



# 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.

## NOVEMBER 2022



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**WE ARE #1**



Frenchtown Center for Active Adults  
 (Frenchtown Senior Citizens Center)

MONROENEWS.COM / SUNDAY,  
 OCTOBER 9, 2022





# 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 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  
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](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.**



| Mon  | Tue  | Wed   | Thu   | Fri   |
|--|--|---|---|---|
|  | <b>1</b> 9:00 Bridge<br>9:00 Cardio Drumming<br>12:30 Bunco<br>12:30 Color Social<br><b>1:00 PM Travel Meeting</b> | <b>2</b> 9:00 Enhanced Exercise<br>9:30 Euchre<br>10:00 Nine Ball<br>12:30 Paint w/Friends<br>1:00 Happy Hookers                                    | <b>3</b> 8:30 Breakfast<br>9:00 Bridge<br>9:00 Cardio Drumming<br>10:00 Ping Pong<br>12:30 LCR<br><b>1:00 Caregiver Mtg</b><br>1:00 Eight Ball  | <b>4</b> 9:00 Enhanced Exercise<br>12:30 Water Color Class<br>1:00 Bingo                            |
| <b>7</b> 9:00 Thrift Shop<br>9:00 Enhanced Exercise<br>11:00—1:00 Quilting | <b>8</b> Election Day<br><b>Center Open For Voting</b><br>No Activities  | <b>9</b> 9:00 Enhanced Exercise<br>9:30 Euchre<br>10:00 Nine Ball<br>12:30 Paint w/Friends<br>1:00 Happy Hookers                                    | <b>10</b> 8:30 Breakfast<br>9:00 Bridge<br>9:00 Cardio Drumming<br>10:00 Ping Pong<br>12:30 LCR<br>1:00 Eight Ball  | <b>11 VETERANS DAY</b><br><b>12</b> 9:00 Enhanced Exercise<br>12:30 Water Color Class<br>1:00 Bingo |
| <b>14</b> 9:00 Enhanced Exercise<br>11:00—1:00 Quilting                    | <b>15</b> 9:00 Bridge<br>9:00 Cardio Drumming<br>12:30 Bunco<br>12:30 Color Social                                 | <b>16</b> 9:00 Enhanced Exercise<br>9:30 Euchre<br><b>10:00 Library In Motion</b><br>10:00 Nine Ball<br>12:30 Paint w/Friends<br>1:00 Happy Hookers | <b>17</b> 8:30 Breakfast<br>9:00 Bridge<br>9:00 Cardio Drumming<br>10:00 Ping Pong<br><b>10:00 Board Mtg</b><br>12:30 LCR<br><b>1:00 Card Making Class</b><br><b>1:00 Caregiver Mtg.</b><br>1:00 Eight Ball | <b>18</b> 9:00 Enhanced Exercise<br>12:30 Water Color Class<br><b>1:00 \$5.00 Bingo</b>             |
| <b>21</b> 9:00 Enhanced Exercise<br>11:00—1:00 Quilting                    | <b>22</b> 9:00 Cardio Drumming<br><b>12:00 RSVP</b><br>12:30 Bunco<br>12:30 Color Social                           | <b>23</b> 9:00 Enhanced Exercise<br>9:30 Euchre<br>10:00 Nine Ball<br>2:30 Paint w/Friends<br>1:00 Happy Hookers                                    | <b>24</b>   | <b>25</b>   |
| <b>28 ART SHOW</b><br>9:00 Enhanced Exercise<br>11:00—1:00 Quilting        | <b>29 ART SHOW</b><br>9:00 Cardio Drumming<br>12:30 Bunco<br>12:30 Color Social                                    | <b>30 ART SHOW</b><br>9:00 Enhanced Exercise<br>9:30 Euchre<br>10:00 Nine Ball<br>2:30 Paint w/Friends<br>1:00 Happy Hookers                        | <b>THANKSGIVING<br/>           DINNER<br/>           SUNDAY<br/>           NOVEMBER 20</b>  |   |
|  |  | <b>See Page 9</b>   |   |   |








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!!



