

# Vitality

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

May 2019

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DAVID DALTON — FOR MEDIANEWS GROUP



## SENIOR LIVING MACOMB COUNTY

**Centerline Towers:** 803310 Mile, Centerline, 48015

**Chesterfield Library:** 50560 Patricia, Chesterfield, 48047

**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, 48038

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

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

**Heritage Senior Place:** 15430 18 Mile/ Hayes, Clinton Twp, 48038

**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 Center:** 1335 Joslyn Road, Lake Orion, 48360

**OPC Rochester:** Letica Rd, Rochester, 48307

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

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## MONEY & SECURITY

### Should you let buyers move in before closing and other real estate questions answered

**Q**: We accepted an offer on our house and are waiting to close. The buyers contacted our real estate agent and asked if they could start moving in 7 days before the closing. Apparently there was a mix up with their moving company and they cannot get moved on the dates they had planned. The buyers are transferees from out of state and are in a pinch and seem like nice people. We were wondering if there is any harm in letting them move in before the closing since our house is vacant?



Steve Meyers

**A**: My opinion of this will not change. Don't do it, period. I have previously spoken to attorneys and they don't recommend it either. Now, for the record, I am a compassionate person. But business is business and by all means a real estate transaction is business. There are many things that can go wrong just before closing that makes it a very critical time in the sale process. Things like: a final condition to close not making it through underwriting at the mortgage company, title insurance problems, a sudden defect in the property, buyer(s) changing their mind, buyer loses their job etc.

Here are some problems that can occur. 1) After the buyers move in why should they close right away? They're living in your house for free. What would stop them from coming up with excuses to delay the closing 30 days? 2) What if after the buyers move in before closing they decide that they really don't like the house as much as they thought they did? Or, what if they discover defects or pitfalls that they did not notice until after moving in? 3) What about the whole liability issue? Will your insurance company insure the house with the buyers living there? The buyers' homeowner policy won't be in effect until closing when they take ownership.

I know that you may be thinking what could happen in only 7 days? But I say look in history books and newspapers; there are a lot of good examples of what can happen in only seven days. I would err on the side of caution and suggest to the buyers to change moving companies or have their items stored here in town at another local moving

company for a few days and stay at a hotel. Sure, it may cost the buyers some more money, but it could also save you (as the seller) a whole lot more.

**Q**: I am helping my parents sell their condo that they bought new 20 years ago. We have been having a lively discussion about what should be done before selling. The carpet is worn and looks dated and the walls look dingy. My dad says that someone can buy it, paint it and put in the carpeting they want. Could you please tell my dad he is wrong and I'm right?

**A**: I feel like I was just put in the middle. In a way, you're both right. (How's that for a politically correct answer?) However, your way will bring a higher sale price and a shorter market time, while dad's way will do just the opposite. (By the way, what's mom's position?) Paint, carpet, cleaning and decluttering are the most profitable things to do when preparing your house/condo for sale and usually the least expensive. Homes that show better sell faster and for more money. Good luck.

▪ **Market Update:** March's market update for Macomb County and Oakland County's housing market is on the same track; closed sales were up in Macomb County and Down in Oakland County, prices up and inventory down in both Counties.

In Macomb County prices were up by more than 4 percent and Oakland County prices were up by almost 4 percent. Residential home/condo on market inventory was down. Macomb County's on market inventory was down by more than 10 percent and Oakland County's on market inventory was down by almost 10 percent. Average days on market have stayed about the same. Closed sales in Macomb County were up by almost 11 percent.

Closed sales in Oakland County were up by almost 5 percent. (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. You can also visit his website: www.AnswersToRealEstateQuestions.com.*

## Brian J. Kurtz

AIP Financial Services, Inc.



Radio Show Host Since 1999 • Estate Planning Columnist Since 1994  
Published Author of "Getting The Most Out of Your Savings Bonds" (June 2004)

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## MONEY &amp; SECURITY

# Ask the Financial Doctor: What are the consequences of filing taxes after the deadline?

**Q** : My husband and I file jointly. For the 2018 tax year, we missed the April 15th deadline. What are the consequences if we file in October?

**A** : The IRS can penalize you 5 percent per month for your unpaid taxes up to 25 percent. If you owe taxes and are more than 60 days late in filing then the minimum penalty is \$205 or 100 percent of taxes owed. If you are getting a refund there is no penalty. If you file your return but do not pay the taxes, you will incur a 0.5 percent per month penalty up to a maximum 25 percent. Additionally, the IRS will charge you interest on any unpaid taxes. Even if you cannot pay your taxes on

time it is important to file on time to minimize the penalties. Assume you owe \$10,000 in taxes but did not file for an extension and did not pay by October 15th. The "failure to file" penalty will be \$2,500 through September 15th and \$50(0.5 percent per month) for the "failure to pay" penalty for October. If you filed for an extension, the penalty would have been 6 months at 0.5 percent or \$300.

**Q** : Is the annual gift rule \$14,000 or \$15,000?



**Richard Rysiewski**

**A** : For 2017 it was \$14,000 and for 2018 and later it is \$15,000 per year. You can gift-give up to \$15,000 annually to any person without triggering a gift tax. If you are married and your spouse is in agreement, you can double the annual gift to \$30,000. You do not get a deduction and the recipient does not declare the gift as taxable income.

**Q** : I have accumulated significant air-miles from company trips. Are these air-miles taxable if I use them for personal trips?

**A** : Frequent air-miles are not taxable by employees if used for personal benefit.

**Q** : What are the taxable limits for estates in 2019?

**A** : If the estate is less than \$11.4 million, there are no estate taxes. Next year, the amount will be higher based on the inflation rate.

**Q** : My neighbor received a letter indicating that he won \$255,000 in a lottery together with a check for \$4,600. To claim his prize, he has to call a number and send \$3,000 for a processing fee. Is this valid or is this a fraud?

**A** : If it sounds too good to be true, then it is. Why would anybody give your neighbor \$255,000 for free?

This "lottery" scheme preys on gullible people to send money to secure a fictitious prize. The check for \$4,600 is clever and could fog your brain to believe you can't lose. If you send \$3,000, kiss it good-bye and the check for \$4,600 will turn-out to be bogus. The check can be deposited but within 3 business days your bank will notify you that the check was bad.

*Richard Rysiewski, a Certified Financial Planner®, welcomes all questions on tax and financial matters. Please send to Richard Rysiewski, Financial Doctor, 3001 Hartford Lane, Shelby Twp., MI 48316 or call (248) 651-7710.*

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## MONEY & SECURITY

# Should you get a reverse mortgage?

By **Donna Fuscaldo**

*Next Avenue*

The reverse mortgage market has been in a state of flux ever since the U.S. government in 2017 reduced the amount borrowers age 62 and older can draw from their home equity for its Home Equity Conversion Mortgage (HECM) and raised that loan's premiums. Now, a handful of reverse mortgage lenders are rolling out proprietary products with fewer restrictions, lower upfront costs and the ability to draw down more money.

They're targeting homeowners with property values in the \$700,000+ range who weren't prime candidates for reverse mortgages in the past. The Federal Housing Administration (FHA) insures HECM reverse mortgages on properties valued up to \$726,525. The proprietary loans are jumbo reverse mortgages, with loan amounts up to \$2.25 million. Like HECMs, these new loans don't let homeowners owe more than the value of their home.

"A reverse mortgage can be a good tool for increasing cash flow when other assets and income sources are not sufficient," says Thomas Pursel, Merrill Private Wealth Advisor in Troy. "In some cases, it may also allow a homeowner to remain in his or her home longer."

"However, the downside is the costs can be high so it is important to weigh both the benefits and the costs for your particular situation," added Pursel. "I certainly encourage people considering a reverse mortgage to first consult with a financial advisor."

Some financial advisers recommend reverse mortgages for some retirees. A reverse mortgage can help homeowners pay down their existing mortgage and free up cash each month. Or they could use the money to consolidate debt, make home improvements or pay for necessary expenses such as long-term care.

The government's rule tightening for HECMs has opened a window for the new proprietary reverse mortgages. Reverse mortgages are one of the top regulated products and when the government changes the rules, lenders must change the way they sell it.

