

January 2019

# Vitality

YOUR MONTHLY GUIDE TO AGING WITH  
GRACE, PURPOSE AND WELL-BEING

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**On the cover:** Yoga is just one of several exercise options for those looking to improve their well-being in 2019.

**Photo courtesy of Metro Creative Connection**

## SENIOR LIVING

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**Chesterfield Senior Center:** 47275 Sugarbush, Chesterfield, 48047

**Macomb Daily Building:** 19176 Hall Road, Suite 200, Clinton Township, 48038

**Macomb County Seniors:** 21885 Dunham, Clinton Twp, 48036

**Pine Ridge Assisted Living:** 36333 Garfield, Clinton Twp, 48036

**Clinton-Macomb Library:** 35891 S. Gratiot, Clinton Twp, 48035

**Clinton Twp Senior Center:** 40730 Romeo Plank, Clinton Twp, 48038

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**Eastpointe City Rec:** 16435 8 Mile, Eastpointe, 48021

**Fraser Senior Center:** 34935 Hidden Pine, Fraser, 48026

**Tucker Senior Center 26980 Ballard, Harrison Twp, 48045**

**Macomb Senior Center:** 19925 23 Mile, Macomb Twp, 48042

**Mt Clemens Library:** 150 Cass, Mt. Clemens, 48043

**New Baltimore Library:** 36480 Main, New Baltimore, 48047

**Romeo Park and Rec:** 361 Morton, Romeo, 48065

**Roseville Senior Center:** 18185 Sycamore, Roseville, 48066

**Roseville Library:** 29777 Gratiot/ Common, Roseville, 48066

**Shelby Senior Center:** 51670 Van Dyke, Shelby, 48316

**Sunrise Assisted Living:** 46471 Hayes, Shelby, 48315

**Utica Senior Residence:** 7650 Greeley, Shelby/Utica, 48317

**St Clair Shores Library:** 22500 11 Mile, St. Clair Shores, 48081

**SCS Parks and Rec:** 20000 Stephens, St. Clair Shores, 48080

**Sterling Heights Senior Center:** 40200 Utica, Sterling Heights, 48313

**Henry Ford Medical:** 3500 15 Mile Rd/ Ryan Rd, Sterling Heights 48310

**Andreas Rest:** 12/ Bunert, Warren 48088

**Warren City Hall:** 29500 Van Dyke between 12 & 13, Warren, 48093

**Warren Community Center:** 5460 Arden, Warren, 48092

### OAKLAND COUNTY

**Auburn Hills Senior Center:** 1827 N. Squirrel, Auburn Hills, 48326

**Orion Senior Center:** 21 E. Church, Orion Charter Twp, 48362

**OPC Rochester:** Leticia Rd, Rochester, 48307

**Troy Senior Center:** 3179 Liver- nois, Troy, 48084

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A 21st Century Media  
publication managed by  
Digital First Media

digitalfirst

## MONEY &amp; SECURITY

# How tax laws for divorce have turned upside down in 2019

By Debra Kaszubski  
For Digital First Media

Going through a divorce is never easy. Thanks to changes in the tax laws that had taken effect at the beginning of this month, breaking up is now even harder to do.

The biggest change is that alimony paid will no longer be tax-deductible and alimony received will no longer be taxable income.

For decades, alimony has been tax deductible for the person paying it and taxable income for the person receiving it. But that basic tenet of divorce will no longer apply.

"In terms of implications, this is huge in terms of divorce settlements, both how they're done, and the receiving spouse is likely to receive less overall support under the law," said Nicole Christians, a Merrill Lynch advisor based in Farmington Hills.

This could make the process of divorcing extra sticky, overly emotional and significantly uglier. The law change stands to be the biggest dividing issue in divorces in 2019 and, by some estimates, will raise \$6.9 billion for the government over the next 10 years.

As a result of the new tax treatment, high-income divorcing spouses will aggressively fight to pay less in alimony, since the government will no longer subsidize these payments via the tax deduction. (This could hurt finances for some women,



PHOTO COURTESY OF METRO CREATIVE CONNECTION

whose income typically falls sharply after a divorce.)

Lower-income spouses will likely fight to get as much alimony as possible, since the tax burden will be removed and the payments will go further.

People who are already divorced will be grandfathered in, but if their agreements are modified in 2019 or beyond, they could be subject to the new rules, too. If the modification states that it is to be governed by the new rules, then the new rules will apply. If the modification says nothing, however, the old rules will apply.

Pre- and post-nuptial agreements may be affected by the tax changes, too. The new rules may nullify many of the items in such agreements, so all pre- and post-

nuptial agreements should be reviewed by a financial consultant, an attorney or both.

The best thing you can do if you're getting a divorce this year? Get professional help for your finances as well as legal matters.

"My advice is to consult your tax advisor in conjunction with your attorney to see if there's any proactive steps that can be taken. Meet with your financial advisor to see the future impact as far as retirement savings goes," Christians said. "If your support payments are going to be less you're going to have to coordinate your financial advisors in tandem to make sure you're prepared."

*Next Avenue contributed to this report.*

## Brian J. Kurtz

AIP Financial Services, Inc.



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## HEALTH &amp; FITNESS



PHOTO COURTESY OF MARK A. ROLAIN

Ophthalmologist Mark A. Rolain said advances in technology have lead to a slight uptick in the number of younger patients undergoing cataract surgery. The majority of his patients, however, are ages 65 and older.

# Why more people are getting cataract surgery in their 50s, 60s

By Debra Kaszubski  
For Digital First Media

More people in their 50s and 60s are seeking out cataract surgery, a procedure once thought to be only for the elderly.

Dr. Mark A. Rolain, Chief of Ophthalmology at Beaumont Hospital in Troy and Professor of Ophthalmology at Oakland University's William Beaumont School of Medicine, said advances in cataract surgery is one reason more younger people are getting the surgery than in the past.

Cataracts, a clouding of the normally clear lens of the eye, can start in people in their 40s, although they

won't likely be noticeable. As a person ages, a cataract can grow to the point where it impairs vision in the eye. For example, night driving might become more difficult, halos of glare may be reflected in headlights and vision may be cloudy.

Numerous advancements in technology during the last 30 years have made cataract surgery less daunting, Rolain said. There used to be more risk associated with the surgery and outcomes were not as good as they are today.

"The instrumentation we use to remove cataracts is phenomenal now. The safety is tremendous. When I started doing cataract surgery in 1991, we made incisions that were greater than 10 millimeters in length," Rolain said. "We were using sutures and recovery time was up to three months before you could get into glasses."

Today, the incision is much smaller, usually around two millimeters in length. Surgeons don't use stitches as much and healing time is greatly reduced. Patients are back in glasses within two to four weeks of the surgery if they need the

**Cataracts, a clouding of the normally clear lens of the eye, can start in people in their 40s, although they won't likely be noticeable.**

eyewear.

Younger patients also tend to heal more quickly than older ones, he says. They generally resume their normal level of activity more rapidly than older patients, too, which helps develop a positive attitude imperative for a speedy recovery.

Increased exposure to the sun can lead to cataracts. Wearing sunglasses or other protective gear to block the sun's harmful rays from the eyes can help to prevent early onset of cataracts.

Some other ways to help prevent cataracts include not smoking; controlling other diseases, such as diabetes and eating a healthy diet that includes leafy green vegetables, and fruits and foods high in antioxidants, according to the American Optometric Association and the National Eye Institute. The National Eye Institute also recommends that people 60 and older

have a comprehensive dilated eye exam at least once every two years.

Still, cataracts are an inevitable part of growing older and everyone will develop this clouding of the lens behind the eye. Not everyone will need the surgery, though, Rolain said.

Although more younger people are getting the surgery, the majority of Rolain's cataract patients are still age 65 and older, he said. And although there are benefits to having the surgery at a younger age, he said he will only offer the surgery when it's medically necessary, regardless of a patient's age.

For information on the cataract surgical procedures Rolain uses, including laser cataract surgery, visit his website at [universityeyecare.com](http://universityeyecare.com).

*Next Avenue contributed to this report.*

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## SOCIAL & WELL-BEING



PHOTO COURTESY OF METRO CREATIVE CONNECTION

# Plenty of ways for older adults to serve on MLK Day

**By Debra Kaszubski**  
For Digital First Media

*"Life's most persistent and urgent question is: 'What are you doing for others?'"*  
— Martin Luther King Jr.

With the national MLK Day of Service coming up Monday, Jan. 21, here are some suggestions for older adults on ways to serve in metro Detroit:

- Royal Oak High School will host several on- and off-site (transportation is provided) service projects beginning at 7:45 a.m. on Jan. 21. Admission is free, but participants are asked to bring in a donation. Participants will be able to help collect and sort items for area charities, and craft blankets for the Children's Hospital. Other volunteer opportunities are available as well. Visit [romi.gov](http://romi.gov) for information.

- The city of Auburn Hills will collect donations at a free breakfast honoring Dr. King Jr. The event, which takes place at the Auburn Hills Community Center, begins at

8:30 a.m. Volunteers will make flannel tie blankets for those in need at the Grace Centers of Hope Homeless Shelters. For information, visit [www.auburnhills.org](http://www.auburnhills.org).

- Visit the website [mentoring.org](http://mentoring.org) to become a mentor to a child. Enter your preferred geographic area; the age of youth you'd like to mentor; whether there's a type of child you want to assist (such as academically at-risk or low income or LGBTQ) and the type of mentoring you want to do (such as one-to-one or e-mentoring). After that, you'll quickly see a variety of opportunities, then contact a program to begin mentoring.

- Helping Hands for Heroes is year-round volunteer opportunity at the Sterling Heights Center. Volunteers sort donated items and fill care bags for the Veterans Administration Hospital and the Veterans' Outreach food pantry. Call 586-446-2757 to sign up. Several other senior centers sponsor ongoing volunteer activities. See the center in your community for details.



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## HEALTH &amp; FITNESS

# Variety of fitness options make it easy to stay active in 2019



PHOTO BY DEBRA KASZUBSKI — FOR DIGITAL FIRST MEDIA

Tai chi instructor Garry Cabbil leads Diane Carr and Judy Khadra in a recent class at the Clinton Township Senior Center.

**By Debra Kaszubski**

*For Digital First Media*

For many people a new year brings a new workout routine. If you're the type of person who hits the cardio equipment at the local gyms in January, only to drop your membership in February, consider something new. With everything from pilates to Tai Chi, there's bound to be something that will keep you active well into 2019 and beyond.

## Tai Chi

Tai chi or "moving meditation," is a gentle exercise that uses a series of movements performed slowly and focused, accompanied by deep breathing. Originally used for self-defense, Tai chi has evolved into a form of exercise used to ease stress and a number of health issues.

"When you're doing the form, you're only thinking of the form and everything else falls away," said Judy Khadra of Macomb Township. "All those small muscle movements, holding those forms... I can feel it. It doesn't look like much, but you're work-

ing."

Several studios show that Tai chi helps reduce the risk of falls, improves balance and eases pain in individuals with all types of arthritis. In addition, scientists show it increases brain volume and helps improve memory in older adults.

Garry Cabbil of Detroit teaches the Sun (pronounced "soon") style of Tai chi at the Clinton Township Senior Center. This style is known for its smooth, flowing movements and gentle postures. There's no crouching or jumping, making it suitable for older adults and those with arthritis, he said.

## Pilates

Many fitness experts, including Troy-based instructor Ilene Hill, say pilates is for everyone and anyone. Pilates is like yoga, but it emphasizes the body's core, which includes the abdomen, obliques, lower back and backside. When doing pilates, the goal is to go for correct form rather than repetition.

Pilates is traditionally done using a reformer, (a machine made up of a slid-

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ing carriage rigged with springs, straps and a bar) however, it can be done using just a mat.