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

| Mon   | Tue   | Wed  | Thu  | Fri   |
|---|---|--|--|---|
| Member Veterans—Join us on Friday, November 11th for a complimentary lunch in your honor. Please call by 1pm on Thursday, November 10th | 1 Chicken Shepherd's Pie  | 2 Large Pork Tostada                           | 3 Scalloped Potatoes w/ diced ham w/ Green Beans   | 4 Vegetable Soup w/ 1/2 Ham Sandwich  |
| 7 2 Chili Dogs w/ Chips   | 8 Election Day<br>Center Open<br>No Activities<br> | 9 Beer Bratwurst w/ Mac & Cheese & Baked Beans | 10 Lemon Pepper Cod w/Rice   | 11 <br>Chopped Sirloin w/ Mashed Potatoes & Veggie |
| 14 Cheesy Potato Bake w/Diced Smoked Sausage  | 15 Loaded Nacho   | 16 Betty Salad                                 | 17 Chicken Chili w/Cornbread   | 18 Hot Pork Platter w/Mashed Potatoes   |
| 21 Grilled Cheese w/Tomato Soup   | 22 Fish Fingers w/Fries & Coleslaw  | 23 Chef Salad                                  | 24 <b>Center Closed</b><br> |   |
| 28 Peppercorn Pork Loin w/ Long Grain Rice & Broccoli   | 29 Large Slice of Meat Pizza w/ Salad & Garlic Knot   | 30 Chicken Tacos                               | "Why did the farmer have to separate the chicken and the turkey?" "He sensed fowl play."                         | 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

November 3 French Toast      November 10 Skillet  
November 17 SOS



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, Tuesday evening, October 11<sup>th</sup>, proved interesting since we decided to do something slightly different. In case you are unfamiliar with the second Tuesday of the month evening socialization event, let me help you. The “Tuesday Fun Meal” was the brainchild of Floreine Mentel as a way of boosting the sagging attendance at the Center. The plan was to offer something for folks to come together, laugh, enjoy some entertainment and have a light meal for a DOLLAR! If you bother to read the newsletter, I won’t mention any names, but you know who you are, JS. This is the history of the how and why of the Tuesday meal. Getting back to the something different, that Tuesday we offered six different topped pizza baked fresh. I had asked folks to remain seated and we would let them know what was being served and not to rush since we had plenty. Needless to say, that didn’t work out so well.

This December will be the fifth year we have been doing the “Tuesday Fun Meal” and believe it or not, it has remained a DOLLAR. How many things can you think of that haven’t increased in price during the past five years? Don’t worry. I am not thinking of increasing the cost to members. Non-members, on the other hand, may take another hit to offset some of the rising costs, but I haven’t decided yet. What I can tell you is providing carryout containers is going to stop. This gathering was never intended to provide a full-course meal where someone could expect to take leftovers home. For a DOLLAR, it was intended to give folks something to do during the week, pass the time, and come together and share a few laughs. Lately, I have seen people wanting to get a carryout meal or a container to take their dessert home. Unfortunately, during the planning stages, we never considered the price of these consumables as part of the activity, and until the pandemic, we never even had a lunch carryout offering. Remember, if the dessert looks good, and they always are, because they are made with love by our very own Nancy Jones. You can always ask for a smaller portion of food. Better yet, do like a friend and eat your dessert first. This way, you always have room for it.

While we enjoy folks coming and partaking in the activity, please keep a few things in mind. First, folks like Donna, Sheila, Andrea, Nancy, and Becky are volunteers, so try to show them a little appreciation for helping out. Those who have been coming since the beginning probably remember the days when we had 15 people. Those long haulers have witnessed its growth to almost 70 people at the October meal. Food for thought, pun intended, serving nearly five times as many people doesn’t go quickly. You can help by being patient. We try to start serving at 5:00 and generally call table numbers, so it is the luck of the card draw. Depending on what we have, and given there are typically twelve tables, the twelfth table called could have a wait. But rest assured, there has only been one time I can recall we ran out of chips. I don’t recall ever running out of the main dish. As a reminder, there will be no November Tuesday night meal due to the election and our designation as a voting precinct.