One Reverse Mortgage, the San Diego unit of Quicken Loans, launched its jumbo reverse mortgage (the Home Equity Loan Optimizer or HELO) in August 2018, to overcome the limitations of FHA reverse mortgages. As a fixed-rate loan, it gives borrowers with credit scores of at least 640 access to up to \$4 million of their equity.

The HELO rate recently ranged between 6 percent and 7.375 percent. According to a story in the Wall Street Journal, fees average \$3,000 to \$5,000 in upfront costs for a \$1

million loan on a home valued at \$2 million.

In October Finance of America Reverse, a Tulsa, Okla.-based reverse mortgage lender, began offering the HomeSafe Select proprietary reverse mortgage product in California, with additional states expected soon.

This non-FHA, adjustable rate reverse mortgage is available for properties valued up to \$10 million, with loan proceeds as high as \$4 million. There is no monthly or annual mortgage insurance or prepayment penalties. With a HECM, borrowers must pay a mortgage insurance premium which is 2 percent of the home value, and annual mortgage insurance premium of 0.5 percent of the balance on the mortgage.

HomeSafe Select borrowers can draw down 25 percent of the loan proceeds at closing, with the remainder of the funds available as a line of credit. The lender charges origination fees from \$2,500 to \$8,000. The fees are based on the maximum amount for the loan; 2 percent for the first \$200,000 and 1 percent for the remaining amount over \$200,000. Finance of America Reverse also charges a \$30 monthly loan servicing fee. Other fees may be charged by third parties for such things as the title search, financial counseling and appraisal and document preparations.

Although the interest rate on Finance of America's proprietary reverse mortgage is slightly higher than the HECM, the upfront fees are lower.

## Advice before getting a jumbo reverse mortgage

If you're considering a proprietary reverse mortgage, keep in mind that the offerings may differ dramatically. So you'll want to compare closing costs and interest rates, and determine whether you want the money as a lump sum or a line of credit and how much you want to access. Compare reverse mortgages to traditional mortgages.

Be sure you're working with a reputable lender, too. Choose one that is a member of the National Reverse Mortgage Lenders Association, the trade group that develops best practices for the industry.

Counseling isn't mandatory on the proprietary loans, the way it is for the HECM, so make sure you understand all the terms before borrowing. If your lender can't answer your questions, look for a different one.

As with any reverse mortgage, keep in mind that you will be responsible for the taxes and the homeowner's insurance on the new products. And the loan will come due as soon as you move or die.

*Vitality writer Debra Kaszubski contributed to this report.*



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## TECHNOLOGY

# 5 ways to get the most from your fitness tracker



Photo courtesy of Metro Creative Connection

**By Rashelle Brown**  
*Next Avenue*

If you're into fitness, if you have a few pounds to lose or you're just trying to live a bit healthier, you might already be using a fitness tracker. But whether you own the latest, snazzy wearable gadget or use a free app on your smartphone, you're probably only realizing a fraction of the benefits it has to offer.

Here are five ways you can unlock the power of that little device and achieve real health benefits:

1. Turn on Your Inactivity Alert. Virtually all wearables, and many apps, have this feature. An inactivity alert is a bell or a buzz that tells you when you've been sitting for 15, 20, 30

minutes; you choose the amount of time. When the alert goes off, you take a moment to stand and move around a bit. Then you sit back down and go on with whatever you were doing.

While interrupting yourself every quarter hour might seem like a hassle at first, it's an irritation worth getting used to. A vast amount of research has shown that prolonged sitting is not only associated with higher rates of metabolic disorders and heart disease, it's bad for your brain, too. What's more, a growing body of research has found that simply standing up isn't enough to counter the ill effects of sitting, so you've got to move a little. Luckily, even as little as one minute of walking

or light exercise, or just 100 steps, can counter the ill effects of sitting.

2. Get Social for Accountability. One of the best features of wearable devices and apps is the ability to opt in to social sharing. By creating a user profile and allowing your data to be compared with others, you can turn healthy habits into a game. Beyond just counting steps, social sharing challenges you daily to land within the top 50%, 25% or 10% of users across a variety of activity goals.

Whether you're "competing" against people you know, the larger connected community or just yourself, this is a great motivator to keep up with your new healthy habits. If you have privacy concerns, be sure

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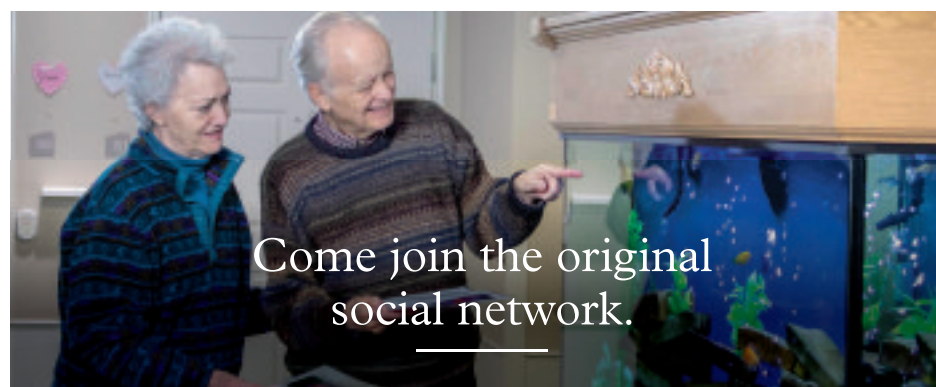
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to read the fine print when you set up your account. That way, you'll know exactly what data you're sharing and with whom.

3. Connect with Your Health Care Team. While this technology platform is still in its infancy, health-tech startups are working hard to get the data from health and fitness devices into your doctor's hands without an in-person visit. Already a small handful of higher-end and specialty devices can track health metrics like blood pressure, cardiac function and body weight, while most basic wearables collect data that is more mundane but still useful, such as pulse, active time and sleep patterns.

Very soon, biometrics like heart rate, skin temperature, stress patterns and hydration levels could help to raise red flags and possibly diagnose illnesses, like the flu, in their early stages. If your doctor has recommended weight loss or an increase in physical activity as part of your care plan, ask him or her whether sharing data from your activity tracker might be useful.

4. Diligently Track Water Con-

sumption. Dehydration can be a serious health risk for adults over 50. Fatigue and headaches are common symptoms of mild dehydration, which can progress to fever, dizziness and confusion. Even worse, dehydration can adversely affect your body's ability to metabolize and modulate many medications. Over the long term, chronic dehydration may be associated with a higher risk for stroke (and worse recovery outcomes), chronic kidney disease, dementia and a host of other diseases.

Compounding this issue, as you age, your sense of thirst can become blunted, causing you to go longer without drinking water than you should. Luckily, activity trackers make staying hydrated as easy as tapping a button. Most wearables and apps have this quick and easy feature: simply add a number for every eight ounces of water (not coffee, tea or soda) you drink. For optimal hydration, aim for between two and three liters of water per day, or eight to 15 eight-ounce glasses.

5. Clean Up Your Diet. Al-

though diet tracking isn't a direct feature on basic wearable devices yet, the tech sector is working hard to change that. For now, nearly all wearables have a nutrition tracking feature on their paired apps and higher-end smart watches are also compatible with dozens of stellar third-party nutrition apps.

These powerful little programs allow you to customize exactly what you track — from servings of fruits and vegetables to grams of protein, carbs and fat to every single thing you eat and drink. Tracking consumption can have a significant impact on the quality of your diet and might help you lose weight, both of which can lower your risk for a host of lifestyle-related diseases.

It's exciting to imagine the possibilities the next few years will bring as wearable health tech continues to advance. But right now, the device you own is already a powerful tool for creating healthy habits and sticking to them. You simply need to dive in and see exactly what it can do for you.



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## MONEY &amp; SECURITY

# Expert offers tips on how to avoid becoming a victim of a scam

By Debra Kaszubski  
For MediaNews Group

Financial scams come in all shapes and sizes. Scammers can access your personal information through your computer or smartphone, your landline and even by utilizing the U.S. mail.

What do they want? In most cases, they want your money, identity and other private information.

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why? Because seniors are thought to have a significant amount of money sitting in their accounts.

Financial scams also often go unreported or can be difficult to prosecute, so they're considered a

"low-risk" crime. However, they're devastating to many older adults and can leave them in a very vulnerable position with little time to recoup their losses. It's not just wealthy seniors who are targeted. Low-income older adults are also at risk.