During Hill's hour-long session, she's almost constantly talking about the proper way to move to execute the pilates movement. Students work at their own level at exercises such as planks, light weight lifting, bridges, calf raises, and much more. Equipment includes a mat, free weights, a foam cube, and other items.

### Dance

Balance, cardio and fun all come together in dance class. Plus, a Missouri study shows dance makes it less likely you'll suffer a fall. The constant need to assess movement and respond to muscle also stimulates brain activity, according to the Mayo Clinic.

Many dance studios now offer adult lessons, with styles that range from ballroom to swing and country western style line dancing and more. Check your local gym for classes such as Zumba or look online

for studios in your area that offer adult dance.

### Drums

Channel your inner rock star by trying a drumming class. Offered at the Rochester Older Persons Commission and other local gyms and community centers, "Drums & More" involves drum sticks, a stability ball and choreographed moves. The workout promotes strength and cardiovascular endurance.

### Yoga

The weight-bearing, no-impact aspects of yoga make it especially good for increasing bone strength, which is of particular concern after 50. A 2011 study shows yoga also helps ease chronic lower back pain.

Researchers suggest seeking out an instructor knowledgeable about modifying postures to accommodate physical limitations. Also, look for classes geared to beginners if you're just starting out.

*Next Avenue contributed to this report.*



PHOTO BY DEBRA KASZUBSKI — FOR DIGITAL FIRST MEDIA

Garry Cabbil of Detroit teaches the Sun (pronounced "soon") style of Tai chi at the Clinton Township Senior Center.

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## MONEY &amp; SECURITY

# 4 new cars and trucks grandparents will love

By Mark Daniels

Next Avenue

If you are a grandparent and in the market for a new car, you may want to look for one that would be suitable for you, your grown kids and your grandkids. But with so many choices out there — sedans, trucks, crossovers, SUVs — how can you make an informed decision?

Before you head to the car dealership, think about the type of grandparent you want to be. Are you going to be known as the sophisticated grandfather with a great sense of taste? The fast-paced, mile-a-minute grandmother you've always wanted to be? Is hauling around a truckload of kids your idea of grandparenthood? Or is

teaching your kids' kids to be ecologically aware more important?

Below are five cars grandparents love and chosen by the respected automobile research site Edmunds.com, listed from lowest price to highest; one or more of them might match your style.

**Chrysler Pacifica**  
(price: starting at around \$25,800)

For grandparents who know they'll be called on for soccer practice pickups and dance recital drop-offs, the Chrysler Pacifica is worth considering. With loads of seating (up to eight passengers), this minivan can handle multiple grandkids and all of their gear.

Moreover, the safety fea-

tures are top notch, with blind spot monitoring, rear cross path detection and rear park assist all standard.

For older, more discerning grandkids, the Pacifica comes equipped with the latest tech features, including SiriusXM Satellite Radio and not one, but two headrest screens, perfect for avoiding the dreaded "we want to watch different shows" conundrum.

**Ford F-150** (price: starting at around \$26,000)

The Ford F-150 pickup is built tough, which is perfect for the grandparent who understands how rough little kids can be on everything. With available all-weather floor mats through-

out the interior, the F-150 is designed for the thrills and spills your new little ones can throw at it.

In addition, if you're keen on sharing with your grandkids the beauty of nature and the outdoors, this could be the truck for you. With roof-mounted bicycle carriers and hitch-mounted ski carriers available, you can take the kids everywhere from the lake to the cabin to the ski lodge.

**Mercedes E-Class**  
(price: starting at around \$49,000)

Sometimes for a grandparent, nothing but the best will do. The Mercedes E-Class sedan is elegant and luxurious inside and out and sure to impress your grandkids and

their parents. Refinement abounds, from the E300 turbo-charged engine and 9-speed transmission that deliver a smooth, quiet and economical ride to the sumptuous, fine-tuned interior with features for comfort and safety.

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**Corvette Stingray**  
(price: starting at around \$55,000)

Not all vehicle choices for a grandparent have to be practical, do they?

Chevrolet's Corvette Stingray, admittedly, is not

the most obvious choice for the discerning grandparent. But think about how your grandchild will feel when he or she sees you pull up in this stylish convertible and ask: "Do you want to go for a ride?" You'll be the cool, hip grandparent you always envisioned yourself being.

With a 6.2-liter V-8 and 460 horses under the hood, you'll need to first make sure everyone's seat belts are buckled nice and tight, though. Once you start driving your grandkids, you're sure to make a lasting memory for them.

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## MONEY &amp; SECURITY

# What to do when faced with a low home appraisal

**Q** : I bought a home from a for sale by owner. After closing I had a survey done in order to install a fence. The survey shows the lot dimensions are different from what the for sale by owner's info sheet said. The Sellers info sheet showed that the lot was 80 x 145 and so did the city's assessing department. However, the survey showed that the lot was pie shaped. Is this common?



**Steve Meyers**

**A** : This is where working with a knowledgeable real estate agent would have helped. I looked up the address you gave me and here is what I found by looking at a plat map. The lot dimensions are front 75 feet, back 85 feet, left 142 feet, right 148 feet. What most city assessing departments do is average the dimensions to come up with a two number dimension. Example:  $75 + 85 = 160$ . Now divide that by two and you get 80. That's how it is done. It is always

a good idea to consult a real estate professional before you buy.

**Q** : Our son accepted an offer on his home and the appraisal came in \$18,000 lower than the agreed upon sales price. His agent said there is nothing that can be done and he should just accept the lower price. Is there anything that can be done?

**A** : This issue has popped up occasionally the last few years as Sellers push the envelope on their asking prices due to the inventory shortage and Buyers offering over the asking price when there are multiple offers to get it. Sometimes the low appraisals are legit because the property was overpriced to begin with. Sometimes the appraisers are too conservative in their interpretation of the market information. Sometimes they're just wrong with errors, omissions, missed comparable sales and lack of market knowledge. Low appraisals that are legitimately wrong can be challenged and should be.

When I am faced with a low appraisal I look at the appraisal report for errors such as; square footage of subject property, comparable properties used and what condition were comparable properties that sold in? Did the appraiser miss other comparable sales in the area? Did the appraiser research both multiple listing services in the area as well as city assessing records? Are the comparable sale properties used apples to apples in construction, age, features, location etc.? Is the subject property in C3 condition and the appraiser used C4 properties? (This refers to a coding system the industry has to rate the condition of a property.) What kind of adjustments did the appraiser make in value for differences between the properties? Did he/she give you \$3,000 for a finished basement or \$10,000? What about adjustments for number of bedrooms and baths of comparable properties?

This is only a sampling of what needs to be looked at. A good, experienced agent should be able to challenge a low appraisal and not accept the status quo. Some appraisers are stubborn and won't change a thing because they feel insulted.

If your agent has enough proof that the appraisal is low, then demand that the mortgage company order a new appraisal from a different appraisal company. If they won't and you cannot live with the price or come to an agreement with the Buyer then you have the option to sign a

mutual release with that Buyer and move on to a new Buyer (depending on the language used in the purchase agreement).

Keep in mind that overall most appraisers do a great job and sometimes it's just a matter of the sales price being too high.

## Market Update:

November's update for Macomb County and Oakland County's housing market is a continuation of what we have seen for many years now; inventory down and prices up. November's median sales prices continued an upward trend. In Macomb County prices were up by more than 5 percent and Oakland County prices were up by almost 6 percent as well. November's residential home/condo on market inventory was down again. Macomb County's on market inventory was down by more than 13 percent and Oakland County's on market inventory was down by almost 9 percent. Average days on market have stayed about the same. (All comparisons are month to month, year to year.)

*Steve Meyers is a Realtor at RE/MAX Metropolitan in Shelby Twp. and is a member of the RE/MAX Hall of Fame. Contact him with questions at 586-997-5480 or at [Steve@AnswersToRealEstateQuestions.com](mailto:Steve@AnswersToRealEstateQuestions.com). You can also visit his website: [www.AnswersToRealEstateQuestions.com](http://www.AnswersToRealEstateQuestions.com).*

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## HEALTH &amp; FITNESS

# A look at the brain boosting effects of exercise

Your workout not only helps your body, but your mind

**By Debra Kaszubski**  
For Digital First Media

Working out is not only good for your body, but also your mind and social life, experts say.

A study by the University of Illinois, which included 108 adults between the ages of 55 and 79, showed improved accuracy on memory tests, greater mental flexibility and more efficient task switching after eight weeks of yoga.

Researchers believe Hatha yoga's focused breathing and meditation done while performing the poses may transfer to everyday functioning when multitasking and planning everyday activities.

"Exercise formats such as yoga, tai chi, and pilates trains the brain to focus on the breath and the connection with the body," said Lea Madjoff, exercise specialist with Beaumont Health.

Here are some of the positive brain-boosting effects of exercise:

Improves memory. Regular exercise can help you remember where you put your keys and overcome



PHOTO COURTESY OF METRO CREATIVE CONNECTION

other common everyday memory challenges. It does this by increasing the size of the hippocampus, part of the brain involved in memory forming, organizing and storing.

Aerobic exercise increased hippocampus volume by 2 percent, reversing age-related volume by one to two years. Short bursts of intense exercise coupled with one to two minute recovery periods, sometimes called 'burst training,' is one

of the best ways to do this, says JJ Virgin, a fitness expert and author of "The Virgin Diet."

Relieves stress. "When you exercise the biological changes in the brain help assist with your response to stressors. So in the long run, yes, it helps reduce stress," said Madjoff, who cited studies conducted by the American Council on Exercise.

Sharpens focus. When you're strength training,

or doing workout activities that require concentration, not only are you training your body, but also your brain, Madjoff said.

Eases depression. Numerous studies show regular exercise improves mild to moderate depression, and plays a supportive role in relieving severe depression. In fact, one 16-week study showed exercise eased depression as much as the drug Zoloft. "Regular, intense aerobic

exercise is a must for most people suffering from depression," says Dr. Carolyn Dean, a medical advisory board member of the nonprofit Nutritional Magnesium Association. And, unlike antidepressants, exercise will not cause harmful side effects. One study found that 30-minute aerobic workouts done three to five times a week cut depressive symptoms by 50 percent in young adults.

Improves self confidence.

A bike ride, swim or hike not only tones your body and benefits your heart, it also makes you feel better about yourself in general, says research involving 164 women ages 42 to 58. Exercise was shown to boost self-esteem and feelings of self-worth and attractiveness in the previously sedentary women. The scientists point out that healthy self-esteem is important for women in midlife, as menopausal women with low self-esteem tend to report more menopause-related complaints.

Helps your social life. Madjoff found that a number of clients come together regularly to exercise because they want to spend time with friends. Furthermore, having a friend workout with you helps keep you accountable.

In general, strive for 2½ hours a week of moderate-intensity exercise such as brisk walking every week, and resistance training exercise two to three days of the week, recommends the Centers for Disease Control and Prevention. Keep in mind that doing 10-minute sessions a few times a day is as effective as doing one, 30-minute workout.

*Next Avenue contributed to this report.*




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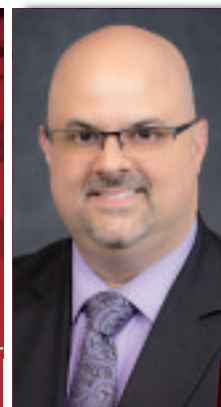
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## SOCIAL &amp; WELL-BEING

# Local grandparents' artwork displayed at DIA



PHOTOS COURTESY OF LISA GRODSKY OF OLHSA

The art of 15 Oakland Living Human Service Agency participants — including several grandparents raising grandchildren — was displayed at the DIA in December and January.

## Exhibition part of OLHSA's community group art program

**By Debra Kaszubski**  
*For Digital First Media*

Alongside Vincent van Gogh's self portrait, Diego Rivera's "Detroit Industry" mural and thousands of other renowned works at the Detroit Institute of Arts recently sat a lesser known collection of masks created by local grandparents.