Speaking of voting, we want to thank everyone who voted to make us the best in Monroe County in the Retirement/Community 55+ category in the Monroe News Reader Choice for 2022. Most, if not all, of the staff, were surprised when Donna congratulated us when she arrived to play bunco and help with the Tuesday meal. Heck, I didn’t know we were nominated as a participant, so I was shocked. I guess next year, I will need to pay more attention to the Best of Monroe 2023.

Happy Veterans day to all who served, and thank you for your service. Remember to sign up for your complimentary lunch as we celebrate your day.

I want to thank the staff for the surprise boss’s day party, the food and cake were outstanding, but nothing compares to your kind words. Thank you.

Finally, Happy Thanksgiving to all. If you plan on joining us on Sunday before, please sign up early because numbers matter. Tickets are available, so please ask the staff. There are no ticket sales at the door, and there will be a cutoff date, so get your tickets early. For further details or questions, please speak with the staff.



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

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Care & Socialization for LOVED ONES

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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

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## FRENCHTOWN CENTER

Library in Motion will return

**Wednesday, November 16, 2022**

Please have returns ready by 10:00 am

PHONE: 734-241-5770

EMAIL: [lim@monroe.lib.mi.us](mailto:lim@monroe.lib.mi.us)



## September Trivia Answers

Stress

1. False
2. False
3. True
4. True
5. False
6. Both

Winner  
Ellen  
Brockway

**Due to the November 8th Election  
Tuesday FUN NIGHT MEAL &  
Entertainment—CANCELLED FOR  
NOVEMBER**

## October Trivia Answers

Vitamins

1. Vitamin D
2. Vitamin A
3. Vitamin A
4. Vitamin D
5. Vitamin D
6. Vitamin K

Winner  
Mary Ann  
Mack

Q: What sound does a turkey's phone make? A: Wing, Wing! Wing, Wing!

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

James L Crawford - New LifeTime Member

|                     |                           |
|---------------------|---------------------------|
| Rita Andrews        | Judy Gagne                |
| Bud J Arnold        | Linda M Gagne             |
| Beverly D Betts     | Shari S Hall              |
| Patty J. Busenbark  | Kathy M Heller            |
| Margaret M Campione | Stanley J Jarczewski      |
| Roger L Cole        | Art F Mininni             |
| Shirley A Cox       | Joyce M. Odghal           |
| Leonard E Ely       | Elliana Rose Shuk-Stevens |
| Pamela G Fosselman  | Linda S Snoddon           |

**Rest In Peace**

Donald C Boucher  
Frederick L Dowler  
Allen Francis Mieden  
Mickie L Short

WITH  
*Sympathy*



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



Nancy K Abb  
Pepper Austin  
Michele R. Ball  
Mary Ann Barbier  
Charlie H Barron  
Karen L Beaudrie  
Linda A Boberg  
Doris A Bomyea  
Kristin S Bostic  
Barbara L Boudrie  
Mary Bruck  
Anna L Burgess  
Patricia A Busenbark  
Mary A Collino  
Carol A Coppersmith  
Lawrence "Larry" E Dailing

Elizabeth A Dickey  
Diana L Duvall  
Judith I Eberline  
Brenda L Facey  
Karen K Foster  
Charles Ray Hammer  
Rose A Harris  
George W Hess  
Brenda C Hopkins  
James D Jones  
Phyllis S Kinhead  
Mary M Kittle  
John P. Klosinski  
Judy Krueger  
Patricia Kull  
Jo Ann Kunich  
Richard J. Langton  
Linda S Lauer

Carol A Leachman  
Saundra F Lenling  
Judy A Lindquist  
Alex S Luci  
Betty Manoulian  
Karen D McLaughlin  
Linda L Mell  
Dennis J Miller  
Art F Mininni  
Jeanette M Mlynek  
John S Morris  
Hobby Nels  
Rose A Nisley  
Stanley R Opfermann  
Thomas J Peckham  
Suzanne T Pegouske  
John C Perniciaro  
Linda A Peters

