ideas:





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**

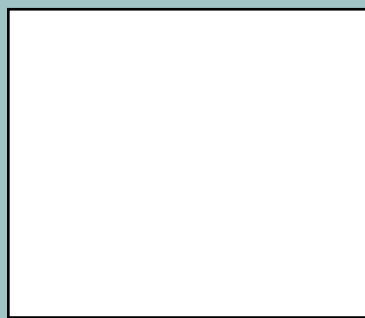
Registration at 9:30 a.m.

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

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



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Alzheimer's Communication

1. Never **Argue**.
Instead **Agree**.
2. Never **Reason**.
Instead **Divert**.
3. Never **Shame**.
Instead **Distract**.
4. Never **Lecture**.
Instead **Reassure**.
5. Never **Say "Remember."**
Instead **Reminisce**.
6. Never **say "I Told You."**
Instead **Repeat**.
7. Never **say "You Can't."**
Instead say what they **Can Do**.
8. Never **Demand**.
Instead **Ask**.
9. Never **Condescend**.
Instead **Encourage**.
10. Never **Force**.
Instead **Reinforce**.

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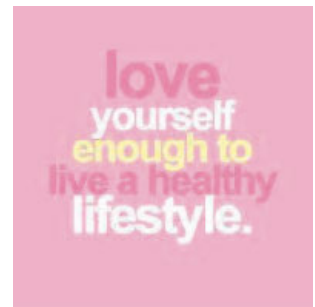
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15-0719

18 Secrets for a Longer Life

1. Protect Your DNA As you age, the ends of your chromosomes become shorter. This makes you more likely to get sick. But lifestyle changes can boost an enzyme that makes them longer. Plus, studies show diet and exercise can help protect them. The bottom line: Healthy habits may slow aging at the cellular level.



2. Play to Win An 80-year study found people who are conscientious -- meaning they pay attention to detail, think things through, and try to do what's right -- live longer. They do more for their health and make choices that lead to stronger relationships and better careers.

3. Make Friends Here's another reason to be grateful for your friends: They might help you live longer. Dozens of studies show a clear link between strong social ties and a longer life. So make the time to keep in touch.

4. Choose Friends Wisely Your friends' habits rub off on you, so look for buddies with healthy lifestyles. Your chances of becoming obese go up if you have a friend who adds extra pounds. Smoking also spreads through social ties, but quitting is also contagious.

5. Quit Smoking We know giving up cigarettes can lengthen your life, but by how much may surprise you. A 50-year British study shows that quitting at age 30 could give you an entire decade. Kicking the habit at age 40, 50, or 60 can add 9, 6, or 3 years to your life, respectively.



6. Embrace the Art of the Nap A siesta is standard in many parts of the world, and now there's scientific evidence that napping may help you live longer. One study showed that those who had a regular snooze were 37% less likely to die from heart disease than those who rarely steal a few winks. Researchers think naps might help your heart by keeping stress hormones down.

7. Follow a Mediterranean Diet It's rich in fruits, vegetables, whole grains, olive oil, and fish. The plan can also put a serious dent in your chances of getting metabolic syndrome -- a mix of obesity, high blood sugar, high blood pressure, and other things that make you more likely to get heart disease and diabetes.

8. Eat Like an Okinawan The people of Okinawa, Japan, once lived longer than any other group on Earth. The region's traditional diet is why. It's high in green and yellow vegetables and low in calories. Plus, some Okinawans made a habit of eating only 80% of the food on their plate. Younger generations have dropped the old ways and aren't living as long.

9. Get Hitched Married people tend to outlive their single friends. Researchers say it's due to the social and economic support that wedded bliss provides. While a current union offers the greatest benefit, people who are divorced or widowed have lower death rates than those who've never tied the knot.



10. Lose Weight If you're overweight, slimming down can protect against diabetes, heart disease, and other conditions that take years off your life. Belly fat is bad for you, so focus on deflating that spare tire. Eat more fiber and exercise regularly to whittle your middle.