The DIA's 10th annual Community Group Exhibition featured the work of Oakland Livingston Human Service Agency (OLHSA) participants, some of whom belong to the Grandparents Raising Grandchildren (GRG) program.

The group created 15 masks which were displayed Dec. 5 through Jan. 6 in two areas of the museum. Masks were made of paper, fabric and other materials. This mixed media project started as an exercise in patterns and designs on poster board, and then transformed into a three dimensional mask with additional materials and found objects.

"I saw firsthand how the community group art pro-

gram experience was therapeutic for some of our group participants, especially these intergenerational events that allow kinship caregivers to engage in an activity with the children they are raising without any judgement," said Lisa Grodsky, Community Services Coordinator with Older Adult Services at OLHSA. "Seeing all of the masks and other artwork made by other human service agencies made me feel a sense of grand accomplishment for everyone."

The GRG program provides free services to grandparents age 55 and older who are raising grandchildren in Oakland and Macomb Counties. Program services include workshops/presentation on topics of interest to older adult caregivers to children, support group meetings, and intergenerational activities. Any kinship caregiver or supporter of kinship care are invited to attend free monthly support groups which are hosted by various venues in the two counties.

In 2018, there were 101 kinship caregiver participants age 55 and older in both counties.

"We provide monthly support group meetings which can include workshops, presentations, and referrals for a variety of challenges grandparents and other relatives acting as parents face, including legal assistance referrals, lawn mowing and snow removal programs, utility assistance just to name a few," Grodsky said. "Registered, eligible participants attend intergenerational events and receive other perks that assist them with the role of kinship caregiver. Various community partners assist me to access to free holiday gifts, school supplies, Thanksgiving turkeys, Easter baskets, and new this year, Halloween costumes for financially struggling grandparents raising grandchildren."

Grandparents might raise their grandchildren for any number of reasons, however, common issues include lack of mental health



Lisa Grodsky, community services coordinator with Older Adult Services at OLHSA, with her mask titled, "Darcy's Colorful Boo Hat Head Dream."

care/services, increased substance abuse and opioid addiction, incarceration of biological parents, child abuse and/or neglect, and economic factors, Grodsky said.

Challenges include raising grandchildren on a fixed income, adoption

costs, legal rights, navigating the internet and school communications, and how to parent effectively. Many grandparents raising grandchildren also feel isolated, as most of their peers lead significantly different lifestyles.

For more information on

OLHSA or GRG, email [olderadults@olhas.org](mailto:olderadults@olhas.org), call 248-209-2721, find OLHSA on Facebook or visit [www.olhasa.org](http://www.olhasa.org). Donations can be mailed to Grandparents Raising Grandchildren, payable to OLHSA, P.O. Box 430598, Pontiac, MI 48343-0598.



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## SOCIAL &amp; WELL-BEING

# Dedicated volunteers help Utica nonprofit reach milestone in sales



Sterling Heights resident Virginia Mertz's favorite mix is the lasagna soup, although on this particular day she was tasked with boxing sugar cookies.



Barbara Timm of Sterling Heights and Tracey McDonald of Bloomfield Township put together sugar cookie packets.

PHOTOS BY DEBRA KASZUBSKI — FOR DIGITAL FIRST MEDIA

**By Debra Kaszubski**  
For Digital First Media

What usually serves as a gathering space for Trinity Lutheran church-goers is transformed into an efficient production line when Motown Soup volunteers take over. The group of about 100 dedicated volunteers – many of them above age 50 – take over the church fellowship hall and adjoining kitchen to assemble soup

mixes a couple of times a week. For 13 years, Trinity Lutheran has been home to Motown Soup, an all-volunteer nonprofit organization that sells soup and bakery items.

The labor of love for volunteers, many of whom travel from as far away as northern Oakland County to scoop, fill, package and sort everything from bean soup to sugar cookie mixes, has become a nearly million-dollar nonprofit

business.

Motown Soup has donated over \$900,000 to food banks, homeless shelters, soup kitchens and free clinics throughout the state. They're projected to hit the \$1 million mark this year.

The mixes are sold online at [motownsoup.com](http://motownsoup.com), at Trinity Lutheran during set times, at the Art Is In stores, and at craft sales. Soups include chicken noodle, chicken potpie, stuffed green

pepper, tomato basil, cheese broccoli, lasagna, bean, split pea, and more. There's also gluten free and reduced sodium mixes. Most soups require two quarts of water and some may call for a protein such as chicken or ground beef. Some are ready in 20 minutes.

Bakery items include apple cider muffins, corn bread, brownies, brownie cones, cranberry muffins, oatmeal cookies and more. There's also spinach dip,

dill dip, chili con Queso, and bean dip. Cost is \$8 for large mixes and \$5 for the smaller sizes. Sampler packs cost \$29 - \$49.

The easiest way to purchase a soup or bakery mix is by visiting the Motown Soup website. Save on shipping costs by picking up complete orders at Trinity Lutheran Church, located on the corner of Van Dyke and M-59. Call 586-731-4490 or visit their website at [www.motownsoup.com](http://www.motownsoup.com).





Patti Litz of Clarkston, Connie Gillette of Sterling Heights, Marty Jones of Shelby Township, and Tricia Cecile of Ortonville were among the close to 20 volunteers putting together soup mixes during a December production assembly.



Gail Rinke of Utica and Harold Arft of Shelby Township assemble Shiitake Mushroom Caps with Wild Rice soup mix packets.



Ron Mackensen of Shelby Township labeling sugar cookie packets for sale.



Macomb Township resident Laura Reincke puts together spice packets for the Motown Soup's famous broccoli cheese flavor.



Lorraine Meier of Shelby Township and Shirley Durak of Troy assemble Rainbow Bean Soup.



Sister Rita's Rainbow Bean soup mixes are waiting for labels. This colorful mix is a best seller.



## HEALTH &amp; FITNESS

# ‘Tri’ something new in 2019: Compete in Indoor Triathlon

By Debra Kaszubski

For Digital First Media

Competitors who have dreamed of pushing their endurance in a triathlon will have the chance to swim, bike and run in a popular upcoming event.

The Rochester Older Persons Commission will host its ninth annual Indoor Triathlon Jan. 19 starting at 11:30 a.m. The event, which is open to all ages and the public, features 20 minutes in a 25-yard heated indoor lap pool, 20 minutes on a stationary spin bike and 20 minutes on the track. Athletes of all levels are encouraged to participate.

Participants are encouraged to work at their own pace. Timers will track race times. An awards ceremony immediately follows the competition. Medals are awarded to the first, second and third place finishes in each age group by gender. Teams will receive awards as well.

“This event is open to all ages and abilities. One does not have to be good at all events to participate. They can work at their own pace, or join a team and participate in only the portion of their choice,” said Jeremy Ridky of the OPC.

Last year 65 people participated in the event, making it the largest in terms of participant size.

Triathlons represent one of America’s fastest-growing sports, and more people 50 and older are eager to try. Recent statistics from USA Triathlon, the national governing body that oversees more than 3,500 tri events, show the number of participants age 50 and above has more than doubled in recent years, soaring to nearly 18,000 in 2010 from 8,278 in 2005 — a 117 percent increase. And nearly 4,000 are in the 60-to-69 age range. Those 50 and over make up a growing 14 percent of USA Triathlon membership.



PHOTOS COURTESY OF METRO CREATIVE CONNECTION

At this particular event, all ages are invited to participate, meaning a grandparent may be on the same team as their grandchild. Last year the youngest participant was 11 years old, while the oldest was 83.

“Life is too short to be afraid to try new things, and our triathlon is perfect for those who have never competed in one before,” Ridky said.

Deadline to register is Jan. 11. Cost is \$40 per person for OPC members and \$45 for non members. To register, visit the OPC



**Triathlons represent one of America’s fastest-growing sports, and more people 50 and older are eager to try.**



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HEALTH & FITNESS

# For older black men, a lifesaving push for more prostate cancer tests

By Justin Wm. Moyer  
The Washington Post

**WASHINGTON »** Like any plumber, James Lyles, 73, wanted to know what was going on beneath the surface. Two years ago, not long after he had a heart attack, his primary-care physician asked him whether he wanted to take a PSA test - a blood test for a "prostate-specific antigen" that helps physicians diagnose prostate cancer in its early stages.

Not seeing a downside, Lyles agreed - and the test

showed he did have cancer. Now, in the middle of radiation treatments, he says he is feeling OK. In his view, a \$25 blood test helped keep him alive.

"It only takes a vial of blood to tell you whether your health is in jeopardy or not," he said. "It's one of the easiest ways of finding out the truth about your body."

Unintentionally, Lyles - a black man from suburban Prince George's County, Maryland - had taken a side in a debate over prostate screening. A federal agency said PSA tests for all men

were unnecessary in 2012 before changing its mind last year and, in May, saying patients and their doctors should decide whether screening makes sense on a case-by-case basis.

African American men are more likely than white men to develop and die of prostate cancer, and there is an ongoing debate about when tests should be given to them.

For Navin Shah and Vladimir Ioffe, a urologist and a radiation oncologist in Prince George's County, **PROSTATE » PAGE 26**



PHOTO BY CALLA KESSLER — THE WASHINGTON POST

Urologist Navin Shah, left, and radiation oncologist Vladimir Ioffe say that every black man over 50 should be screened for prostate cancer. The men are shown in their office in Greenbelt, Maryland, on Dec. 14, 2018.



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## TECHNOLOGY

# Virtual reality offers older adults the ability to ‘travel’

VR companies improving quality of life for those with limited mobility

By Kelsey Ogletree

*Next Avenue*

Imagine being able to visit Paris at a moment's notice without having to pack a suitcase or snagging a front-row seat to a Broadway performance of *The Lion King* free of charge. That's the world that 70-something Roberta Nadel lives in, thanks to a company called MyndVR.

Nadel, who spent her career in fashion, is a resident at the Upper East Side Rehabilitation and Nursing Center in New York City. She gets to enjoy these cultural experiences from inside the facility, which began offering virtual reality (VR) sessions designed specifically for older adults last fall.

"It's very uplifting and educational — all that you can ask for," says Nadel, who describes herself as a "very cultural person" who has always loved travel, theater, opera and ballet.

Lauren Baxter, creative art specialist with the activities department at the center, facilitates the VR experiences every Tuesday morning, or upon special request in residents' rooms. She helps them put on the headsets and explains how the experience works. Often, they're confused at the beginning, Baxter says, but once their eyes adjust to the headsets and they choose a video to watch, they are transformed.

"I try not to talk to them and just let them be as they experience it," says Baxter. "You want them to be in the moment, forgetting where they are."

## Developing Virtual Reality for Older Adults

Silicon Valley vet Chris Brickler, CEO and co-founder of Texas-based MyndVR, came up with the



PHOTO COURTESY OF ADOBE STOCK

concept about two-and-a-half years ago. Noting that 10,000 people are retiring each day, he set out to fill a void in the VR industry.

"[In the past] VR user interfaces have been engineered for millennials and gamers," says Brickler. "We set out to reimagine a very senior-friendly interface and content streaming platform so we can offer them this world of immersive content."

Throughout 2017, Brickler and a team of scientists at The University of Texas at Dallas conducted trials with more than 300 people ages 60 to 100, in four states. They were looking to confirm that VR would be a medium this population would adopt, and also to determine which types of content would be most suitable to them. Based on the results of the trial, through which feedback was overwhelmingly positive, they created content that's a mix of rec-

reational and therapeutic.

"One might think that a trip to Paris or a video that's focused on pets might be recreational, but those things can turn therapeutic very fast, especially if they reach the right memories of past experiences," says Brickler. "This medium has shown promise to really have an impact on this level."

Currently, MyndVR works with about 30 senior living operators across the country. The company produces 20 percent of the video content themselves, and out-sources the rest through a partnership with New York-based VR aggregator Littlestar. This allows MyndVR to stream fresh content each month — videos ranging from an artist performing Frank Sinatra songs in a nightclub to visiting a pet store full of puppies.

It will also soon be launching a VR program for older adults who are aging in place, with an all-in-one VR headset available for pur-

chase or subscription that could be administered by caregivers or family members; pricing has yet to be determined.

## Therapeutic Benefits of Virtual Reality

Brickler is quick to point out that more research is needed to be able to prove any therapeutic benefits virtual reality could offer older adults. However, he believes VR has enormous potential to help with side effects of many health conditions.

"Agitation is a big side effect that comes with Alzheimer's and dementia," says Brickler, "and if we can use VR in ways to help calm people down, then the science starts to work in a more medical way."

He also notes "the enormous joy factor" that the VR experiences created during MyndVR's 2017 pilot, helping residents feel

like they were getting outside the walls of their community — if only for a few minutes at a time.

Over the next 18 months, MyndVR is helping to facilitate a research coalition with major universities around the country to study the potential positive impact of VR on the aging mind.

Minnesota-based Visual, another virtual reality company, has also conducted research on the impact of VR on older adults, through its WellnessVR platform. It worked with about 25 residents of Ebenezer, a senior living community in Minnesota, guiding them through 10-minute VR sessions twice a week for five weeks.

After the study, 90 percent of participants reported feeling more relaxed and rated their well-being higher than before.

## Working Toward a Brighter Future

While that study was done on a very small scale, Chuck Olsen, co-founder and CEO of Visual, says it's only the beginning of what could be done with VR in the future to greatly improve quality of life for older adults with limited mobility, in particular.

"Seniors face a lot of loss and limitations — losing friends, mobility, memories and the ability to live the lives they used to live," says Olsen. "We brought a headset to a man in his apartment to experience hiking in Montana, and he was in tears because he hadn't seen that landscape in years."

WellnessVR is on a smaller scale than MyndVR, since Olsen does nearly all the filming himself. The company is gearing up for national expansion, however, and plans to soon launch a "VR club" experience that will let older adults experience VR videos in a group setting.

Yet the ultimate goal for both companies is shared: virtual reality for a better reality.

"We're not thinking of VR just as pure escapism," says Olsen, "but how we can use it to benefit people's lives."

# MONEY & SECURITY

## Ask the Financial Doctor: When can I withdraw funds from my HSA?

**Q** : Can I receive a tax refund if I am currently making payments under an IRS installment agreement for a prior year's federal taxes?

**A** : No, as a condition of your installment agreement, any refund due to you in a future year will be applied against the amount that you owe. Regardless of whether you are participating in an installment agreement or payment plan, you may not get all of your refund if you owe certain past-due amounts, such as federal tax, state tax, a student loan, or child support.



**Richard Rysiewski**

**Q** : When can I withdraw funds from my Health Savings Account (HSA)?

**A** : You can withdraw the funds anytime for medical expenses. If you use the funds for non-medical expenses, the funds are taxable plus a 20 percent penalty tax (after age 65 there is no penalty).

**Q** : Can I reimburse myself from my HSA for qualified medical expenses that I pay out-of-pocket. Is there a time limit? Do I need to reimburse myself in the same year?

**A** : You can reimburse yourself and there is no time limit. The reimbursement does not have to be in the same year as the medical expense. As long as you had your HSA established at the time of the medical expense and it was not reimbursed, you can pay yourself from your HSA, even years later.

**Q** : The Social Security Administration (SSA) uses the term, full retirement age (FRA), to calculate benefits. What is FRA?

**A** : FRA will range from 65 to 67 and depends on your date of birth. If you were born before 1943 then the FRA is 65, if born between 1943 and 1954 the FRA is 66, starting with 1955 the FRA will increment by 2 months each year till 1959. Anybody born in 1960 or later will have a FRA of 67. Full benefits are paid at FRA but you can start as early as 62 at a permanent discount. Any deferral past

FRA will increase your benefits by 8 percent per year til age 70.

**Q** : How does the Social Security Administration (SSA) calculate my benefits?

**A** : The SSA takes your highest 35 years of wages adjusted for inflation and averages them to come up with your Average Indexed Monthly Earnings (AIME). It then applies a formula to the AIME, arriving at your Primary Insurance Amount (PIA), the benefit you're entitled to at your full retirement age (FRA). Any year that you did not work out of highest 35 years will be assigned a zero and will lower your benefits.

**Q** : Can I collect survivor benefits from my deceased husband at age 62 and switch to my benefits at age 66 (FRA) or at age 70?

**A** : Yes, you can collect on your deceased spouse's record as early as age 60 and wait as late as age 70 to collect on your work record. Another option is to start your Social Security benefit based on your work record at age 62 and switch to the survivor benefit at FRA. Choose the option that would maximize your Social Security benefit.

**Q** : My spouse and I are retired and file jointly for the Michigan income tax return. Whose age is used when filing jointly?

**A** : Always use the age of the older spouse for the Michigan tax return.

**Q** : My husband is retiring and has about \$125,000 in his 401(k). When he draws money from his 401(k) can two checks be sent, one with my name and one with his name?

**A** : No, the trustee will only issue one check. The funds belong to your husband. If you want access to the funds consider a direct deposit to a joint banking account.

*Submit your tax and finance questions to Richard Rysiewski, Certified Financial Planner, at Richard Rysiewski, Financial Doctor, 3001 Hartford Lane, Shelby Twp., MI 48316 or call (248)651-7710.*



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# Prostate

FROM PAGE 23

conversations among patients and doctors may not be enough when it comes to PSA screening. Sixty percent of their patients are African American, and they recommend that every black man older than 50 be screened, while the federal government recommends only that screening be discussed with patients.

"I think we are not doing justice to African Americans if we do not screen them," Shah said. "It is a very sad story."

Shah and Ioffe have data to support screening in a recently published paper for Urology Times. Looking at tissue from nearly 2,900 biopsies, they found that after the U.S. Preventive Services Task Force - the federal agency that weighs in on the need for PSA tests - said routine PSA screening

was unnecessary in 2012, fewer biopsies were performed. But more of those biopsies revealed cancer, suggesting that some cases are being diagnosed later than they could have been.

"Despite a reduction in the total number of prostate biopsies by 30 percent, there was a 100 percent increase in the total number of positive prostate biopsies," the study says - because, as Ioffe put it, when "men are not being screened their cancer is progressing."

"The main point of this whole thing is trying to advocate for high-risk men," Ioffe said. "They need to be screened. Primary-care doctors shouldn't be confused by the current recommendations."

Discussing the need for PSA tests can set physicians against epidemiologists - or "number-crunchers," as Ioffe called them. On one hand, prostate cancer doesn't always kill. Testing every man could lead to



PHOTO BY CALLA KESSLER — THE WASHINGTON POST

"I almost had a mental breakdown" after a diagnosis of prostate cancer, says William Powell, shown Dec. 13, 2018, in Bowie, Maryland. He finished his treatment last year. "People [in the black community] need to take this very seriously."

a lot of unnecessary treatment - including invasive ones such as prostatectomy that can lead to side effects like incontinence or erectile dysfunction.

According to this inter-

pretation, Shah and Ioffe's finding that fewer biopsies are being conducted is a good sign, and that a higher proportion of biopsies show cancer means that healthy men aren't getting unneces-

sary tests.

According to the National Institutes of Health, African American men have a 15 percent chance of getting prostate cancer compared with 10 percent of white men. Their chances of dying are also higher - 4 percent among black men compared with 2 percent among white men.

Last month, researchers at the University of California at San Francisco studying 10,000 African American prostate cancer patients found even those considered low-risk were twice as likely to die as patients from other demographics. The median age of black patients was also younger - 62 years old compared with 65 years old.

William Powell, 63, was a few years into his retirement from the Social Security Administration when he was diagnosed with prostate cancer in 2016.

"I almost had a mental breakdown," he said. "It was scary. Really, really scary."

Powell, one of Ioffe's patients, called his diagnosis and subsequent radiation treatment "an education." One out of four black men like him gets prostate cancer, he learned; many "don't seek medical attention like they should."

After his radiation treatment wrapped up last year, his PSA count is back to normal. Now, he is studying to become a minister and wants to use the pulpit to bring discussions about prostate cancer into the light. Right now, the disease is "kind of like a secret" in the black community, he said.

"People need to take this very seriously," he said. "They really do. It will kill you."

The U.S. Preventive Services Task Force guidelines, published in the Journal of the American Medical Association in May, say study of prostate cancer among black men should be a "national priority," but the group was "not able to

make a separate, specific recommendation on PSA-based screening."

"Although it is possible that screening may offer greater benefits for African American men compared with the general population, currently no direct evidence demonstrates whether this is true," the guidelines said.

Alex Krist, the task force's vice chair, said doctors don't yet know which men with high PSA levels are truly at risk of dying of prostate cancer. If all black men are screened, there will be false positives and overtreatment, and black men - already underrepresented in data that the recommendations are based on - will suffer the consequences.

"We need to be thinking about both the benefits and the harms," he said. "Maybe it's not right to screen all African Americans. . . . The task force has called out this evidence gap in searching out more."

Ioffe called the guidelines "ambivalent and lukewarm."

"It means that as far as the task force is concerned, you can either screen or not," he said. "In contrast to this, we are saying that screening should be clearly recommended and endorsed for high risk men."

Daniel J. George, an oncologist at Duke University who reviewed Shah and Ioffe's paper, said worries about overtreatment were understandable. But he said the paper, while preliminary four years after the task force's policy change, showed such concerns were "not a reason not to screen."

"We may be diagnosing patients later in their disease course," he said. "That's the concern I would have with a less-aggressive cancer screening policy."

Shah, meanwhile, said the task force recommendations weren't enough. Everybody has a right to know their diagnosis, he said.

"Black people are suffering," he said. "That's a fact."

B	I	N	G	O
<h2 style="margin: 0;">MORNING BINGO</h2> <p style="margin: 0;"><b>Tuesday &amp; Thursday</b> Open 9:00 am-Start 10:30 am</p> <p style="margin: 0;"><b>VFW POST</b> <b>4659</b></p> <p style="margin: 0;">8311 Wilson Dr. Shelby Township, MI 2 Blocks N. of 24 Mile &amp; Van Dyke East on Wilson Drive <b>586-781-9109</b></p> <p style="margin: 0;">Charity Game Tickets Sold Proceeds to assist our Veterans and our Community</p> <p style="margin: 0;">Lic. # A-21230</p>				
<h2 style="margin: 0;">MORNING BINGO</h2> <p style="margin: 0;"><b>Mondays</b></p> <p style="margin: 0;">Open 10:00 a.m. - Starts 11:15 a.m. <b>AMERICAN LEGION SAL 326</b> <b>North Gratiot Hall</b> 47650 Gratiot (east side) (Just North of 21 Mile Road) Full concession counter <b>586-598-4960</b></p> <p style="margin: 0;">Proceeds to assist our Veterans Progressive and Life Changing Super Pots Electronics &amp; charity game tickets sold Lic. #A-21969</p>				

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## Calendar of activities, events and trips

To submit information for the calendar, email jgray@digitalfirstmedia.com

### January

**Jan. 11:** (Registration is due by Jan. 11 for this event) The Friends of Troy Seniors invite area seniors to attend a free presentation on "The New Year, the Newish You" on Wednesday, Jan. 16 from 9:30 - 11 a.m. at the Troy Community Center, 3179 Livernois, Troy, in Room 302. Marcia D. Filek, LBSW, GCM, Director of Private Duty and Geriatric Care Management from Beaumont Hospital will discuss reinventing yourself as you age. Coffee and light refreshments will be available upon arrival at 9:30 a.m. Advance registration is required. Contact the Friends office in the Troy Community Center Monday - Friday between 10 a.m. and 1 p.m. at 248-526-2608 for your reservation. Reservations will be accepted through Friday, Jan. 11.

**Jan. 12:** Sands Overnight. Enjoy 1 night stay at the recently renovated Leelanau Sands with gaming stops at Soaring Eagle Casino, Turtle Creek and of course, plenty of time at Leelanau Sand Receive up to \$101 in casino incentive. Depart on Saturday, Jan. 12 for \$119 p/p d.o. Call TTT

at 313-292-6300.

**Jan. 14-16:** Escanaba Island Resort. 2 night stay at Island Resort & Casino. Stops at Kewadin Casinos. receive at least \$ 70 casino money - food. First-timers receive an addtl \$30. Indoor pool. Only \$170 pp. Call 586-771-5899.

**Jan. 14:** Capital Tours is hosting a trip to Las Vegas at the Flamingo. Package includes transportation round trip to Metro Airport, airfare on Delta, and 3 nights at the Flamingo. Cost \$539 (double). Call 248-247-1121.

**Jan. 14:** Co-ed Breakfast for widowed people at 10 a.m., Big Boy Restaurant, (2nd Monday of the month). Good food, conversation and a chance to meet new friends at the corner of Hall Rd and Garfield. Call Esther, 586-264-1939.

**Jan 14 and 28:** Four Star Grille, 1835 Gratiot Blvd, Marysville. For widowed people at 9 a.m. Call contact Rita, 810-334-6287. RSVP not necessary.

**Jan. 15:** Faygo Beverages with Joe Grimm at the Roseville Public Library, 29777 Gratiot Avenue, at 6:30 PM - Erin Auditorium. "The Faygo Book" is a story about this much beloved

Detroit product, its history and the loyalty between Faygo and Detroiters. Author Joe Grimm gives an interactive show and welcomes questions during the program. There will be photography and artwork, along with videos and songs from Faygo commercials. For more information, call 586-445-5407.

**Jan 15:** Do you have a new phone or device that you cannot figure out? Visit the Chesterfield Township Library on "Techie Tuesday", Jan. 15, from 11 a.m. - 1 p.m., and the library will assist you. Learn how to download eBooks on your phone, work with your tablets, use Microsoft Office and Word, Internet basics, computer basics, social media, email, and more. Bring your questions. Preregistration is not required, just drop by. The library is located at 50560 Patricia Street. Call 586-598-4900, or go to www.chelibrary.org.

**Jan. 15:** Co-ed Breakfast for widowed people at 10 a.m. (3rd Tuesday of the month). Widowed men and women are invited to meet friends at Pancake Factory on the NE corner of 23 Mile & Schoenherr. Call Ellen, 586-781-5781.

**Jan. 16:** Rising Star Casino - 3

Day. Stops at Belterra and Hollywood casinos for more casino incentives than ever. This 200 room resort located in Rising Sun, IN is nestled along the banks of the Ohio River and will certainly indulge your senses. This trip includes 2 delectable dinners, 2 breakfasts & \$55 back in incentives. The Casino has more than 1300 of the most popular slot machines as well as a wide variety of your favorite table games. Relax at the indoor pool, hot tub and sauna or enjoy the exercise room & free wi-fi. Departs Wednesday, Jan. 16 for \$169 p/p d.o. Call TTT at 313-292-6300.

**Jan. 18:** The public is invited to the Friends of the Chesterfield Township Library Used Book Sale. Find a wide variety of books, DVDs and VHS tapes, and CDs to purchase. The Used Book Sale is set for Friday, Jan. 18, from 10 a.m. - 4 p.m., and Saturday, Jan. 19, from 10 a.m. - 3 p.m. The library is located at 50560 Patricia Street. Call 586-598-4900, or go to www.chelibrary.org.

**Jan. 19:** Organized: Bullet Journaling - Register, at the Roseville Public Library, 29777 Gratiot Avenue, at 2 p.m. - Erin Auditorium.

Did resolutions years past fall by the wayside? Join a librarian as we review the Bullet Journal method of organization to make this year different. Organizational wrecks and well regulated individuals welcome. Door prize drawing for a new journal and fancy pens. For more information, call 586-445-5407.

**Jan. 19:** People of all ages are invited to attend a "Kickoff Birthday Celebration" on Saturday, Jan. 19, from noon - 3 p.m., at the Chesterfield Township Library. 2019 is the library's 25th anniversary and we are kicking the year off with a birthday party. Come join us for birthday cake, party favors, face painting and a visit from Rosco the Clown. Hear about all the anniversary events the library has planned throughout the year. Preregistration is encouraged, but not required. The library is located at 50560 Patricia Street. Call 586-598-4900, or go to www.chelibrary.org.

**Jan. 20:** Winter "Hawaiian Theme" Card Party, sponsored by: Daughters of Isabella, Queen of the Skies, Circle 683, Sunday, Jan. 20, from 12:30 - 3:30 p.m. at St Thecla Activity Center, 20762 So. Nunneley, Clinton

Township. Lunch, dessert, door, table prizes. Donation \$8. Tickets available at the door. For more information, call 586-791-6177 or 586-791-9012.

**Jan. 20:** Day trip to Soaring Eagle. Spend the day at Soaring Eagle. Receive up to \$35 casino money-food. Only \$ 38 pp. Call 586-770-5899.

**Jan. 21:** Join TTT as we visit Caesars Windsor where you pay only \$5 with the purchase of any other trip. Receive \$15 back in coin, food, or buffet. Call 313-292-6300 for more info.

**Jan. 21:** Puzzle Mania! Jigsaw Puzzle Tournament - Register all team members at the Roseville Public Library, 29777 Gratiot Avenue, at 2 p.m. For all ages - Erin Auditorium. Are you the King or Queen of jigsaw puzzles? Pit your skills against rival teams to win the trophy. Sign up with a group of 2-4 people. Single puzzlers will be assigned to a team. There will be breaks with treats & drinks. The team closest to completing the jigsaw puzzle when time runs out wins. Each member of the winning team will receive an award. For more information, call 586-445-5407.

**Jan. 21:** Ladies Breakfast for

CALENDAR » PAGE 32



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# BRAGPAGE



# Poetry Corner

## WILDLIFE

Once a bird  
Flew onto a curb  
And chirped and chirped  
Like it wanted to be heard

And in the water, a fish  
Went swish, swish, swish  
Looking for something delish

And also a dog  
Went hunting in a bog  
In its belly was a frog

In the swamp of wild  
Of the famous crocodile  
That may actually be vile

By – Ford Overholt  
Chesterfield, MI



## SURRENDERED

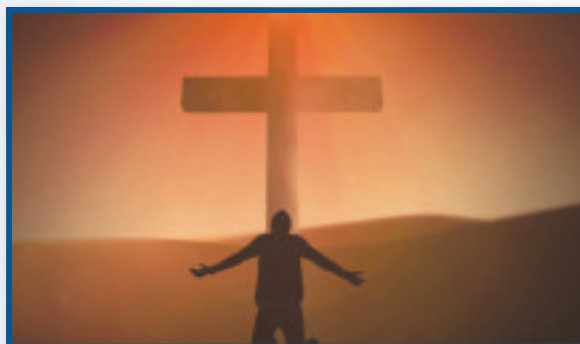
To live within God's Holy will and walk within  
His way, To know Christ's coming may  
transpire yet this very day, And in the light of  
His return to follow at His call, To go where  
His spirit leads, surrendering my all.

To \*preach God's Word with clarity, that  
Word that sets men free, Endued with power  
from on high, oh, may I faithful be, And may  
my life match constantly thy Word which I  
proclaim That those entrusted in my care,  
shall praise thy Holy name.

To glorify the Savior's name, will be my one  
desire, To bring someone to faith in Him, to  
witness and inspire, So come now Savior  
and possess this life I yield to Thee, Infill me  
with Thy love divine, may I surrendered be.

\*teach

By- Donald E. Steiner  
Oxford, MI



## ALL IN A DAY'S WORK

A retirees definition of the end of the day  
According to the very latest survey  
Is when pre-bedtime is completed in our recliner  
While the TV finishes the last reminder

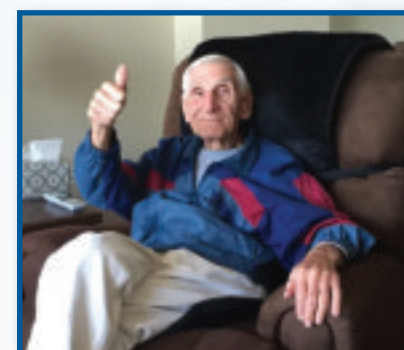
With the long day that it has been  
Always arising way before 10  
It's really hard to calculate  
The number of projects we undertake

From opening the drapes in the middle of morn  
To watching those squirrels with all their acorns  
It's really a job to finish before lunch  
Which I always do enjoy a whole bunch

Our regular scheduled afternoon naps  
Is a perfect time to try to recap  
The number of duties that we had intended to do  
But which we never ever did pursue

So after supper with the TV blaring  
It's really time to start preparing  
For a good night's sleep with lots of rest  
In case tomorrow will get us stressed

By – Clifford Miller  
Sterling Heights, MI



Do you have a creative side that you would like to share with your community readers? We are looking for original, unpublished poetry. This will be your time to shine in our Poetry Corner. Please keep poems to 300 words or less and print clearly. Next Issue will be February 14, 2019.

FIRST & LAST NAME: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_ NAME OF POEM: \_\_\_\_\_

MAIL TO: Vitality Poetry Corner  
Dawn Emke  
19176 Hall Rd, Suite 200  
Clinton Twp, MI 48038

If you chose to submit your poem through email, please include your first and last name along with your phone number and the city, state you reside in. You will not be solicited and all information will be kept confidential.

Email: [demke@digitalfirstmedia.com](mailto:demke@digitalfirstmedia.com)

Thank you for your interest in sharing your creativity. We look forward to reading your poems.

# Poetry Corner

## BETTY

In the beginning, she was someone's daughter.  
She was someone to care for, someone to hold, someone to love.  
She scraped her knees, licked cake beaters,  
exasperated her parents.

As time passed, she was someone's friend, wife and lover.  
She was someone to care for, someone to hold, someone to love.  
She learned to keep a house, prepare meals, make a home.

Along the way, she was someone's mother.  
She had little ones to care for, wee ones to hold, babies to love.  
She fixed scraped knees, offered hundreds of beaters to lick,  
was exasperated by her children.

In a heartbeat, she was someone's widow.  
She cried at night, prayed a lot, she had to be their rock.  
She earned a living, kept a house, she gave them their lives.

Heartaches and tears, laughter and fears,  
good days and bad came and went.  
Dreams, empty nights, sickness and delight,  
life was lived and days were spent.

As time went by, she was someone's in-law.  
She was a shoulder to cry on, a friend in need,  
the mother of the bride.  
She encouraged, she "advised", she always lent a hand.

Along the way, she was someone's grandmother.  
She was always proud, the ever-present sitter, lover of little babies.  
She patted small butts, wiped runny noses, and  
kissed children for no reason at all.

In a heartbeat, she was someone's ward, couldn't live alone,  
someone who needed their care.  
She had loving children, doting grandchildren,  
and a life that was slipping away.  
She wanted her house, wanted her freedom,  
she wanted to be herself.

As time went by, she was someone's patient, a number, a stat.  
She watched days turn to nights,  
months to years, faces turn to blanks.  
She passed her days without knowing, heard voices  
but could not answer, watched as she wasted away.

The time finally came, she was someone's angel,  
free of pain, filled with love.  
She touched many lives, left her mark on their souls,  
and they expected no more than she had.

Heartaches and tears, laughter and fears,  
good days and bad fill our time.  
Dreams, empty nights, sickness and delight,  
life is lived, memories will begin to shine.

By - Karen Cooper  
Chesterfield, MI



## THE CHRISTMAS LIST

Looking back at the Christmas when my son was six,  
I asked him for a Christmas list.  
He said, "Daddy, all I want is some Hot Wheels cars  
and a case that turns into a parking garage.

At Christmas when he was twelve years old,  
I didn't even have to ask.  
He gave me his list on Thanksgiving Day  
with a cut-out picture attached –  
It was a 6.5 horsepower go-cart  
with an all chrome frame and easy-pull start.  
He said, "there's room in the garage, Dad, where I could park!"

I said, "Son, you'll have to make a new Christmas list  
'cause Santa can't afford that kind of wish.  
How about a new bike with chrome wheels instead?  
You can park it out back in the old work shed."

When he turned sixteen, he had bigger dreams –  
He asked Santa for a really slick car.  
What he got was a rusted old pickup truck  
and a parking spot beside the garage.

When he turned thirty-one, I said to him, "Son,  
I need a list with some Christmas ideas."  
He said, "You know what I'd like, Dad – some new car wax.  
And your grandson wants lots of Hot Wheels.  
Oh, and by the way Dad, he wants a big garage too –  
He says he wants one like yours – so he can be like you!"

Now my son's forty-six we no longer do lists.  
And the grandkids are pretty much grown.

Besides, my son jokes, he's got all that he wants –  
a clean car and garage of his own!

So this year at Christmas we changed the tradition –  
Gift cards are the new thing to do.  
No more cans of car wax/lists with pictures attached –  
Just a card that reads A GIFT FOR YOU.

AND HERE'S WHAT I GOT

From the grandkids, a card for car washes and wax,  
and a card from my son with a picture attached.  
He said, "The tire shop's got some really hot deals,  
So pick out your favorite, Dad – your new chrome wheels!"

By – Marda (Bates) Burmann  
Clay, MI



## CHRISTMAS DAY

Sleigh bells are ringing the  
choir is singing  
All is merry and bright.  
The snow is falling and  
the moon is glowing  
Oh what a glorious  
Christmas Night!

The children are waiting for  
Kris Kringle to come  
Hoping that their dreams will  
come true.

It's time to greet our  
family and friends  
And wish them glad tidings too.

We hope the New Year will be  
happy for all  
But whatever may come your way,  
just remember how nice it  
was this year  
Especially on Christmas Day.

By – Alice M. D'Angelo  
Warren, MI



Thank you for your interest in sharing your creativity. We look forward to reading your poems.



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### CHECK OUT OUR \$35 ADVENTURES

FEB. 26, 2019	FIREKEEPERS \$25 pp
MAR. 27, 2019	IKEA - Unique food & furniture, etc
MAY 25, 2019	FLOWER DAY EASTERN MARKET
JULY 11, 2019	WYANDOTTE ART FAIR
JAN. 22, 2019	N. AMERICAN AUTO SHOW - \$40
FEB. 10-16, 2019	NEW ORLEANS \$669 pp REGISTER ASAP!
FEB. 21, 2019	IMPORTED FROM DETROIT - Mystery Fine Dining \$68
MAR. 4, 2019	PIEROGI, PACZKI & HUSSARS \$68
MAR. 18-22, 2019	NEW YORK - \$590
APR. 4, 2019	HIGH TEA - \$62
APR. 5-7, 2019	JOHNNY CASH PRISON CONCERT \$645
APR. 10, 2019	VERA BRADLEY - \$85
APR. 18, 2019	FRENCH COUNTRYSIDE DINNER: MYSTERY DINING \$68
MAY 10, 2019	TULIP TIME HOLLAND MI \$90
MAY 23, 2019	GOLD, DIAMONDS, DUMOUCHELLES \$69
JUN. 2, 2019	DANIEL O'DONNELL \$95 PLEASE REGISTER ASAP!!
JUL. 25, 2019	PURPLE ROSE WELCOME TO PARADISE
AUG. 6-8, 2019	TORONTO \$579
AUG. 16-18, 2019	WOODSTOCK: Age of Aquarius \$575
SEPT. 22-25, 2019	SMOKEY MTN SUMMER \$849
OCT. 4-13, 2019	WONDERS OF SPAIN \$3,750. Toledo Madrid, Cordoba, Granada, Valencia. Knights Templar, Costa Dorada, Barcelona.
FEB. 29-MAR. 8, 2020	CUBA BY COACH \$1599

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## Calendar

### FROM PAGE 27

widowed people, Connor's Restaurant at 9 a.m. Join us at Connor's on 15356 N. Haggerty and Five Mile, Northville. Meet for conversation & coffee. Call Carol to RSVP at 313-562-3080.

**Jan. 23:** Meadow Brook Theatre - "A Fox on the Fairway"! Join us as we visit the gorgeous Meadow Brook theatre. Enjoy main floor seating to see A tribute from Ken Ludwig to the great English farces of the 1930s and 1940s, A Fox On the Fairway takes audiences on a hilarious romp, which pulls the rug out from underneath the stuffy denizens of a private country club. Filled with mistaken identities, slamming doors, and over-the-top romantic shenanigans, it's a charmingly madcap adventure about love, life, and man's eternal love affair with...golf. You will also enjoy an included lunch at Loccino's Italian Grill. Departs on Wednesday, Jan. 23 for \$84 p/p. Call TTT at 313-292-6300.

**Jan. 23:** Join Chef Fran Salvatore of Pamela's Catering when she presents a fun cooking class featuring fresh ideas for warm flavorful dishes to heat up a

cold winter's day. Chef Fran will visit the Chesterfield Township Library on Wednesday, Jan. 23, from 6:30 - 7:30 p.m., to demonstrate recipes that everyone in the audience will get to sample. Learn some great recipes to serve family and friends. Preregistration is required. The library is located at 50560 Patricia Street. Call 586-598-4900, or go to [www.chelibrary.org](http://www.chelibrary.org).

**Jan. 26:** Friends Fundraiser, A Visit to the Owl Winery sponsored by the Roseville Public Library, 29777 Gratiot Avenue, from 3:30-5 p.m. Tickets are \$20 and available Jan. 5. Join us at the Winter Fundraiser of the Friends of the Roseville Public Library. We will taste different varieties of fruit wines at our local Owl Winery, have tasty appetizers and a door prize raffle. Tickets are limited and will be available at the Circulation desk. If you can't make it at 3:30 p.m. for the main fundraiser, you can drop in at the winery anytime from 11 a.m. to 3 p.m. or 5:30 to 9 p.m. The cost is \$10 and you pay at the winery. Be sure to mention the fundraiser when you arrive. The Winery is located at Utica Rd. and Gratiot Ave. For more information, call 586-445-5407.

**Jan. 27-Feb. 14:** St. Pete Beach - 18 Day Winter Getaway. Get out of the Michigan cold

and join us in Sunny Florida. Hotel stay located right on the beautiful sandy beaches of St. Pete Beach, the Dolphin Beach Resort is the perfect destination for your winter getaway. If you somehow tire of the beach, you're just a short distance from dining in fabulous restaurants and browsing unique shops. Voted Trip Advisor's No. #3 Beach in the U.S. in 2017, based on millions of reviews from travelers around the world: Included are 2 hotel stays enroute in each direction, 4 breakfasts, and a load of free excursions, including but not limited to Red Barn Flea Market, John's Pass, Georgia Aquarium, Tour of Savannah, Tarpon Springs Sponge Docks, transportation for shopping, Hard Rock Casino visit, Derby Lane Greyhound Racetrack, and much more. Please call for more details. Departs Sunday, Jan. 27. - Returns on Thursday, Feb. 14, 2019 for Prices as low as \$2,099 p/p d.o. for an 18 Day Trip. Call TTT at 313-292-6300.

**Jan. 27-29:** 2 nights at Kewadin Sault Ste. Marie Hotel & Casino. Stops at St. Ignace, Hessel & Bay Mills Casinos. Receive at least \$110 casino money-food. Receive breakfast buffet each day. Indoor pool. Only \$165 pp. Call 586-770-5899.

**Jan. 27-Feb. 14:** Winter

getaway MHL presents St. Petersburg in sunny Florida. Only \$2199 double occupancy with two double beds and single occupant \$3099. We're going to be gone 18 days total and we're going to be on the beach 13 nights. Call Maryann for all the fun details at 586-530-6936.

**Jan. 30:** Register for a hands-on class to learn beginning computer skills. No previous experience is necessary for this class, set for Wednesday, Jan. 30, from 2 - 4 p.m., at the Chesterfield Township Library. Learn term definitions and computer hardware and peripheral identification. Use online tutorial to improve mouse dexterity. Computers for class provided by the library. Preregistration is required. The library is located at 50560 Patricia Street. Call 586-598-4900, or go to [www.chelibrary.org](http://www.chelibrary.org).

**Jan. 31:** Adult Trivia Night - Register at the Roseville Public Library, 29777 Gratiot Avenue, at 6 p.m. - Erin Auditorium. Love trivia? Come and test your knowledge against others in 6 rounds of questions. But trivia is more fun with a team. Bring your friends and sign up a group of 4. Don't have a group? We'll place you in one. For more information, call 586-445-5407.

### February

**Feb. 2:** Rosie the Riveter at the Roseville Public Library, 29777 Gratiot Avenue, at 2 p.m. - Erin Auditorium. Donnaleen Lanktree, past president of the American Rosie the Riveter Association, will share riveting stories of the Rosies, women who replaced men in factory and construction jobs during World War II. Over the years Donnaleen has collected stories from the Rosies. Featured stories include Lillian who operated a milling machine to make airplane engine gears, Kathleen, a parachute assembly line worker, and Betty, a welder on Liberty ships. For more information, call 586-445-5407.

**Feb. 3:** Adult Craft & Coloring Night - Register at the Roseville Public Library, 29777 Gratiot Avenue, at 5:30 p.m. - Erin Auditorium. For Adults. Join us for a social crafting evening. Work on your projects while enjoying the company of other crafters. Bring whatever you would like to work on (scrapbooking, beading, knitting, sewing, etc.) Participants must bring their own supplies, but coloring and some beads will be provided. For more information, call 586-445-5407.

**Feb. 4 & 18:** Ladies Breakfast for widowed people, Connor's Restaurant at 9 a.m. Join us at Connor's on 15356 N. Haggerty and Five Mile, Northville. Meet for conversation & coffee. Call



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## 2019 Motorcoach Tours

**Florida: Orlando & Cocoa Beach, Feb 23-March 3 - \$839.** 4 nites Orlando, 14 meals Savannah, Jekyll & Simons Island & Beaufort, SC, April 7-13 - \$777. 3 days touring (including trolley & tram tours, live show at 'Savannah Theatre'. 6 breakfasts & 4 dinners

**Washington, DC, April 26-30 - \$625.** Tours of DC Memorials, Monuments, Mt. Vernon, Bible Museum, Arlington Cemetery, Smithsonian. 4 breakfasts, 4 dinners.

**Belle Isle & Detroit Institute of Arts, April 28 and Sept 15 - \$52.** Narrated Isle tour with stops at Aquarium, Conservatory, Dossin Great Lakes Museum & lunch at the DIA.

**Holland Tulip Festival, May 4-5 - \$279.** 1 nite hotel, Veldheers, DeKlomp & Delft. Live show of Sunshine Boys'. Saugatuck with boat ride. 1 lunch, 1 bkt, 1 dinner.

**Cornwell Dinner Theatre in Turkeyville & tour Marshall @ \$85 ea** (3 dates): **May 15** for 'Midlife Crisis'; **Aug 28** for 'The Marvelous Wonderettes'; **Nov 20** for 'Santa Gets A Pink Slip'. Matinee performances with turkey buffet lunch, time at gift Shop & Bakery. Narrated Tour of Marshall, see the Honolulu House, National Inn, Governor's Mansion & Capitol Hill School House (drive by's)

**Biltmore Estate, May 19-24 - \$579.** 3 nites Asheville, NC & 1 nite each way. Full day at Biltmore Estate Guided tour of Asheville, Blue Ridge Parkway & Visitor Center, Folk Art Center. 8 meals.