Salvatore Pizzo  
Theresa H Pritchett  
Denise Roberts  
Bill H Ryan  
Robert J Sacka  
John (Jack) C Schwab  
Cheryl Linn Shepherdson  
Bonnie J Shinevar  
Julianne Siech  
Edward Slatinsky  
Mark R Smith  
Mary A Van Wasshenova  
Doris M VanBuskirk  
Oscar M Vandavelde  
Bonnie Ann Verville  
Diane K Wechter  
Melissa A Weems  
Jerry White  
Adel A Widman







# Thanksgiving Dinner Sunday, November 20, 2022



Thanksgiving Dinner  
1:00—4:00 PM  
Members \$10.00  
Guest \$15.00

**Pre-Sold Tickets ONLY**

Cut-off date Monday, November 14, 2022

Join us for a traditional Thanksgiving Dinner

**Entertainment Provided by DJ Betty**



Veterans are among the most inspiring people we come across. They risk their lives to protect our freedom. And after their service, they also contribute their skills to various professions.

Veterans make big sacrifices to protect our country's founding principles.

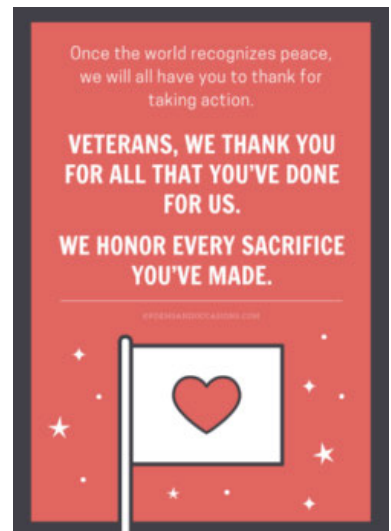
Every year, we celebrate Veterans Day on November 11 to honor all those who have served in the military. However, their bravery and selflessness should be honored every day.

There's no way we can repay our bravest soldiers for all the responsibilities they undertake. But, we can show our gratitude by sending an uplifting poem or message to a veteran.

Veterans, you give our nation a reason to be proud. We admire your bravery and wish you a life of blessings and good fortune. We could thank you a million times, but it would fall short of how grateful we really are for individuals like you. Happy Veterans Day!

**Member Veterans—Join us on Friday, November 11th for a complimentary lunch in your honor.**

*(Please call by 1pm on Thursday, November 10th to RSVP.)*



SOURCE: <https://www.poemsandoccasions.com/thank-you-veterans/>



1. What town canceled Thanksgiving because they couldn't make pumpkin pies?  
A. Salt Lake City      B. Colchester      C. Traverse City
2. What professional football team has played almost every Thanksgiving since 1934?  
A. Green Bay Packers      B. Buffalo Bills      C. Detroit Lions
3. What city is home to the oldest Thanksgiving parade?  
A. Philadelphia      B. Plano      C. Detroit
4. What did President Calvin Coolidge famously receive as a Thanksgiving gift?  
A. Gold Watch      B. Golf Clubs      C. A live raccoon
5. What food did the colonists and Native Americans not have at the first Thanksgiving?  
A. Turkey      B. Green Beans      C. Dinner Rolls
6. Has Thanksgiving always been celebrated on the fourth Thursday in November?  
Yes or No

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

Answers and stories behind them in the December newsletter.

Member's Name: \_\_\_\_\_

---

Entry Date: \_\_\_\_\_

<https://www.goodhousekeeping.com/holidays/thanksgiving-ideas/a35457/thanksgiving-trivia/>

|                                   |  |  |
|-----------------------------------|--|--|
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| <p>LET US PLACE YOUR AD HERE.</p> | <p><b>GROW YOUR BUSINESS BY PLACING AN AD HERE!</b></p> <div style="text-align: center;">  <p><b>CONTACT US!</b></p> </div> <p>Contact Terry Sweeney to place an ad today!<br/>tsweeney@lpicommunities.com<br/>or (800) 477-4574 x6407</p> | <p><b>THIS SPACE IS AVAILABLE</b></p>  |