11. Keep Moving The evidence is clear. People who exercise live longer on average than those who don't. Regular physical activity lowers your chances of getting heart disease, stroke, diabetes, some forms of cancer, and depression. It may even help you stay mentally sharp into old age. Ten-minute spurts are fine, as long as they add up to about 2.5 hours of moderate exercise per week.

At first, they'll ask you
why you're doing it.
Later, they'll ask you
how you did it.

(continued on page 13)

18 Secrets for a Longer Life (continued from page 12)



12. Drink in Moderation Heart disease is less common in people who drink in moderation than in people who don't drink at all. On the other hand, too much alcohol pads the belly, boosts blood pressure, and can cause a host of other health problems. If you drink alcohol, the limit should be one drink a day for women and one or two for men. But if you don't drink, don't start. There are better ways to protect your heart!

13. Get Spiritual People who attend religious services tend to live longer than those who don't. In a 12-year study of people over age 65, those who went more than once a week had higher levels of a key immune system protein than their peers who didn't.

The strong social network that develops among people who worship together may boost your health.

Forgive Letting go of grudges has surprising physical health benefits. Chronic anger is linked to heart disease, stroke, poorer lung health, and other problems. Forgiveness will reduce anxiety, lower blood pressure, and help you breathe more easily. The rewards tend to go up as you get older.

14. Forgive Letting go of grudges has surprising physical health benefits. Chronic anger is linked to heart disease, stroke, poorer lung health, and other problems. Forgiveness will reduce anxiety, lower blood pressure, and help you breathe more easily. The rewards tend to go up as you get older.

15. Use Safety Gear Accidents are the third most common cause of death in the U.S. and the top cause for people ages 1 to 24. Wearing safety gear is an easy way to boost your odds of a long life. Seatbelts reduce the chances of death in a car wreck by 50%. Most fatalities from bike accidents are caused by head injuries, so always wear a helmet.



16. Make Sleep a Priority Getting enough quality sleep can lower your risk of obesity, diabetes, heart disease, and mood disorders. It'll also help you recover from illness faster. Burning the midnight oil, on the other hand, is bad for you. Snooze for less than 5 hours a night and you might boost your chances of dying early, so make sleep a priority.

17. Manage Stress You'll never completely avoid stress, but you can learn ways to control it. Try yoga, meditation, or deep breathing. Even a few minutes a day can make a difference.

18. Keep a Sense of Purpose Hobbies and activities that have meaning for you may lengthen your life. Japanese researchers found men with a strong sense of purpose were less likely to die from stroke, heart disease, or other causes over a 13-year period than those who were less sure of themselves. Being clear about what you're doing and why can also lower your chances of getting Alzheimer's disease.

SOURCE: <https://www.webmd.com/healthy-aging>

GOOD-FOR-YOU BREAKFAST IDEAS TO HELP START THE DAY



GARDEN HERB VEGGIE AND EGG BREAKFAST TACOS

Gluten-free corn tortillas are a great breakfast alternative to doughy bread. And they're an ideal vessel for fresh garden veggies like spinach and mushrooms, sprinkled with McCormick® Perfect Pinch® Vegetable Seasoning and crowned with a soft egg.

Supplement Smarts: Best Ways to Take Different Vitamins

Make Food Your Plan A



With hundreds of supplements available, it's hard to believe that not every nutrient in whole foods has been captured in a capsule. That's why eating a variety of healthy foods is the best way to meet your health needs. But if you're low on a certain vitamin or mineral, or just want to cover all bases with a daily MVM (multivitamin/mineral),

these tips will help you get the most from it.

Timing Your Multi

You can take your MVM any time you'd like. Your body absorbs some of its vitamins better with food, so you may want to take it with a meal or a snack. You'll also avoid the upset stomach that you can get when you take it on an empty stomach. Not a breakfast person? Have it with lunch or even dinner.