**Toledo Erie Canal, June 12 and Oct 3, \$70.** 1 hour Narrated, mule-drawn Erie Canal boat ride, National Museum of the Great Lakes & lunch at Bob Evans (choice of 4 entrees)

**Detroit Fireworks, June 24 - \$110.** Private room in St. Clair College, Riverside Drive in Windsor on River. Family style chicken dinner, 2 drink tickets, live entertainment, optional Casino visit

**Lancaster, PA show: 'Jesus', Aug 19-23 - \$595.** 4 nites Lancaster area, live show at Sight and Sound Millennium Theatre for 'Jesus'. Live 'Ovation' show, tour of Philadelphia, Lancaster & Amish Country. 'Jacob's Choice' at the F/X Theatre. 4 brkfs, 4 dinner.

**New York, Sept 5-11, \$793.** 4 nites N.J. & 1 each way. Guided tours of NYC Central Park, Times Square, Rockefeller Center. New National 9/11 Museum, Ground Zero, Wall Street, Harbor cruise with stops at Ellis Island & Liberty Island (Statue of Liberty). 10 meals.

**PLUS...Chicago & Lipizzan Horses, June 28-July 1, \$628; Colorado Royal Gorge, Sept 21-29 - \$949; Cape Cod & Concord/Boston, Oct 6-12 - \$949; San Antonio, Padre Island & Gulf of Mexico, Oct 18-27 - \$959; Pigeon Forge and Gatlinburg, Nov 11-15 - \$609** (6 live shows)

Carol to RSVP at 313-562-3080.

**Feb. 7:** Booked for the Evening, "A Tree Grows in Brooklyn" by Betty Smith at the Roseville Public Library, 29777 Gratiot Avenue, at 6:30 p.m., — Erin Auditorium. Everyone is welcome to join us for a lively discussion. Snacks will be served. No registration is required. For more information,

call 586-445-5407.

**Feb. 10:** The trip is Feb. 19-20 but payment is due by Feb. 10. Overnight trip to Little Rivers Casino with stops at Soaring Eagle. \$60 freeplay \$10 food coupons. \$139 pp \$159 pp. Departing 7:30 a.m. (boarding 7 a.m.) drop off pick up Riverland Shopping Center ( Van Dyke & Riverland Drive, Sterling Heights.) For more

info or reservations call/text Holly Kengel at 586-630-6204 or email hollykengel@yahoo.com.

**Feb. 10:** Day trip to Saganing & Soaring Eagle. Gaming time at both casinos. Receive up to \$60 casino money-food. Only \$49 PP. Call 586-770-5899.

**Feb. 10:** Movie Club, MJR Theatre for widowed people. MJR Theatre is located at 23 Mile Rd

and Gratiot in Chesterfield. After the movie we will meet for dinner at Amore's Family Restaurant located at 24 Mile Rd and Gratiot. Amore's also has a rewards card so you can get one the same day. Time and name of movie will be available the Wednesday before that Sunday. An E-blast will be sent out or you can contact Marion at 586-703-1427. Don't

forget your MJR & Amore's rewards cards.

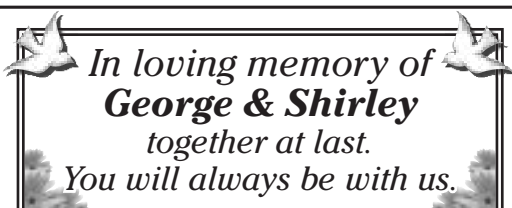
**Feb. 11:** Co-ed Breakfast for widowed people at 10 a.m., Big Boy Restaurant, (2nd Monday of the month). Good food, conversation and a chance to meet new friends at the corner of Hall Rd and Garfield. Call Esther, 586-264-1939.

**Feb. 11 and 25:** Four Star Grille,

1835 Gratiot Blvd, Marysville. For widowed people at 9 a.m. Call contact Rita, 810-334-6287. RSVP not necessary.

**Feb. 19:** Co-ed Breakfast for widowed people at 10 a.m. (3rd Tuesday of the month). Widowed men and women are invited to meet friends at Pancake Factory on the NE corner of 23 Mile &

CALENDAR » PAGE 34



# Go With **GEORGE** TRAVEL & TOURS



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## LITTLE RIVER CASINO WITH STOPS TO SOARING EAGLE CASINO

APRIL 23-24-25, 2019  
JUNE 9-10-11, 2019

**\$189<sup>00</sup>**  
p.p. dbl occ.

Includes 2 nights at the Little River Casino & Hotel, \$75.00 in freeplay, \$30.00 in food. Juice and Sweet rolls served on bus.

## SOARING EAGLE OVERNIGHT WITH STOP TO SAGANING CASINO

MAY 19-20, 2019

**\$149<sup>00</sup>**  
p.p. dbl occ.

Includes 1 night at the Soaring Eagle Casino and Resort, stop to Saganing Eagles Casino, luggage handling, and \$100.00 in total rebates!!!! (\$70.00 freeplay and \$30.00 food) Juice and sweet rolls served on bus.

## SUNDAY! FUNDAY! FIREKEEPERS DAY TRIP

JANUARY 27, 2019  
FEBRUARY 24, 2019

**\$35<sup>00</sup>**  
p.p.

Includes \$20.00 in freeplay and \$5.00 in food, Juice and sweet rolls served on bus. 8:00 am pickup from Meijers at 15 Mile and Utica Rd

## FOUR WINDS CASINO WITH STOPS TO FIREKEEPERS CASINO

MARCH 10-11, 2019

**\$145<sup>00</sup>**  
p.p. dbl occ.

Includes 1 night at the beautiful Four Winds Casino and resort, \$65.00 in freeplay, \$20.00 in food, luggage handling, juice and sweet rolls served on bus.

## ODAWA CASINO with stops to Soaring Eagle and St Ignace Casino.

APRIL 7-8-9, 2019

**\$189<sup>00</sup>**  
p.p. dbl occ.

Includes 2 nights at the Odawa Hotel, \$115.00 in freeplay and \$25.00 in food, 2 continental breakfasts PLUS for every 75 points earned in one day, receive an additional \$5.00 in freeplay- up to \$20.00 per day from Odawa, Juice and sweet rolls served on bus.

## TURTLE CREEK CASINO

with stops to Soaring Eagle and Leelanau Sands Casinos.

MAY 5-6-7, 2019

**\$189<sup>00</sup>**  
p.p. dbl occ.

Includes 2 nights at Turtle Creek Hotel and Casino, \$95.00 in freeplay and \$18.00 food. (earn up to \$20.00 more each day with points earned from Turtle Creek) Juice and sweet rolls served on bus)

## BAY MILLS CASINO

with stops to St Ignace and Sault Ste Marie  
JUNE 23-24-25, 2019

**\$189<sup>00</sup>**  
p.p. dbl occ.

Includes: 2 nights at the Bay Mills Casino, \$65.00 in freeplay and \$15.00 in food. FREE DRINKS WHILE PLAYING, stops to St Ignace and Sault Ste Marie, Juice and Sweet rolls served on bus. THIS ONE BOOKS FAST!

## FIREKEEPERS SENIOR TUESDAYS

FEBRUARY 12, 2019  
MARCH 5, 2019

**\$35<sup>00</sup>**  
p.p.

Includes transportation to Firekeepers Casino, \$20.00 in free play \$5.00 in food, juice and sweet rolls served on bus. \*\*\* Seniors 55 and older earn 55 points and get \$10.00 more in free play. 8:00 am pickup from Meijers lot at 15 Mile and Utica rd

**Contact: KATHY WIECZOREK (586) 566-0135**



# Calendar

## FROM PAGE 33

Schoenherr. Call Ellen, 586-781-5781.

**Feb. 23 - March 3:** Florida: Orlando & Cocoa Beach. Join Travel with Nance for \$839. 4 nites in Orlando area plus 2 nites en route each way. Admission to Holy Land Experience, Exploration Tower, Gatorland, Bok Tower Gardens. Historic Cocoa Beach Pier, Florida's Natural Grove House, Citrus Candy Factory, Jimmy Carter Presidential Library & Museum. 14 meals. Call 313-535-2921.

**Feb. 24:** Spend the day at beautiful Firekeeper's. Receive at least \$25 casino money - food. This day is seafood-prime rib buffet. Only \$35 pp. Call 586-770-5899.

**Feb. 27:** Touching Musical—the Spitfire Grill—at Meadow Brook Theatre and Tour and Lunch at Meadow Brook Hall. First, we'll go on a tour of Meadow Brook Hall, the beautiful Tudor revival-style mansion built by Matilda Dodge Wilson and her second husband in the 1920's. On the

National Register of Historic Places, the mansion is ranked 24th on the list of Largest Historic Homes in the U.S. After the tour, we'll dine in this magnificent mansion. Afterwards, we're off to Meadow Brook Theatre to enjoy "The Spitfire Grill", a touching musical, which depicts the journey of a young woman (Percy) just released from prison who decides to start her life anew in a rural Wisconsin town. Percy gets a job at a ramshackle diner (The Spitfire Grill) owned by a crusty elderly widow (Hannah) who has been trying to find someone to buy the diner for more than 10 years, and has long been estranged from her son. During the course of the play, Percy finds her niche and Hannah finds someone to take over the grill and is finally reunited with her son. Lunch will consist of Roasted Chicken Breast with Rice and Seasonal Vegetables. Dessert is Apple Pie. Departure is 10:15 a.m. and return is approximately 5 p.m. Cost is \$79. For more information, call L'Anse Creuse Community Education 586-783-6330.

### March

**March 3-5:** Seneca Allegany, NY. 2 nights at beautiful Seneca Resort & Casino in Allegany

NY. Stops at Hollywood Toledo and Jack Casino Cleveland. Receive at least \$175 casino money & food. This trip is USA only. Indoor pool & so much more. Only \$ 235 PP. Call 586-770-5899.

**March 14:** In The Mood: 25th Silver Celebration Tour at the Macomb Performing Arts Center and Dinner at Uno's. Featuring the String of Pearls Orchestra and the In the Mood Singers & Dancers, this show creates a nostalgic atmosphere that will transport you back in time (the 1930's & 1940's)—a significant period in American history that moved the nation's spirit, and when everyone was singing and dancing to the same kind of music. Before the show, we'll enjoy dinner at Uno's. Select entrée at time of registration, chicken parmesan, fish & chips, 6-oz. sirloin steak, ½ slab of baby back ribs, uno burger, or classic cobb salad. All entrees come with sides and/or choice of soup or salad. All also include chef's choice of a mini dessert and beverage. Departs at 4:30 p.m.; returns at 10 p.m. Cost is \$78. Call L'Anse Creuse Community Ed to register 586-783-6330.