If you know the selfless, rewarding life of caring for another person, then you also know how heavy things can get. That's true no matter whether you're a family member caring for a loved one or a caregiver working with a patient. Sometimes, just a kind word of support can help us rise above caregiver burnout. Whether you're a family caregiver or a professional, caring for others can take its toll. We're at our best when

we're thinking positively, but that's not something that always happens spontaneously. Instead, caregivers might find quotes bolster their optimism. Here are a few quotes of inspiration:

1. "There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver." — Rosalyn Carter
2. "Some days there won't be a song in your heart. Sing anyway." — Emory Austin
3. "To care for those who once cared for us is one of the highest honors." — Tia Walker, *The Inspired Caregiver: Finding Joy While Caring for Those You Love*
4. "A smile is the light in your window that tells others that there is a caring, sharing person inside." — Denis Waitley, author
5. "Worry never robs tomorrow of its sorrow, it only robs today of its joy." — Leo Buscaglia, author, professor, motivational speaker
6. "It is not the load that breaks you down. It's the way you carry it." — Lena Horne, singer
7. "If you can't change your fate, change your attitude." — Amy Tan

For more inspirational quotes visit:

<https://www.care.com/c/40-inspirational-caregiver-quotes/>



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15-0719



# Art Sale & Show

Monday, November 28-December 16, 2022



Beautiful creations from the Watercolor Class will be on display for purchase. What a perfect time to find that beautiful Christmas Gift.



Tickets Are On Sale for Our Annual **Wheelbarrow of Cheer Raffle** AND

We Are Accepting Donations to fill this wheelbarrow (Liquid Refreshments, Cheese, Crackers, Chips, Candy, Cookies, etc....)

TICKETS \$1.00 EACH OR 6 FOR \$5.00  
Drawing Wednesday, December 21, 2022 @ NOON



Fritz Peterson  
2021 Winner

- 1st Prize: Wheelbarrow of Cheer**
- 2nd Prize: Gift Basket \$75.00 Value**
- 3rd Prize: \$20.00 Gift Card**

**NEED NOT BE PRESENT TO WIN!**

license# X07261



**\*\*Must be at least 21 years old to enter**

Sunday, October 16 - Boss's Day 2022 in the U.S. Frenchtown Center for Active Adults Staff did great in giving a small surprise party to the boss - Paul Iacoangeli.



## MEDICARE TIPS

It's that time again, Medicare's annual open enrollment period, from October 15 to December 7, 2022. You have an opportunity to make changes to your current health plan coverage.

Since most Medicare-related resources have moved online, some people might struggle to navigate the maze of health insurance options available to them. They might stick with their existing Medicare coverage mainly because they don't have great tech skills and are overwhelmed by the process.

Traditional Medicare and Medicare Advantage plans that were once good choices may no longer offer the best coverage. Providers and physicians drop out of both options on a regular basis. That may mean your long-time doctor or preferred hospital will no longer accept your Medicare or Medicare replacement insurance in 2023. With the increase in Medicare Advantage plans in recent years, however, there may be a better choice available — one that offers a broader range of health care providers at a better overall price. Sometimes changing plans can save seniors money while also giving them access to different care providers.

### Tips to Make the Most of Medicare Open Enrollment

- **Review your ANOC:** Every Medicare or Medicare Advantage plan recipient receives what is called an Annual Notice of Change (ANOC). They are mailed out in September and typically arrive in late September or early October. It's important that seniors carefully review the ANOC and look for updates that might impact them, from changes in costs to differences in coverages and providers. Review and evaluate last year's coverage to determine how well your current plan is working for you.

### Take a look at:

- **Satisfaction with providers:** Make a list of things that are working and places where current coverage falls short. Think about your overall satisfaction, from how long you have to wait for an appointment with a primary care physician to the distance to the closest lab for blood work
- **Out-of-pocket costs:** It's also helpful to pull together a list of out-of-pocket expenses for the last year or two. Include premiums paid for gap insurance, coinsurance costs, deductibles, and any costs that were denied. Add all of these together. This gives you a better understanding of the true cost of your current plan.
- **Other available options:** Most Medicare recipients find their mailbox and email inbox fill up with offers from health care plan providers during the fall. It can be overwhelming. One way to explore other options is with [Medicare Plan Finder](#). This online tool allows you to enter your zip code to search for available plans.