When to Take Water-Soluble Vitamins

Water dissolves them, and your body doesn't store them, so most must be taken every day. They include C and the B's: thiamin (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), biotin (B7), folic acid (B9), and cobalamin (B12). Take them with or without food, with one exception: You'll absorb B12 better with a meal. If you also use vitamin C, put 2 hours between them. Vitamin C can keep your body from using B12.

When to Take Fat-Soluble Vitamins

Vitamins A, D, E, and K need to go with fat from a meal for your body to absorb and use them. But you don't need a lot of fat -- or any saturated fat. The healthy plant-based kind you find in foods like avocado or nuts will do just fine.

If You Take Iron Supplements

You absorb iron best on an empty stomach. Take it with water or, better yet, a citrus juice: Iron and vitamin C have a tag-team effect. If it makes you queasy, save it for right after a meal. But don't mix it with calcium or high-calcium foods -- these interfere with iron. You won't take in either one fully. Men and postmenopausal women should skip supplements with this mineral unless a doctor says otherwise. The average MVM has more than you need.



"Promise you won't get mad at me if I tell you what I did with the vitamins you brought me each day?"

If You Take Mineral Supplements

Large doses of minerals can compete with each other to be absorbed.

Don't use calcium, zinc, or magnesium supplements at the same time.

Also, these three minerals are easier on your tummy when you take them with food, so if your doctor recommends them, have them at different meals or snacks. Don't take any individual mineral at the same time as an MVM or an antioxidant vitamin formula, like one with beta-carotene and lycopene. Also see: What is silicon dioxide and how is it used in supplements?

Supplement Safety

It seems like these products should be harmless. After all, you use herbs all the time when you're cooking.

But some may not be safe, especially if you have certain medical conditions or take some medications. Talk with your doctor before taking any supplements.

Supplements and Your Prescriptions

Even essential nutrients can interfere with many common medications. If you take a traditional blood thinner like warfarin, just the small amount of vitamin K in an MVM can cut its strength. Taking more than 1,000 mg of vitamin E per day can raise your risk for bleeding. And if you take thyroid medication, taking calcium, magnesium, or iron within 4 hours can cut its strength. Ask your doctor about how best to time it.

For information visit.....<https://www.webmd.com/vitamins-and-supplements/>



Test Your Vitamin Knowledge

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

1. What Vitamin does this function: mineralization of bones (raises blood calcium & phosphorus via absorption from digestive tract & by withdrawing calcium from bones & stimulating retention by kidneys).

Vitamin A Vitamin E Vitamin D Vitamin K

2. This Vitamin is good for: Vision, health of cornea, epithelial cells, mucous membranes, skin, bone and tooth growth, regulation of gene expression, reproduction and immunity.

Vitamin D Vitamin A Vitamin K Vitamin E

3. Spinach & other dark, leafy greens; broccoli; deep orange fruits & vegetables are good sources for what vitamin?

Vitamin E Vitamin A Vitamin C Vitamin D

4. What Vitamin deficiencies causes Rickets and Osteomalacia?

Vitamin A Vitamin D Vitamin C Vitamin E

6. Self synthesizes with sunlight, fortified milk or margarine, liver, sardines, salmon and shrimp are sources of what vitamin?

Vitamin D Vitamin A Vitamin C Vitamin E

7. Synthesis of blood clotting proteins & proteins important in bone mineralization are derived from what Vitamin.

Vitamin A Vitamin E Vitamin D Vitamin k

Member's Name:

Entry Date:

<https://www.proprofs.com/quiz-school/quizshow.php?title=vitamins>

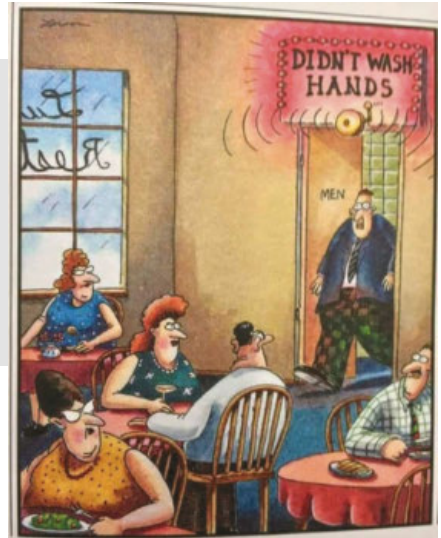


No Reasonable Offer Refused

'Laughter IS the Best Medicine.'