At an April 23 seminar at the Clinton Township Senior Center, speaker Allison Bonacci from the Michigan Attorney General's Office said that it's important seniors recognize some of the common scams, warning signs, and what to do to avoid being taken.

## Telephone scams

Perhaps the most common scheme is when scammers use fake telemarketing calls to prey on older people, who as a group make twice as many purchases over the phone than

the national average.

With no face-to-face interaction, and no paper trail, these scams are incredibly hard to trace. Also, once a successful deal has been made, the buyer's name is shared with similar schemers looking for easy targets, sometimes defrauding the same person repeatedly.

Examples of telemarketing fraud include:

- Money is solicited for fake charities. This often occurs after natural disasters.

- The con artist gets the victim to wire or send money on the pretext that the person's child or another relative is in the hospital and needs the money.

- The con artist tells the individual that he or she has found a large sum of money and is willing to split

it if the person will make a "good faith" payment by withdrawing money from his or her bank account.

To avoid becoming a victim of a phone scam, Bonacci urged seniors to avoid giving out their phone numbers, registering on the Do Not Call registry, and letting the calls go to voicemail. "If the Robo caller does not leave a message, it's most likely a scam," she said. "Report this to the FTC (Federal Trade Commission) or use one of the apps such as Nomorobo or Calls Blacklist."

## Internet scams

Pop-up browser windows simulating virus-scanning software will fool victims into either downloading a fake anti-virus program (at a substantial cost) or an actual virus that will open up whatever information is on the user's computer to scammers.

An unsuspecting user's unfamiliarity with the less visible aspects of browsing the web (firewalls and built-in virus protection, for example) make them susceptible to such traps.

An example of "phishing" is when a user receives email messages that appear to be from a legitimate company or institution, asking them to "update" or "verify" their personal information.



PHOTO BY DEBRA KASZUBSKI — FOR MEDIANEWS GROUP

Allison Bonacci of the Michigan Attorney General's Office stressed the importance of seniors recognizing warning signs of common scams during her presentation April 23 at the Clinton Township Senior Center.

When you respond, you're caught on the "phishing" hook and now this fraudulent company has your personal information.

"The most successful type of phishing is called spear phishing. That's when a successful con artist will target a group of people he has information on. All the members of a church, or those who attend the Clinton Township Senior Center. This makes the scam even more believable," Bonacci said.

Legit companies do not request personal information via email; they'll call

you by your name; they have domain emails; know how to spell and follow grammar rules; don't force you to use their website; and don't send unsolicited attachments.

If you get an email that's suspicious, don't open it. Instead report it to the FTC ([ftc.gov/complaint](http://ftc.gov/complaint)) or send an email to the company that it appears to be from. Most businesses want to know if their names are being used in a fraudulent manner.

*Next Avenue contributed to this report.*

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## HEALTH &amp; FITNESS

# Chronic inflammation could be your top health concern

By Debra Kaszubski  
For MediaNews Group

Inflammation is the body's way of defending itself against infection, and is a good thing. But when it persists it can be a key symptom of a chronic illness.

With chronic inflammation, the immune system doesn't turn off its routine reaction even after the battle against an infection has been won. Constant, unchecked inflammation has been linked to multiple problems affecting the whole body, from cardiovascular disease to cancer.

People with inflammatory conditions, like rheumatoid arthritis or Crohn's disease, are at elevated risk of persistent swelling elsewhere in the body. This can

affect everything from the mind, causing forgetfulness or depression, to the belly with bloating, stomach aches, gas, etc.

There are a few known causes of inflammation, including stress, pollution and the environment. But the other cause, diet, is something anyone has the ability to change. Those changes, big or small, can have an impact on a person's health and overall well-being.

"Diet is a huge factor and it's something that we can control so we really must look at the food we are eating if we want to reduce inflammation," said Silvia Veri, R.D., dietitian and nutrition supervisor, Beaumont Hospital, Royal Oak, Weight Control Center.

The Mediterranean diet

is made up of whole grains, fruits, vegetables, olive oil, legumes and lean meat like fish and poultry. This and the MIND diet, which is a combination of the Mediterranean and the DASH (Dietary Approaches to Stop Hypertension) diets, prove to be the most beneficial for older people.

If you're adopting the Mediterranean diet, eating predominantly plant-based foods and limiting your consumption of animal-based products is a good first step.

"Can you try a meatless meal once a week? Try a bean soup, bean chili or a bean burrito. Replace red meat with ground turkey or chicken," Veri said. "These are all things you can do to reduce your intake. It's more realistic to reduce



PHOTOS COURTESY OF METRO CREATIVE CONNECTION

than to go from A to Z over night."

Those who enjoy processed meats, such as lunch meat turkey, could substitute the processed product

with a baked turkey breast.

Along with red meat, sugar may pose a challenge as well. But since refined sugar promotes inflammation it's important to limit

what you take in. Reduce sugar by eating fruits for dessert, eliminating sugary drinks or switching to whole grains instead of white. Add flavor to water with fruits.

"Treat fruit as a dessert and that will really help with sugar," Veri said. "Try strawberries with a little dark chocolate, or a baked apple with cinnamon."

Along with improving your diet to reduce inflammation, look at ways to get more exercise, which also helps. Try to get at least 30 minutes of brisk activity daily. Make time for stress relief each day through prayer, yoga, meditation or anything else that helps you live in the moment. Find a strong social network so you feel connected, supported and loved.

Little steps in improving your lifestyle can go a long way if you're determined, Veri added, stating that the results will be worth the effort.

Next Avenue contributed to this report.



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## SOCIAL &amp; WELL-BEING

# Senior performance troupe tackles crime in the windy city

‘Chicago’ set for June 6-9 in Warren.

By Debra Kaszubski  
For MediaNews Group

“I don’t like to blow my own horn, but believe me, if Jesus Christ had lived in Chicago today, and if he had \$5,000 and he’d come to me, let’s say things would have turned out differently.” — Billy Flynn

The Heart of the Hills Players take on attorney Billy Flynn and all the other infamous characters that make up the cast of “Chicago” June 6-9 at the Warren Community Center. Tickets cost \$15 in advance and \$16 at the door. Groups of 20 or more pay \$10 per ticket when purchased in advance.

Performances will be

June 6-7 at 2 p.m., June 8 at 7 p.m., and June 9 at 2 p.m. Buy tickets at hohplayers.org or call the Warren Community Center at 586-268-8400.

The Heart of the Hills Players is a theater group made up of stage players ages 50 and older from metro Detroit. They perform several shows a year, including a couple major stage performances and what they call “mini shows” at nursing homes, assisted living centers, and more.

“Chicago” is a musical vaudeville set in Prohibition-era Chicago. The show is based on a 1926 play by reporter Maurine Dallas Watkins, inspired by actual criminals and crimes

she reported. It has been performed on Broadway and on the screen. The 2002 adaptation starred Richard Gere, Catherine Zeta-Jones and Rene Zellweger.

With book by Bob Fosse, lyrics by Fred Ebb and music by John Kander, the original Broadway production opened in 1975 at the 46th Street Theatre in New York and ran for 936 performances until 1977. Bob Fosse choreographed the original production, and his style is strongly identified with the show.

The cast includes Maggie Curran from Warren as Roxie Hart; Nancy Motrin from Harrison Township as Velma Kelly; Diana Schreiber from Macomb as Mama; Lorrie Garrison from Rochester Hills as reporter Mary Sunshine; Tony

Merlo from West Bloomfield as Amos Hart; and Craig Hull from Rochester Hills as Billy Flynn.

“It’s going to be a wonderful show. We are doing more of the Bob Fosse style, like what you’d see at the Fisher Theater. It’s a musical and I’m sure everyone will really enjoy it,” said Chancey Miller, director of the show.

The Heart of the Hills was started by a group of about 10 performers in 1985

at a Rochester Hills elementary school as a part of the city’s Older Persons Commission (OPC). When the new OPC opened in the early 2000s only Rochester, Rochester Hills and Oakland Township residents could participate in shows without cost. For that reason, the group decided to operate as a nonprofit theater organization, open to anyone interested.