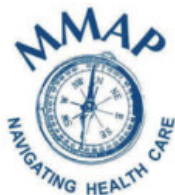


**Locally we are fortunate to have Monroe County Opportunity Program.** They have Senior Resource Advocates and Service Coordinators trained to assist seniors in applying for **Medicaid** services such as medical assistance and in finding the best **Medicare Part D Prescription Program**. They are available to answer questions or to help navigate through the process. You can call **734-241-2775** to make an appointment.

**You can also utilize free professional help by contacting the State Health Insurance Assistance Plan (SHIP)** If you have specific questions

or just want help from a professional to determine the best plan for 2023. SHIP advisors are available in every state to provide **free, unbiased, one-on-one support.**

**1-800-803-7174**



<https://www.lpicommunities.com/blog/medicare-tips-share-seniors-in-your-community/>



## Medications Seniors Should Use With Caution

### Why Age Makes a Difference



It's no secret that when you get older, your body doesn't work the way it used to. And that's true for how you react to medicine. Your digestive system might not absorb medications as quickly. Liver problems might mean the drug builds up in the bloodstream or doesn't get into it as fast as it should. And kidney trouble could affect how well medicine moves out of your body as waste. Ask your doctor about the impact of your meds as you age.

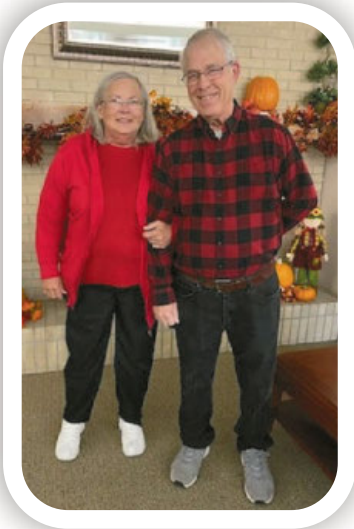
1. **Over-the-Counter Painkillers:** Non-steroidal anti-inflammatory drugs (NSAIDs), like ibuprofen, aspirin, and naproxen, can keep some prescription medications you take from working the way they should. They're often not a good combo with blood thinners, diabetes drugs, diuretics, or blood pressure drugs. NSAIDs are also rough on major organs when your body gets older, such as your kidneys, liver, heart, and the digestive system.
2. **Muscle Relaxants:** Your doctor may suggest these drugs to ease muscle spasms. Muscle relaxants like cyclobenzaprine (Flexeril), methocarbamol (Robaxin), and carisoprodol (Soma) can have side effects like feeling woozy and confused. That could raise your chances of falling and hurting yourself.
3. **Certain Diabetes Drugs:** Long-acting sulfonylurea drugs for diabetes, such as chlorpropamide (Diabinese) and glyburide (DiaBeta, Glynase), can cause low blood sugar, a condition called "hypoglycemia." You might get confused, shaky, sweaty, hungry, and tired. If the condition is severe or long-lasting, it can cause seizures and, in rare cases, could be life-threatening.
4. **Antihistamines:** If you have hay fever, your doctor may suggest over-the-counter drugs called antihistamines. They can keep you from sneezing, but some come with more side effects than others. Some antihistamines may leave older adults extra drowsy and confused, which raises your chances of a taking a tumble.
5. **Certain Sleep Aids:** Drugs that help you go to sleep can cause problems when you wake up. You might feel groggy and have trouble with balance when you get out of bed in the morning. Your ability to think clearly might be affected. Diphenhydramine, the main ingredient in many sleeping pills, can also lead to dry mouth, blurred vision, and bladder problems.
6. **Anxiety Medication:** Benzodiazepines are drugs that treat anxiety. They include diazepam (Valium), alprazolam (Xanax), and chlordiazepoxide (Librium). Some of these medications stick around in your system a lot longer than others. Their side effects, like confusion, can last past the day you take them and raise your chances of falling.
7. **Anticholinergics:** Your doctor may prescribe these drugs to help treat conditions like Parkinson's disease, irritable bowel syndrome, and depression. But anticholinergics can cause confusion, dry mouth, and blurry vision, especially in older adults. In older men, they are more likely to cause problems with peeing.
8. **Tricyclic Antidepressants:** They're an older class of drugs that doctors don't prescribe often. But if you take tricyclics, such as amitriptyline and imipramine, keep in mind they have side effects that can be worse in older adults. These include problems like constipation, irregular heartbeat, blurry vision, confusion, memory trouble, and dry mouth. Men could have problems with peeing.
9. **Antipsychotics:** These drugs treat mental disorders, such as schizophrenia and bipolar disorder, and are risky for some older adults. Taking antipsychotics raises your chances of a life-threatening heart problem or a brain bleed if you have dementia.
10. **Cimetidine (Tagamet):** It's an over-the-counter treatment for heartburn, indigestion, and ulcers. If you're an older adult and take this medicine, it can have side effects like confusion, even at regular doses.
11. **Combination Drugs:** Look carefully at the labels of over-the-counter medicines to see if they have more than one active ingredient. Some cold and sinus medications, for example, have decongestants along with antihistamines. The combination can make you confused, drowsy, and groggy. It can also raise your blood pressure and cause problems going to the bathroom.
12. **Laxatives:** A lot of older folks take medications to help ease constipation. But it isn't wise to take some medicine, like bisacodyl (Dulcolax), as long-term, regular treatment. Over time, laxatives can cause permanent problems with your bowels.

<https://www.webmd.com/healthy-aging/ss/slideshow-medications-seniors-should-use-with-caution>





# Members celebrate 50 Years!!



**Ashley Frederick and Charlene Calkins**



**Kent and Margaret Mathews**



Do you have a special occasion happening. Contact Patricia Smith, newsletter creator, and we will highlight you in the monthly newsletter.

We had a great Celebration week for the **National Adult Day Services Week** (September 18—24, 2022). Thank you to everyone who bought 50/50 tickets and entered the candy jar guessing game. All proceeds were donated to the Alzheimer's Walk held on October 8, 2022.

Congratulations to **Donna Bender and Michelle Jones** for winning the Candy Guess. There were 107 pieces. Donna guessed 106 and Michelle guessed 108. AND to **Gladys Drummonds** for winning the 50/50.



Miss **Elliana Rose Shuk-Stevens**, One of our new members and the youngest ever!! Born on 12/23/2021 Pictured with her mother - Reggena S Wortinger and great-grandmother - Nancy J Wortinger. Photo taken during the Ice Cream Social.



**'Laughter IS the Best Medicine.'**

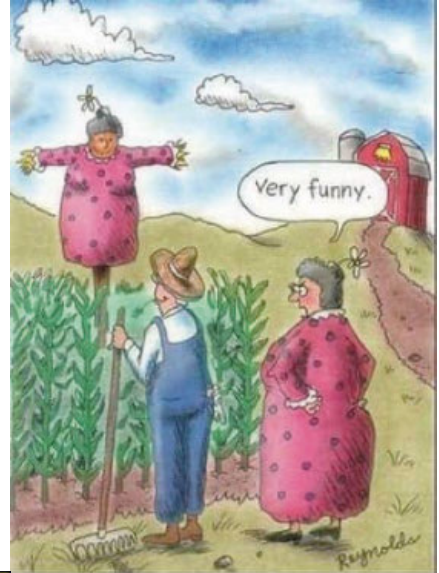
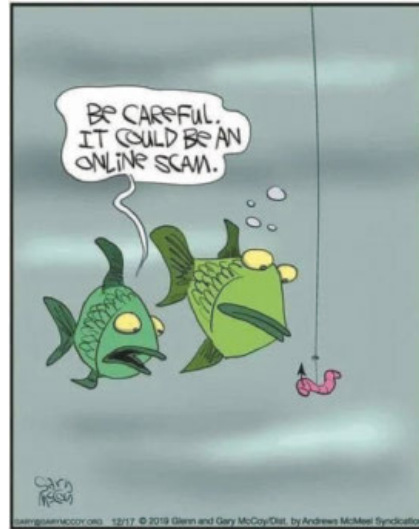
'On today's episode of 'My wife insisted on cutting the grass' ..