If you're American when you go in the bathroom...
 ... and American when you come out, what are you in the bathroom?
 European.



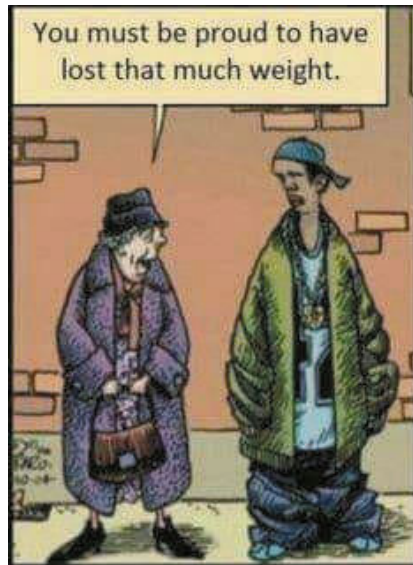
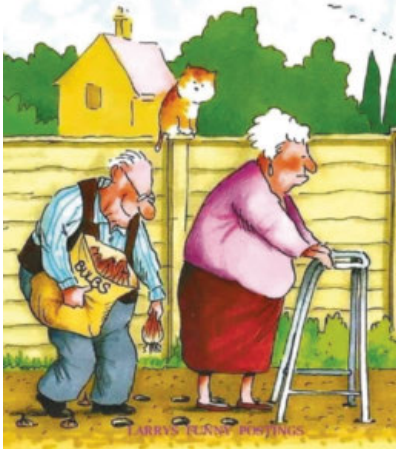
What is Forrest Gump's email password? 1forrest1.

I used to be addicted to the hokey pokey...
 ... but then I turned myself around.

What do you call a couple of chimpanzees sharing an Amazon account?
 PRIME-mates.



IF WE WATCHED COOKING SHOWS THE WAY GUYS WATCH SPORTS



COFFEE IN HAND, SUPPLIES AT THE READY,
 ALICE SETTLES IN, WAITING FOR THE FIRST TELEMARKETER TO CALL.





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.



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.
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.
- ◆ **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.
- ◆ **Savannah, Charleston, and Myrtle Beach, April 16-24, 2023**—presented by Ed & Ted’s Excellent Adventures \$2,599 pp dbl, \$3,299 Single. 9 Days, 8 Nights. 16 Meals—7 Dinners, 8 Breakfasts and 1 Lunch. Trolley Tour, Old Fort Jackson with Cannon Firing, Cathedral of St. John the Baptist, Prohibition Museum South Carolina Aquarium and more.
- ◆ **A Branson Adventure, May 15-20, 2023**—presented by Ed & Ted’s Excellent Adventures. \$1,399 Dbl, Drury Hotels in the St. Louis, MO area, 3 nights a the Hilton at Branson Landing, Admission to and reserve seating for shows, 2 Dinners and 5 Breakfasts (plus 2 light dinners at the Drury Hotels—and MORE.





Frenchtown Center Link

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Commission on Aging



Current Resident

NEWS TO NOTE:



- ◆ **Travel Meeting—October 4, 2022**
- ◆ **Library will be here on Tuesday, October 11, 2022 @ 10:00 AM**
- ◆ **FUN NIGHT MEAL & Entertainment—Tuesday, October 11, 2022 @ 4:30 PM Members \$1.00 / NON-MEMBERS \$3.00**
- ◆ **Board Meeting—Thursday, October 20 @ 10:00 am**
- ◆ **Halloween Fun, Monday, October 31st—Page 9**
- ◆ **NEW—Trivia page 15.....Drop you answers off for a chance to win a complimentary lunch.**

ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING