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<p><b>DAY TRIP TO SAGANING &amp; SOARING EAGLE!</b> <b>FEBRUARY 10, 2019</b></p> <p>GAMING TIME AT BOTH CASINOS! RECEIVE UP TO \$60.00 CASINO MONEY-FOOD!!</p> <p><b>ONLY \$49.00 PP!!</b></p>	<p><b>DAY TRIP TO FIREKEEPER'S!</b> <b>FEBRUARY 24 AND MARCH 31, 2019</b></p> <p>SPEND THE DAY AT BEAUTIFUL FIREKEEPER'S! RECEIVE AT LEAST \$25.00 CASINO MONEY - FOOD! THIS DAY IS SEAFOOD-PRIME RIB BUFFET!!</p> <p><b>ONLY \$35.00 PP!!</b></p>	<p><b>SENECA ALLEGANY, NY!!!!</b> <b>MARCH 3 - 5, 2019</b></p> <p>2 NIGHTS AT BEAUTIFUL SENECA RESORT &amp; CASINO IN ALLEGANY NY !! STOPS AT HOLLYWOOD TOLEDO AND JACK CASINO CLEVELAND!! RECEIVE AT LEAST \$175.00 CASINO MONEY &amp; FOOD! THIS TRIP IS USA ONLY. INDOOR POOL &amp; SO MUCH MORE!!</p> <p><b>ONLY \$235.00 PP!!</b></p>
<p><b>ESCANABA ISLAND RESORT!!</b> <b>MARCH 17 - 20, 2019</b></p> <p>2 NIGHT STAY AT THE BEAUTIFUL ISLAND RESORT &amp; CASINO! THEN, 1 NIGHT AT KEWADIN CASINO!! STOPS AT OTHER KEWADIN CASINOS!! RECEIVE AT LEAST \$120.00 CASINO MONEY - FOOD!! ONE BREAKFAST BUFFET!! FIRST TIMERS RECEIVE XTRA \$30.00 FROM ISLAND. INDOOR POOL AT BOTH.</p> <p><b>ONLY \$225.00 PP!!</b></p>	<p><b>DAY TRIP TO SAGANING &amp; SOARING EAGLE!</b> <b>APRIL 7, 2019</b></p> <p>GAMING TIME AT BOTH CASINOS! RECEIVE UP TO \$70.00 CASINO MONEY-FOOD!!</p> <p><b>ONLY \$49.00 PP!</b></p>	<p><b>KEWADIN - SAULT ST. MARIE!</b> <b>APRIL 29 - MAY 1, 2019</b></p> <p>2 NIGHTS AT KEWADIN SAULT STE. MARIE HOTEL &amp; CASINO! STOPS AT ST. IGNACE, HESSEL &amp; BAY MILLS CASINOS! RECEIVE AT LEAST \$110.00 CASINO MONEY-FOOD! RECEIVE BREAKFAST BUFFET EACH DAY. INDOOR POOL.</p> <p><b>ONLY \$170.00 PP!!</b></p>

**A \$50.00 non-refundable deposit is required per person.**  
**Total amount due 21 days prior to departure.**  
**Cancellation protection is available. Call for details. Must be purchased up front.**  
All trips are non-refundable unless cancellation protection is purchased  
**Make Check or Money Order Payable to CONNIE BOUDOURAKIS**  
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**DORRY**

Proud Pet Owner  
The Townsend Family of Waterford, MI

**PET  
BRAG  
PAGE**



# BIG DADDY TOURS

## AMISH COUNTRY OF OHIO WEDS-FRI, MAY 29-31, 2019



### Trip Includes:

- 2 Nights at the lovely Carlisle Inn Walnut Creek Ohio.
- Experience Having Dinner at an Amish Home Prepared Just for Our Group.
- Family Style Dinner at Der Dutchmann & Shopping.
- Countryside Tour with Step-On Guide. Fun Stops & Teachings of the Amish Way of Life.
- Visit The Rock & Roll Hall of Fame in Cleveland Ohio.
- Return Stop at Hardrock Casino in Cleveland & Receive \$20 FREE PLAY.
- Roundtrip Deluxe Transportation & Luggage Handling

**NO EXTRA CHARGE FOR ALL THE FUN INCURRED!!!**

**Single \$499 pp Double \$389 pp**

## DETROIT THEN & NOW WEDS, MAY 22, 2019

Explore the latest & greatest of Detroit's Downtown, New Center, Midtown, Mexican Town, Belle Isle & the Riverfront.

### Trip Includes:

- Guided Knowledgeable Tour
- Lunch at Detroit Yacht Club
- Gaming Time at Greektown Casino
- \$20 Play Per Person from Casino
- Transportation
- \$69 per person



**Wednesday-Thursday • November 6-7th, 2019  
\$65 in Casino Credit!**

### Trip Includes:

- Receive \$25 Four Winds
- Receive \$40 Firekeepers
- Overnight Stay at the fabulous Four Winds Casino/Resort in New Buffalo, Michigan.
- \$20 Food Credit
- Stops at Firekeepers both ways
- Luxury bus transportation with video entertainment (package subject to change)

**\$254 Single pp \$179 Double pp**

## SUMMER SPECTACULAR FINGER LAKES & SENECA NY JULY 9-11, 2019



- 2 Nights 3 days of Fabulous Beauty in New York's most peaceful region!
- Deluxe Accommodations at Del Lago Resort & Casino in Waterloo, NY
- Includes Lunch & Cruise of Seneca Lake, Stop at the Finger Lakes famous winery, 2 dinners, 2 breakfasts, round trip baggage handling, transportation plus receive \$60 in free play per person.

**\$589 pp/double occupancy**

## Rat Pack Lounge



**Thursday September 12, 2019  
at Cornwell's Professional Dinner Theater**



### Your Trip Includes:

- Luxury motorcoach travel with video entertainment
- Buffet dinner of roast turkey, dressing, potatoes, gravy, rolls, vegetables, soup, salad, and more
- Three choices of desserts
- Broadway-style performance

**\$89 pp**

Frank, Dean & Sammy are up in Heaven, but God tells them they left some unfinished business back on earth. It seems Frank made an unfulfilled promise to the owner of the Rat Pack Lounge. Now he & the boys have 1 night to make things right. Enjoy the singing & savoring of the day!!



**Featured Trip  
2019!**

## CAPE COD SPECTACULAR

Poconos \* Foxwood \* Cape Cod \* Finger Lakes

**7 Days / 6 Nights**

**Sun-Sat, October 6-12, 2019**

### Premium Lodgings:

- Day 1:** Stay at Mount Airy Casino & Resort, Mt Pocono, PA
- Includes** \$30 Casino Slot Play, Dinner & Breakfast
- Day 2:** Stay at Foxwoods Resort & Casino, Mashantucket, CT
- Includes** \$10 Casino Slot Play, Dinner & Breakfast
- Day 3-5:** Stay at Chatham Bars Inn Resort & Spa, MA
- Includes** Full Continental Breakfast each Morning
- Day 6:** Stay at del Lago Resort & Casino, Waterloo, NY
- Includes** \$30 Casino Slot Play, Dinner & Breakfast
- 4 Days of Fascinating Tours led by Professional Local Tour Guides:**
- Boston & Cambridge w/Concord & Lexington:** Old Boston, George Washington's home travel Paul Revere's route, homes of Walden Pond.

**Martha's Vineyard:** Island w/white sand beaches, lighthouses, gorgeous bluffs, old fashioned ice cream parlors, America's oldest Carousel, villages of Chappaquidick and Oak Bluffs

**Newport, Rhode Island:** St. Mary's Church where John F. Kennedy married Jacqueline, film site of the original "Great Gatsby", Vanderbilt mansions, scenic Ocean Drive, Bannister's wharf.

**Plymouth & Cape:** Plymouth colonist sites, the beauty & bridges of Cape Cod

**Includes** New England Buffet at Concord's Colonial Inn & Lunch on Martha's Vineyard

**\$2449 Single \$1749 Double**



## MACKINAC ISLAND LILAC FESTIVAL Mon-Wed, June 10-12, 2019



### Your Trip Includes:

- 1 Night Stay at Lilac Tree Hotel OR The Chippewa Waterfront Suites (Your Choice)
- 1 Gala Buffet Luncheon at Grand Hotel / 2 Full Breakfasts
- 1 Night at The Turtle Creek Casino & Resort Traverse City & \$30 Slot Play PP.
- Carriage Tour on the Island
- Round Trip Ferry
- Free Time in Mackinac City for Shopping
- Luxury Bus Travel w/Video Entertainment
- Baggage Handling at the Ferry & Hotel

**\$589 Single pp \$469 Double pp**

## THE ARK ENCOUNTER Williamstown, Kentucky Tues-Thurs, May 14-16, 2019



**Features a Full-Size Noah's Ark built according to the dimensions given in the Bible. Spanning 510 ft long, 85 ft wide & 51 ft high, this modern engineering marvel amazes young & old.**

### Trip Includes:

- 2 Nights Stay at the Belterra Casino Resort Florence Indiana
- FREE \$10 from the Casino in Slot Play
- 2 Full Breakfast & 2 Dinners at Belterra
- Admissions & Visits to The Ark Encounter & Creation Museum
- Luxury Bus Transportation & Fully Escorted



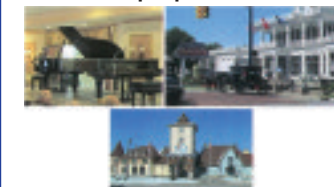
**\$459 Single**

**\$359 Double**

## ZEHNDER'S 25TH ANNUAL RAGTIME FESTIVAL

**Thurs, April 19, 2018**

**Come celebrate with us with 25 best Ragtime Musicians plus pianist Bob Milne.**



### Your Trip Includes:

- Famous Frankenmuth Plated Chicken Dinner.
- Entertainment by the Annual Ragtime Festival Band.
- Shopping Downtown Frankenmuth.
- Luxury Bus Travel.

**\$89 pp**

## SOARING EAGLE CASINO & SHIPSHEWANA FLEA MARKET

**Sun-Mon, April 7-8, 2019**

### Your Trip Includes:

- Gaming at Soaring Eagle Casino
- \$50 Slot Play Cash from Casino
- Admission to Flea Market
- \$30 Dining Card from Casino
- Deluxe Overnight Accommodations
- Luxury Bus Transportation
- Breakfast at Krzyziaks Included

**Single \$232 pp Double \$179 pp**

## Mackinac Island Excursion! Thurs-Sun, Oct 24-27, 2019



### Your Trip Includes:

- 3 Nights on Mackinac Island at The Grand Hotel
- Dancing to the Grand Hotel Orchestra
- 3 Full Breakfasts, 5-Course Dinners Every Night, Plus Luncheon
- "Somewhere in Time" Promenade
- Champagne Reception
- Breakfast at Krzyziak's Restaurant on the Ride Up-North
- Tea & Cookies 3 Afternoons
- Round-Trip Ferry & Horse-Drawn Taxi Ride
- Special Guided Carriage Tour of Island
- Free Golf at The Jewell Golf Course (\$15 Cart Fee Required)
- Luxury Bus Travel w/Entertainment
- Planned Tournaments/Games/Activities



**Single \$1,196**

**Double \$908**

## KEWADIN CASINO TOUR

**Sault Ste. Marie, St. Ignace & Bay Mills  
Sat-Mon, April 27-29, 2019**

### Your Trip Includes:

- 2 Night Stay at Kewadin Casino Sault St Marie
- FREE \$60 Cash & Slot Play Combo from Casino
- \$10 FREE Food Coupons at Casino
- Breakfast at Krzyziak's Restaurant
- 2 Buffet Breakfasts at Hotel
- Celebrate Sat Mass at Authentic Indian Church



**Single \$329**

**Double \$249**

## Little Rivers Casino Soaring Eagle Casino



### Trip Includes:

- Receive up to \$60 CASINO CREDITS
- One night stay at the Little Rivers Casino Resort
- Breakfast buffet at Krzyziak's Restaurant
- Receive \$20 total in food coupons from casinos
- \$20 in free play Little Rivers/ \$40 Mt Pleasant/total
- Luxury bus travel with video entertainment (package subject to change)

**Single \$229  
Triple \$175**

**Double \$179  
Quadruple \$169**

## FIREKEEPERS CASINO - BATTLE CREEK DAY TRIP

**March 20, 2019 • April 2, 2019 • May 8, 2019**

### Your Trip Includes:

- Your Trip Includes:
- \$20 Free Play from Casino
- \$5 towards Dining, Slot Play or Gift Shop from Casino
- Luxury Bus Travel

**Hurry & book your trip. The \$25 from Casino offsets the \$35 cost for the trip!**

**\$35 pp**

**Don't leave town unless you're on Big Daddy Tours**

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