**GRILLED CHICKEN**

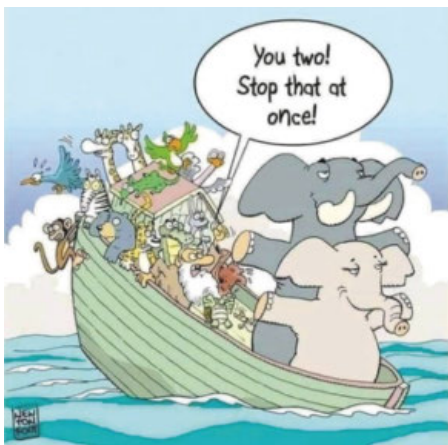
**THE MORNING CORNY**  
**WHY DID THE SCARECROW WIN AN AWARD?**  
**HE WAS OUTSTANDING IN HIS FIELD.**

**THE BOBBY BONES SHOW**



The adult version of "head, shoulders, knees and toes" is "wallet, glasses, keys and phone."

- "What did the turkey say to the turkey hunter on Thanksgiving Day?" "Quack, Quack!"







Frenchtown Center for Active Adults

# Southern Charms

Charleston & Savannah



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.**



## Nite Lights at MIS

Michigan International Speedway

The Frenchtown Voyagers present:  
**LAKES, GRAPES, COMEDY, AND CRUISES**

June 11th/16th, 2023



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

November 1, 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.

- ♦ **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, \$79.00 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.
- ♦ **Savannah, Charleston, and Myrtle Beach, April 16-24, 2023**—**WAITLIST** 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 at 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.
- ♦ **Springtime in the Smokies Sunday, May 21—Wednesday, May 24, 2023**—presented by Bianco Tours. \$1,149.00 pp/dbl 4 days / 3 nights 3 Breakfasts, 1 Lunch & 2 dinners. Gatlinburg's Space Needle, Downtown Gatlinburg (shopping), Guided Mountain Top Tour, Dixie Stampede (included dinner), and more.
- ♦ **Lakes, Grapes, Comedy, and Cruises, June 11-16, 2023**, presented by Ed & Ted's Excellent Adventures. \$1,599.00 pp dbl. 5 nights at The Harbor Hotel in Chautauqua, NY and 3 in Geneva, NY. Tour of National Comedy Center, Sonnenburg Gardens and mansion, Lucy Desi Museum, Jamestown—Lucille Ball's Hometown. Pre dinner cruise aboard the Chautauqua Belle Steam Boat. Dinner and Wine Tasting at Ventosa Vineyards. 12 Meals-5 Breakfast, 5 Dinners, and 2 lunches.







# Frenchtown Center Link

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A Non-Profit Organization  
2786 Vivian Road  
Monroe, MI 48162  
A Monthly Publication



Commission on Aging



Current Resident

## NEWS TO NOTE:

- ◆ Travel Meeting—Tuesday, November 1, 2022 @ 1:00 PM
- ◆ The Center will be open November 8, 2022 for voting, however no activities are scheduled.
- ◆ Library will be here on Wednesday, November 16, 2022 @ 10:00 AM
- ◆ **FUN NIGHT MEAL & Entertainment—CANCELLED FOR NOVEMBER**
- ◆ Tickets are now on sale for our Annual Wheelbarrow of Cheer.
- ◆ Board Meeting—Thursday, November 17 @ 10:00 am
- ◆ **Thanksgiving Dinner, Sunday, November 20, 2022**
- ◆ Trivia page 15.....Drop you answers off for a chance to win a complimentary lunch.
- ◆ Last day for Bridge is November 17, 2022. Returning in spring.



no

ALL EVENTS SUBJECT TO CHANGE PLEASE CALL BEFORE COMING