Members, who rehearse at the Shelby Township Dis-

abled American Veterans hall three times a week, are from communities across southeast Michigan. New players in the all-volunteer troupe are always welcome. They’ve put together numerous shows including: “South Pacific,” “Guys and Dolls,” “Hello Dolly,” “Carousel,” “Brigadoon,” “Damn Yankees,” “Anything Goes,” “42nd Street,” “Showtune,” “Irene,” and “This n’ That.” Visit their website at hohplayers.com.



PHOTO BY DEBRA KASZUBSKI — FOR MEDIANEWS GROUP

The Heart of the Hills Players present “Chicago” June 6-9 at the Warren Community Theater. The troupe, which is made up of seniors ages 50 and older from all over metro Detroit, rehearse at the Disabled American Veterans Hall in Shelby Township.



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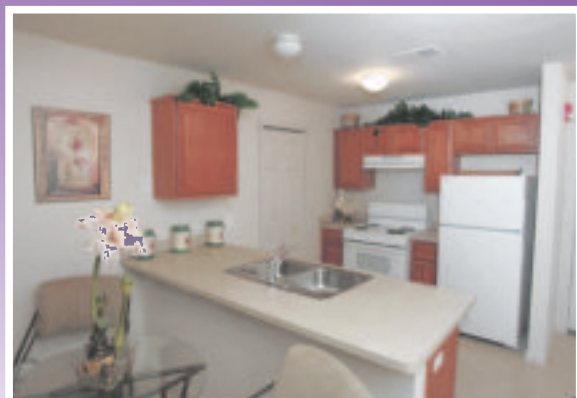
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## HEALTH &amp; FITNESS

# Shelby Township woman runs 19th consecutive Boston Marathon

By Debra Kaszubski

For MediaNews Group

The Boston Marathon is the world's oldest and one of the most prestigious running events and, like most marathons, over 26 miles long. It's the only race you have to qualify for and you're expected to finish within six hours. For some, Boston is the Mt. Everest of the running world.

Shelby Township resident Nancy Smith has finished the Boston Marathon 19 times, having just completed 2019's race in April. As if running the race wasn't challenging enough, she was also recovering from shoulder surgery, which she had on Jan. 15.

"I didn't start training until three and a half weeks before the marathon," Smith said. "I was given permission to run and then jog. My number one goal was to finish. It took me five hours and 31 minutes, by far better than I expected. I knew I had so many people send me good wishes. I felt it."

Smith said she had to be mindful of the way she used her arms during the race so she did not aggravate the injured shoulder. She ran the downhills and walked uphill and at the water stops. Her longest jog was 14 miles, she said. It was a beautiful, sunny day for a run (unlike the cold, rainy year prior), and the weather propelled her to keep moving forward. The crowd's enthusiastic cheers, and the charity in which she runs are other motivating factors for those long, hilly 26 miles.

"I run for the Dana Farber Cancer Research (charity) in memory of all the people we've lost to cancer, including my mother, my aunt and Brooke," she said referring to Brooke Mulford, a 13 year-old-girl from New Jersey who suffered from neuroblastoma cancer. Mulford died in 2017 after a long battle with the disease.



PHOTOS BY DAVID DALTON — FOR MEDIANEWS GROUP

Shelby Township resident Nancy Smith recently completed her 19th Boston Marathon.

Smith has had many injuries as a result of running, including plantar fasciitis, iliotibial band, hamstring strains, inflamed piriformis, and more. Still, those injuries do not stop her from doing what she loves. She has her eyes set on other marathons, including races in London, Tokyo and Berlin. Since retiring last year af-

ter a long career teaching in Utica Community Schools and other districts, she now has the time to tackle world-wide marathons.

The European and Asian trails shouldn't be a problem. Along with several marathons in New York City, Indianapolis, Chicago, Orlando, Grand Rapids, Traverse City and Cincinnati, Smith has



Smith has accumulated an impressive collection of medals from the races she's run, including several of the coveted Boston Marathon awards.

completed the Marine Corps Marathon. She's a regular on the trails at Stony Creek Metropark.

In addition to running, she lifts weights and is a member of the Guinness Bikers Club. The club bikes the trails at Stony in the summer and spin in the winter. She's race director of three community races: Halloween Hustle, Hoodie and Cruise in Shoes races. She's also the primary caregiver to her sister, Beth, who is disabled.

Smith, a grandmother, was first introduced to running as a child gymnast. As a busy mom and full-time teacher, Smith had to take a break from running for a short time. Around 21 years ago, when she was in her 40s, Smith started to run again with some teachers from work. She recently retired from Roberts Elementary School in Shelby Township where she taught for 25 years.

"That was the kick off to my running again," she said. "I ran Chicago in 2000 and then I qualified for Boston in 2001."

Smith was running the Bos-

ton during the 2013 bombings. She wasn't hurt, but tearfully describes the day as life-changing. The race has never been the same, she said, noting the heightened security precautions: metal detectors and even rooftop snipers are now common at the race. "It's really sad, but it's necessary in this world we live in," she said.

Along with countless pairs of running shoes, Smith has accumulated an impressive collection of the coveted Boston Marathon awards. Engraved in the medal is the symbol of a unicorn, representing something that is be pursued but never caught. Injuries, retirement and advancing age have yet to catch up with Smith, who with her long blonde hair and trim physique, seems ageless.

"I'm going to keep on going," she said. "Of course I'm going to do Boston next year. It's my 20th year so of course I'm doing it. I don't have an end goal in mind. My goal is to just keep going," she said.



SOCIAL & WELL-BEING

# Stylist provides fashion, grooming tips for men over 50

By Debra Kaszubski  
For MediaNews Group

Too many men seem to get stuck in a rut when it comes to style as they age. Either they have the same haircut for decades, or other issues begin to appear: larger ears, bigger bellies, grey hair and too many nose hairs.

Luckily, there's hope, according to Washington Township stylist Jackie Sherrill. She regularly offers cuts and colors at the Clinton Township Senior Center, and said that since older men are often set in their ways, it's best to make small changes at first.

Most older men (who still have their hair) have been getting the same haircut for decades. Same length. Same part. Same style. Time to try a totally fresh style from a new barber, Sherrill said. If you have to make small changes in order to make the transition easier, then go for it, she added,

noting smaller changes are better than nothing.

While it's widely believed that coloring gray hair will automatically make you look younger, that's not necessarily the case. Those who don't know how to properly dye their hair may do it so poorly that they make themselves look older instead of younger.

"Coloring can look very good and natural if done in the right way," Sherrill said. "There is nothing worse than looking at a man and knowing right away that he colors his hair." Dark or light roots are a sure sign of a bad or old dye job and need to be taken care of, Sherrill added.

Every man over 50 knows that the fastest growing hair on his body tends to be in those exact places where he doesn't want it to grow: his ears, nose and eyebrows. Regularly trimming those hairs with a specialty trimmer



PHOTO COURTESY OF METRO CREATIVE CONNECTION

can also trim years off your appearance.

"Men's eyebrows grow extremely fast and trimming them keeps them out of their eyes," Sherrill said.

Quality skin care products help

men reduce age spots and even skin cancer. And by now, most men should have a good soap and moisturizer in their daily routine. A stylish beard, kept neatly trimmed, is a sign of youth more than age, but long "Santa Claus"

beards won't work. Also, don't be afraid to dye facial hair. "Yes, you can color facial hair. The men's color lines look very natural. They blend in and don't color all of the gray. That looks more natural."

While it's fine to wear glasses and look young, gold or silver metal frames immediately make men look older, said Linda Davis, training manager at House of Colour, a style and image consultant firm. She suggests getting fashion glasses — ideally with a serious splash of color — to shave years off your looks. Also, consider nixing the gold and silver watches.

Other popular items to reconsider if you're attempting to appear younger include Velcro sneakers, old baggy jeans, torn or faded clothing, ill-fitting suits, all-white sneakers, and socks you can see.

*Next Avenue contributed to this report.*



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Audiologist



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## SOCIAL &amp; WELL-BEING

# Crafty seniors use crochet skills to help the homeless



PHOTOS BY DEBRA KASZUBSKI — FOR MEDIANEWS GROUP

Linda Ann-Heldt, Dolores Jakubowski and GERALYNN HURT helped turn recycled plastic grocery store bags into these mats for the homeless.

**By Debra Kaszubski**  
For MediaNews Group

What's six feet wide by two and a half feet deep, soft as a pillow, waterproof and perfect for sleeping outdoors?

Pricy camping equipment fits the description above, but at the Sterling Heights Senior Center, they're referring to Plarn mats. "Plarn" is a proper noun used to describe plastic yarn made from recycled store bags. Those who look closely at a finished mat should recognize Kroger, Meijer, and other store bags weaved into the cushy design.

Construction of these mats, which cost nothing

more than a crafty senior's time, begins twice weekly at the Sterling Heights Senior Center. There, a group of seniors sort donated store bags by color before folding and cutting them into long, connected strip of Plarn. The fabric is rolled into balls before crocheting.

"I call them my suppliers," laughed Washington Township resident Linda Ann-Heldt, president of the Shelby Golden Kiwanis Club. "They help me every week and it's great. Without them, I wouldn't be able to do any of this."

It takes 50 strips of plastic to make one ball of Plarn. Forty balls make one mat, equalling about 500 grocery bags. "We collect

thousands of grocery bags each month," said Jennifer Rizzo, recreation specialist with the Sterling Heights Senior Center. "My office is overflowing with them."

Seniors and teens from other community groups such as the high school Key Clubs crochet the finished Plarn into the mats. The needlework takes about 40 hours to complete. The final product looks — and feels — like a soft, waterproof mat that you'd easily pay \$40-\$60 at the store.

The finished mats are donated to local charities who provide them for the homeless, such as Macomb Feeding the Need. They're warm, stay dry, and weigh less than five pounds. Some



Folding the bags is the first step in the Plarn process. Here Nancy Bushbaker starts the process.

have pillows weaved into them, while others have intricate color designs created by alternating bags. Some even have a rope-like Plarn tie to secure the mat when it's rolled.

Most are white, grey and light brown or a combination of each because those are the colors of the local store bags.

Dolores Jakubowski said most people never believe they are mats made for the homeless. "I had one lady ask if I'd give her one for her laundry room," she said. "When I told her they were for the homeless, she told me she didn't want to take a mat away from them."

Over 20 volunteers donate their time the first

Monday or the third Tuesday of every month at the Sterling Heights Senior Center. No skill is needed to participate, and people of all abilities are welcome to stop by and prepare Plarn.

"It's great because we're getting out, we're helping people and we're helping the environment," Jakubowski said.





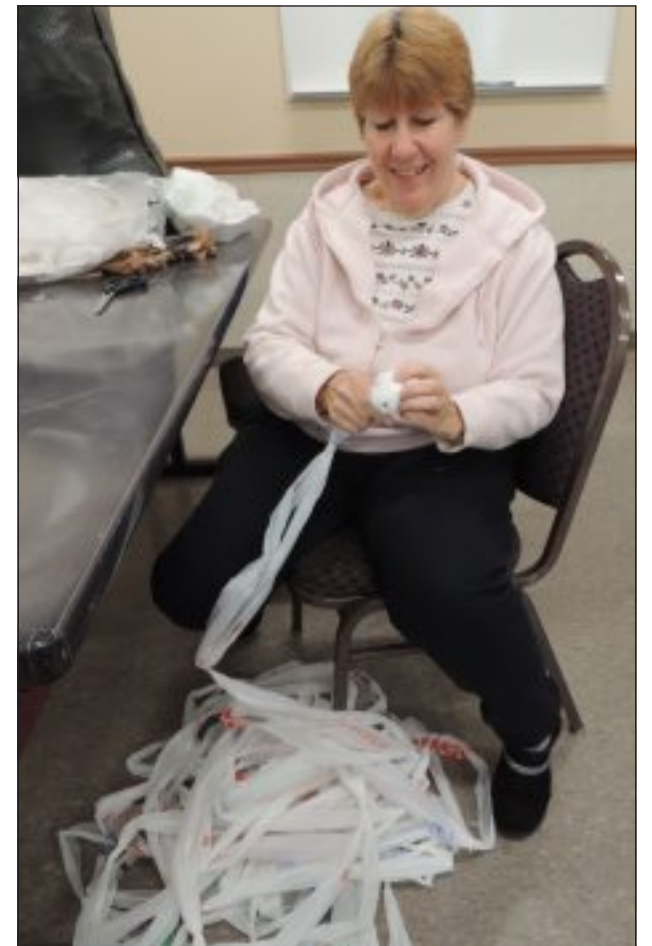
PHOTOS BY DEBRA KASZUBSKI — FOR MEDIANEWS GROUP

Sharon Lovejoy and Mary Jean Speck, both of Sterling Heights, cut the handles off bags — one of the first steps in the Plan preparation project.

Pat Mantinan of Sterling Heights cuts the bags into strips at the Sterling Heights Senior Center.



Leonie Sauer enjoys folding the tan color Kroger bags.



Janette Buckner rolls the Plarn into a 50-foot ball.



## HEALTH &amp; FITNESS

# Aging doesn't have to lead to feeling blue

Doctor gives tips on how to age with positive purpose

By Debra Kaszubski  
For MediaNews Group

Busy working adults often look forward to the years in which they can retire. Many imagine long beach-side days or traveling the world.

Unfortunately, getting older is not so idyllic. The loss of family and friends, chronic and debilitating disease, and the inability to do once-favorite activities takes a toll on an older person's psyche.

Add to that limited financial resources, hearing loss or bad eyesight and physical changes and the likelihood of developing depression or other mental health issues increases.

"What I want everyone to understand is that there are some things that are going to happen when we get older. These are things that we have to accept because they happen to us all. But I also believe that knowledge is power," said Khaled Imam, MD, Chief of Geriatrics for Beaumont, Royal Oak.

Depression is a serious medical condition with alarming effects on older people. Feelings of isolation and hopelessness may lead to thoughts of suicide in older adults. In addition, according to the American Psychological Association, research suggests there may be a link between the onset of late-life depression Alzheimer's Disease.

Like Dr. Imam said, being aware that there are changes that may negatively affect your mental health is the first step.

**The "use it or lose it" motto is especially true when it comes to the brain, and that's why it's important to engage in activities that involve learning new things.**

"Unfortunately as we get older, our brain function starts to decline. This is different than dementia or other disorders," he said. "We need to train our brain to keep it working longer just the same way we exercise our muscles."

The "use it or lose it" motto is especially true when it comes to the brain, and that's why it's important to engage in activities that involve learning new things.

Imam encourages people to learn something new or to take up a passion that you haven't tried in a while. For example, learn or re-learn a second language or musical instrument, try a new video game. Read a book. "What activities derive pleasure and satisfaction are going to be the best," he said.

An older person who has the blues because they are no longer able to host a large family meal such as Thanksgiving, should still do their part to contribute. Imam suggests cooking something new, or contributing less than the whole meal, for example.

Engaging in social activities is especially important as well. Try group exercise — going on a 10-15 minute walk with another person qualifies. Do this regularly



PHOTOS COURTESY OF METRO CREATIVE CONNECTION

and not only have you exercised, you're also engaging the mind by talking to the person. "There's the social benefits as well," Imam said.

Community involvement is also equally important, as volunteering in some aspect helps a person feel good socially, physically and mentally.

"The more involved in the community, the better off they will be. As we get older many of us become more spiritual. Let's maximize on that. Going to church every Sunday not only improves our spirituality, but we see support from other people. This is going to reduce the burden of aging and stimulate our brain," Imam said.





## SOCIAL & WELL-BEING

# My Golden Years: Allowing loved ones to live peacefully

Making major decisions that affect normal daily routines is generally difficult for many seniors, especially those who live alone. Perhaps the most difficult decision for a senior is saying goodbye to the family home and starting a new life in a senior living community.



**Dr. Farideh R. Bagne**

This is true even when loved-ones, advisors and even medical professionals recommend and encourage such a change based on actual, genuine and necessary concerns. The family members may have many reasons for making this difficult but necessary recommendation to the senior.

Major factors that necessitate the move of a parent to a senior community include:

- Health issues
  - Isolation
  - Difficulty driving
  - Excessive house maintenance
  - Living away from family members
  - The cost of running and maintaining a large home
  - Passing of close friends and neighbors
  - Difficulty in shopping and preparing meals
  - Remembering to take medication, paying bills, turning off the stove or performing other routine chores
  - Difficulty with taking the stairs, walking and getting in and out of the car
- Not only is any of the above concerns a legitimate reason for us to start a new life and move into a senior community, there is one overarching factor that to me is the most important consideration when decid-

ing whether or not to move into a senior community. When we seniors defiantly ignore the advice of everyone around us and unrelentingly refuse to move out of our unsuitable homes and change our life style, we must consider the severe, cruel and difficult burden we are placing on our family members (daughter, son, grandchild, niece, nephew, husband or wife.) We are forcing our loved-ones to sacrifice the well-being of their own family for our sake.

I receive several complaints per week from a family member who, in consultation with the advisors, has researched several senior communities, has toured one or two suitable communities, has toured and spent time off work to assist his/her parent's move to a suitable senior facility, only to be faced by an agitated stubborn parent who refuses to accept that he/

she can no longer physically or mentally be able to live in the family home in the manner he/she had lived for the last thirty years. The scene is too familiar. At the family meeting, angry, hostile and heated words fly: denial of any health issues by the parent and attack on doctor's recommendation follow; the parent tearfully and belligerently insist that the family members want to "get rid" of him/her by placing him/her in an "old people's home," and finally in frustration the exasperated family member leaves the parent's home determined to never speak to or visit the parent no matter how badly he/she needs help. Only a few days later, the parent calls asking for help and the episode starts again without any resolution. The battle continues until some drastic event occurs: the resisting parent falls and breaks his/her hip, has a heart

attack, wakes up with a chest pain, has a stroke or has a car accident. Only then, the parent grudgingly agrees to move into a senior community.

We seniors need to step back and consider our family member's request to move into a senior community in a rational, coherent and responsive manner. We need to take their advice seriously and remember that they are indeed acting in our best interest. We must not simply consider our own trepidation in moving from an old familiar to a new environment but also take into account the toll our refusal and denial is taking on our sons and daughters, our grandchildren and other members of our family.

So, my Senior Friends, let us not selfishly hinder the happiness and peace of mind of our loved-ones. Let us allow our

**BAGNE » PAGE 23**

Life is unpredictable and full of ups and downs. So if you need to downsize, want to relocate to a warmer climate or are ready to move into a senior living community, chances are you don't want to wait.

Jennifer Avery understands. As manager of New Hope Homes, a real estate solutions company based in Oakland and Macomb counties, she works with people every day who need to sell their home quickly. It doesn't matter if the property is in need of major repairs or homeowners are trying to avoid foreclosure, New Hope Homes can help.

"Our motto is 'People First,'" she said. "We are a direct buyer that can make you a fair, cash offer for your home."

Avery talks with homeowners about their goals before looking at the property. All offers are confidential with no obligation. Even if she is unable to purchase the home, she is happy to make referrals to others who can assist. "We care about people and want all deals to be a win-win situation," she said.

The advantage of a cash offer from a direct buyer is a smoother, faster transaction without the hassle of waiting for and negotiating with a potential buyer. Avery can also tailor the timeline of the transaction to best meet the needs of the seller.

For details, visit

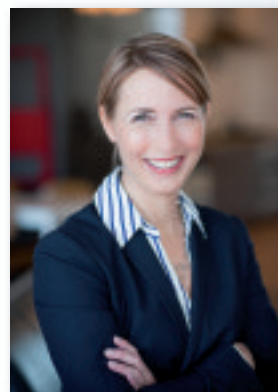
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Jennifer Avery, Manager

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## CAREER &amp; EDUCATION

# Downshifting from a life in overdrive

By Jill Smolowe

Next Avenue

Do you think that when we slow down, it's because we're aging or because the nature of retired life demands less of us?

I ask because, as I near 64, I look with a mix of wonder and bewilderment at the politicians, judges and entertainers who are more than a decade older than I and going full-tilt at their careers. Where do they get their energy? Are they aberrations? Or do their demanding jobs keep them young?

I ask because, as I approach retirement, I see indications of slow-down. I can't tell if what I'm experiencing (common things

like short-term memory loss, diminishing energy reserves, earlier bedtime) is a natural byproduct of aging or if it's the unintended side effect of stepping away from the fast-paced life of a demanding job.

Am I, in other words, slowing down because I'm moving toward retirement? Or am I moving toward retirement because I'm slowing down?

It's not that I can't stay at my desk and crank out copy when an editor needs it. (Nothing like a deadline to focus your attention and energy.) But most days there are no deadlines beyond those I impose on my own writing projects. Unlike decades past, when

nothing less than three to four hours of concentrated writing would satisfy me, I now feel sated after two hours of dedicated writing. Some days, I feel pretty drained, actually.

Is that because I've lost the habit of putting in long hours? If so, am I my own co-conspirator in my aging process, allowing changing habits to hasten the process? Or is this slow-down driven by biology, a natural part of the aging process that's demanding I slow my pace, whether I like it or not?

Certainly, my disinclination to put in long hours — let alone late hours — supports my sense that I would not relish a full-time workload at this

point in my life. I like my less-jammed, roomier schedule. I like having the ability to choose what kinds of work, paid or volunteer, I take on. I like having the opportunity to explore activities that I haven't investigated before.

I don't, however, like days when I have little on my calendar.

Granted, many of these are weekend days, but given the absence of a regular workweek, it makes little difference to me if it's a Tuesday or a Sunday. Where once such an abundance of unstructured time would have filled me with joy, now it sometimes drags on me — a weight that makes me wonder if, by leaving the regular workforce, I'm accelerating my aging.

## A Checklist of Interests

Certainly, I've made efforts to fill the expanded free time with worthwhile and satisfying endeavors. In addition to getting certified as a life coach in order to launch a post-retirement, part-time career as a grief and divorce coach, I've been proactive about

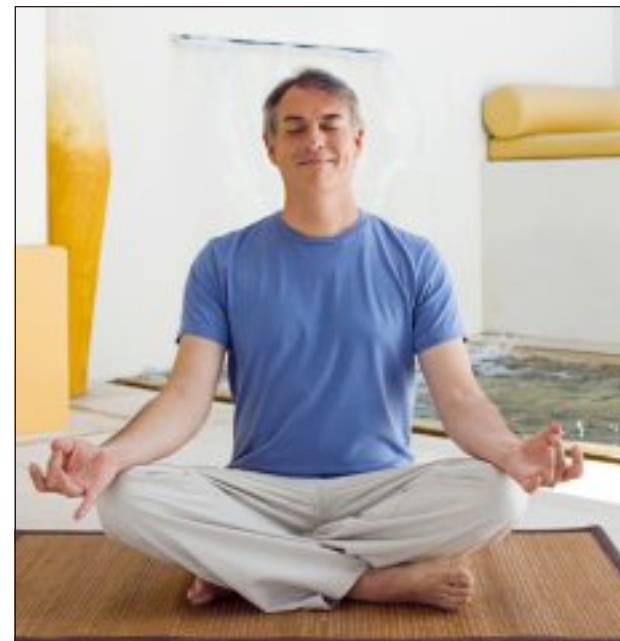


PHOTO COURTESY OF METRO CREATIVE CONNECTION

developing the sorts of interests that retirees are encouraged to explore.

Volunteer work? Check. (I'm a crisis counselor on the Crisis Text Line, a 24/7 hotline that offers support to people of all ages in all 50 states.)

Exercise? Check. (I attend Pilates classes four, sometimes five times a week. I think I'm actually more fit now than I was in my thirties when I was lucky if I could squeeze

in a lunchtime yoga class once a week.)

Creative activity? Check. (Took a drawing class. Not my cup of creativity. It probably didn't help that my drawings looked worthy of a fourth grader. I also dove into coloring for several months. Not quite sure why I've let that one slide. Maybe I tired of all those mandalas.)

Soul enrichment? Check. (Been meditating

SMOLOWE » PAGE 23

## PROUD PET OWNERS

We're giving you a chance to show off those special family members. Be a part of our photo page in Vitality. It's easy! Just fill out the form below and mail it to us along with your photo. Photos will not be returned. We must receive photos by June 5, 2019 to be included in our June issue.



### LET ME TELL YOU ABOUT MY SPECIAL FRIEND!

Name(s) of Pets: \_\_\_\_\_

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Phone: \_\_\_\_\_

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Clinton Twp, MI 48038

\*Any photos received after photo page is full will be held and used in future issues.

## ATTENTION ORGANIZATIONS GROUPS & CLUBS

Send in your information for meetings, seminars, events and press releases for our monthly calendar. Our next edition will run Thursday, June 13, 2019.

**Deadline is June 5, 2019**

To be included in our next edition please Email to:

**NEW CONTACT CHANGE!**

**VITALITY Groups & Clubs**

**Email: Joe Gray**

**jgray@digitalfirstmedia.com**

**Subject Line: Vitality Community Calendar**



## Smolowe

FROM PAGE 22

for two years now. More days than not, I put in 15 minutes on the proverbial cushion; once a week, I participate in an hour-long sit with a group.)

Friends? Check. (In addition to maintaining old relationships, I've nurtured new ones, among them my meditation and Pilates buddies.)

Grandchildren? (Not yet, and none in sight. But my husband and I did get a puppy recently. Very entertaining. The dog, that is; not the pee and poop accidents.)

All of this is supplemented by activities that I hope will help keep my brain cells active and healthy. I listen to lots of thoughtful podcasts (a substitute, of sorts, for the interesting office conversations about international and domestic issues I used to enjoy with fellow journalists). I play a few online games that challenge my speed, logic and vocabulary. (Also, hey, they're

fun.)

And I read. A lot. Novels. Memoirs. Nonfiction. As for my news diet, I swear I consume more newspaper, magazine and online articles now than I did when I was a working journalist. I'd like to believe the time I'm putting in is not only well invested, but a reflection of the times we're living in. (All the truths I held to be self-evident while earning a BA in politics back in the '70s are now being tested so rigorously that I sometimes feel like I'm earning another degree, this time at the Ph.D level.)

### The Value of 'Intentional Idleness'

But then I remember a friend's father from childhood days, one who seemed older than most of the other dads. Didn't matter what time of day I showed up to play with my friend, there was her father, reading The New York Times in the living room. I remember thinking: Doesn't he have anything else to do?

Don't I?

I ask because, as I move

closer to retirement, I look at those septuagenarian and octogenarian politicians, judges and entertainers, and I wonder: Are they doing it right? Am I doing it wrong? Did The Beatles throw down a false marker on this "when I'm 64" business?

Then I think about what those elders' days must be. All that running around. All that doing what they've been doing for the last several decades. Do I really want to keep tilting in the same direction I always have? Where's the learning curve in that?

I have a meditation friend who speaks of "intentional idleness." He encourages people to let go of so much busyness and slow the pace. Only when we're not rushing through our days, he says, can we create space for the new to arise.

I like the sound of that.

*Jill Smolowe is the author of "Four Funerals and a Wedding: Resilience in a Time of Grief." To learn more about her book and her grief and divorce coaching, visit [www.jillsmolowe.com](http://www.jillsmolowe.com).*

## Bagne

FROM PAGE 21

loved-ones to sleep soundly at night knowing that Mom and Dad are well taken care of. Let us take the worry of the 3 a.m. emergency call from Mom and Dad complaining about a chest pain, the broken hip while getting out of the bed, the nose bleed, the stroke or the hysterical cry of fear and loneliness. Let us permit our loved-ones to go to work or take a vacation with their own family without the worry of receiving a call from the hospital with an urgent request to come to the Emergency Room. Let us not place such unreasonable demands on our sons and

daughters to fix our leaky roof, repair the broken refrigerator, fix the fence, take us to the grocery store, have our car taken to the repair shop, fix the stuck garage door, give us a ride to the doctor, mow the grass, clean the gutters and keep us from being lonely.

We seniors need to be conscious of the fact that our sons and daughters have jobs, must attend to their own family and must be allowed to live their lives without worrying about us parents or continuously attending to our demands.

So, my dear Senior Friends, let's live well-taken care of, while allowing our loved-ones to live in peace. Let us stop procrastinating. Let us make the Big Deci-

sion and say goodbye to the old monotonous life and say hello to a new life in a new community with care, comfort and joy. I promise you that you will be happier, healthier and more content than you have been for a long time and your family will appreciate your decision which has also taken into account your loved-one's responsibilities, job demands and their family obligations.

Have a Golden Day!

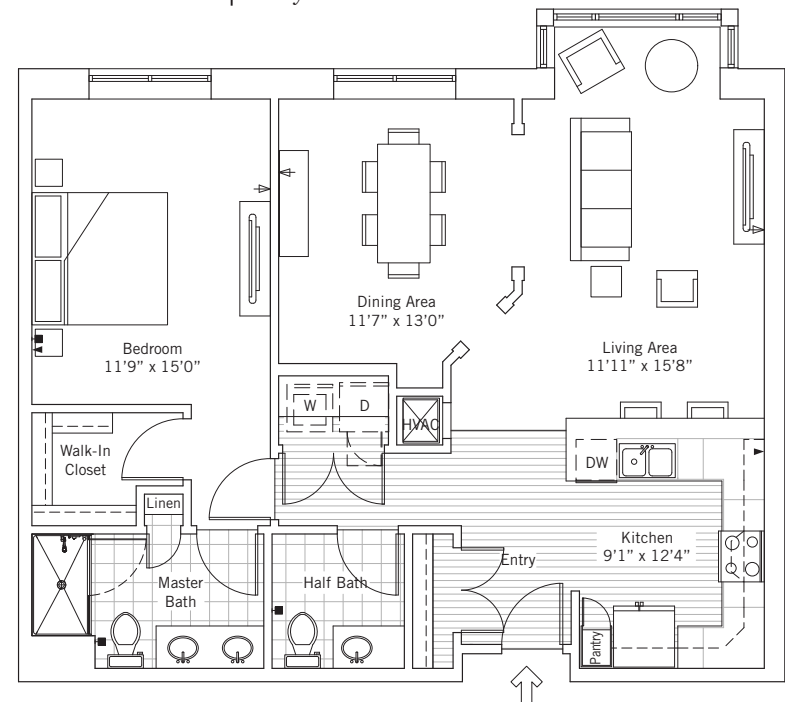
*Dr. Farideh R. Bagne is the Founder, President & CEO of Magnolia by the Lakes Independent and Assisted Senior Resort in Keego Harbor. Readers with memories to share or questions to be answered can contact her at (248) 681-8000*

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## CAREER &amp; EDUCATION

# How to network with younger people effectively

By Nancy Collamer

Next Avenue

When was the last time you reached out to network with someone at least a generation younger than yourself?

If you struggle to answer that question, you're not alone. According to the nonprofit Gen2Gen, a mere 6 percent of Americans over 60 said they had discussed "important matters" in the past six months with someone younger than 36 who is not a relative.

As a career coach, I'd say that's unfortunate. One reason: having young people in your professional network can lead to more job, freelance and consulting opportunities as well as greater job satisfaction. At

a time when there are five generations in the workplace and people are working longer, cultivating a robust cross-generational network has become critical to long-term career success for people in their 50s and 60s.

## The Power of Networking With Millennials

"We all have to continue to reinvent ourselves throughout our lives," says Pat Hedley, a Greenwich, Conn.-based investor in, and adviser to, growth companies and author of *Meet 100 People, A How-to Guide to the Career Edge Everyone's Missing*. "I could not be doing what I'm doing now if it was not for the incredible millennials I met

along the way."

In her excellent book about networking, Hedley writes: "A person with a strong network who can access expertise, knowledge and resources is someone everyone wants to know." And, she adds, "Intelligent networking results in ideas, connections, jobs, clients, and other business and personal relationships." In other words, the more people you meet with, the "luckier" you'll get in your career.

In *Meet 100 People*, Hedley says the key to building a robust professional network is to regularly meet — in person — with interesting people. The meetings can be with new acquaintances, colleagues you'd like to get to know better or people you've admired from

afar. The overarching goal, she says, is to expand your network beyond your existing peer group and current contacts.

## Q&A With Networking Expert Pat Hedley

Building a multi-generational network is one of the best ways to do this. But how? To find out, I reached out to Hedley for tips. Highlights from our interview follow:

**Q** : Most people tend to network for their careers with others around their age. How can people over 50 expand their professional networks to include younger men and women?

**A** : Start by reaching out to young people who are recommended to you by your family, neighbors, friends or colleagues. And go to industry meetings, conferences or alumni events that tend to attract a mix of age groups.

If you're more civic minded, get involved with a community, political or nonprofit group. Nonprofits that have a young professionals board can be especially beneficial. Ask some



Pat Hedley

of the board members to meet over coffee so you can learn more about them and their interests.

**Q** : Some older people, especially the unemployed, feel uncomfortable reaching out to people who are considerably younger for professional advice. What tips do you have to ease the way?

**A** : First, acknowledge that it's okay to feel that way. But if you want to expand your network, you need to find the cour-

age to make the outreach.

It helps to examine the root of your discomfort. If you worry that what you have to share might not be valued, remember that you still have a lot to offer in terms of experience, wisdom and hopefully, a broad network of interesting contacts. You might be pleasantly surprised by how most young people will be delighted and honored by your outreach.

**Q** : How do you get over the 'ick' factor of networking?

# ATTENTION

## PROUD GRANDPARENTS

We're giving you a chance to show off those Grandchildren & Great Grandchildren. Be a part of our photo page in Vitality. It's easy! Just fill out the form below and mail it to us along with your favorite photo. Photos will not be returned. We must receive your photo before June 5, 2019 for our June issue.

**Name(s) Of Grandchildren:** \_\_\_\_\_

**Proud Grandparents are:** \_\_\_\_\_

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

**Phone:** \_\_\_\_\_

\*Any photos received after photo page is full will be held and used in future issues.  
 Mail to: Vitality, Grandparents Brag Page, Attn: Dawn  
 19176 Hall Road Suite 200, Clinton Township, MI 48038  
 \*Please note NEW ADDRESS

# Next Issue of Vitality

will be on

# THURSDAY

# June 13, 2019





PHOTO COURTESY OF METRO CREATIVE CONNECTION

**A** : Fundamentally, networking is about sharing, learning and helping. It's not about asking for job leads.

The most important thing is to approach your meeting with the understanding that you are there to listen and learn. If you have the right mindset and a humble attitude, others will help you.

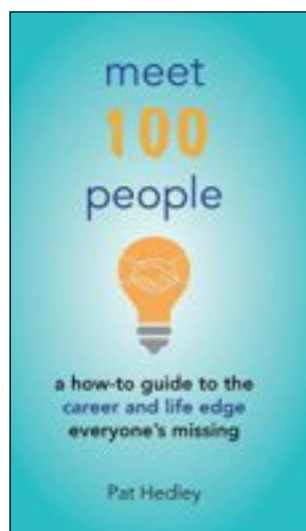
Ask smart questions, listen carefully and be authentic in offering help to the other person.

**Q** : Some people in their 50s and 60s find it difficult to relate to millennials in their 20s and 30s. What can they do to help bridge the gap?

**A** : Try to suspend your judgments and preconceptions; there is always common ground if you look for it.

Remember to show interest in them as a person, not just as a professional connection. Over lunch, you might discover that you share a passion for bicycling or Asian food. It's those common interests that help to ease the way for a more productive conversation.

**Q** : You believe in-person networking meetings are more effective than phone conversations.



In the book, you reference a Harvard study that found a request made in person, such as asking for an introduction to a contact, is 34 times more likely to be granted than one made by email or text. What tips do you have for encouraging in-person meetings?

**A** : It sounds obvious, but make the ask. Don't assume they won't meet in person. If they can't meet in person, a Skype or FaceTime call can be a good alternative.

But if they prefer to speak by phone, let them choose what is most convenient. Don't push it.

**Q** : Any advice for connecting with the younger generation on social media?

**A** : After you meet in person, send an invite to connect on LinkedIn and, if appropriate, follow them on Twitter.

But when it comes to Facebook and Instagram, let the younger person be the one to make the outreach. They might be uncomfortable connecting with you on a platform that tends to be more social in nature.

**Q** : Finally, any tips for follow-up strategies with your new, younger contacts?

**A** : Find ways to continue the conversation: Forward interesting articles, let them know about relevant professional events and, when appropriate, invite them to be your guest.

Most importantly, give the gift of an introduction. Consider hosting breakfast or lunch meetings with small groups of new contacts so they can meet others, too. People over 50 often have robust networks and when you introduce two people, each person gets a potentially life-changing gift.

# Notice for Seniors

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## CALENDAR OF ACTIVITIES, EVENTS AND TRIPS

To submit information for the calendar, email [jgray@medianewsgroup.com](mailto:jgray@medianewsgroup.com).

### May

**May 9-11:** Help those in need by bringing non-perishable food items to the Mount Clemens Library May 6-11. All food donations will be delivered to Gleaners Community Food Bank. The library is located at 150 Cass Ave. Call 586-469-6200 or go to [www.mtclib.org](http://www.mtclib.org).

**May 9:** Join Irene Miller, a Holocaust survivor, author, speaker, and educator at the Mount Clemens Public on Thursday, May 9 at 7 p.m. Hear Ms. Miller's riveting story and when it is over you will wonder how a child with this background grows up to become a positive, creative, accomplished woman with a joy of living and love to share. This program is one you don't want to miss! Copies of her book "Into No Man's Land: A Historical Memoir" will be available for purchase. Pre-registration is not required. The library is located at 150 Cass Ave. Call 586-469-6200 or go to [www.mtclib.org](http://www.mtclib.org).

**May 9:** Reflexology hosted by the city of New Baltimore from 1:30 p.m. to 2:30 p.m. Reflexology uses the application of

pressure on areas of the feet and hands to stimulate nerve function, increases energy, and boost circulation. This class is taught by Sophia Treppa, a licensed Massage Therapist, and will teach you the basics of reflexology while giving you time to practice and participate. Cost is \$15 resident, \$18 non-resident. Location is 35248 Cricklewood Blvd. (Cricklewood Recreation Building). Call 586-725-0291.

**May 11:** A "Maker May Fair" is set for Saturday, May 11, from 11 a.m. – 3 p.m., at the Chesterfield Township Library. Celebrate "Maker Day"! Try die cutting and button making or test out the library's 3D printers, 3D Doodle pens, and more. Maker stations will be set up with hands-on projects for all ages. 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).

**May 11:** Irene Miller, a Holocaust survivor, author, speaker, and educator, will present a program on Saturday, May 11, from 1 – 3 p.m., at the Chesterfield Township Library. Hear the story of her survival journey, which included time in a Siberian labor camp and years in orphanages. Miller will

have copies of her book, "Into No Man's Land; A Historical Memoir", available for sale and to sign. Preregistration is requested and drop-ins are also welcome. The library is located at 50560 Patricia Street. Call 586-598-4900, or go to [www.chelibrary.org](http://www.chelibrary.org).

**May 14:** Join Capital Tours on a day trip to Turkeyville. Package includes bus transportation, plus lunch and admission to the 2 p.m. show "Midlife Crisis." Cost is \$89. Call 248-247-1121.

**May 14:** Join Capital Tours on a day trip to Firekeeper's Casino. Package includes bus transportation, \$20 in play & \$5 in food. Cost \$44. Call 248-247-1121.

**May 15:** 1950's Era Musical—"The Marvelous Wonderettes"—at Meadowbrook Theatre and Lunch at Loccino's Wednesday. First, this fun musical takes us back to the 1958 Springfield High School prom where we meet four girls whose hopes and dreams are as big as their crinoline slips. Then, 10 years later, we meet the girls again at their 10-year reunion, where the girls reunite. As we learn about the highs and lows of their lives over the past decade, the girls serenade us with classic 1950's hits, including "Lollipop", "Dream Lover",

and "Stupid Cupid". Before the performance we'll do lunch at Loccino's. Choose entrée at time of registration, wood grilled salmon salad, ravioli formaggio, linguini frutti di mare (shrimp, scallops, mussels, spinach and diced tomatoes tossed with linguini noodles in a light lemon cream sauce), or chicken piccata. Includes mini pastry for dessert and beverage. Departs 11 a.m., returns 5 p.m. Cost is \$76. Call L'Anse Creuse Community Ed to register 586-783-6330.

**May 15:** Cornwell Dinner Theatre in Turkeyville and Marshall. Join Travel with Nance for \$85. Live matinee performance of 'Midlife Crisis', Turkey Buffet lunch, time at Gift Shop, Bakery, Deli & Fudge shop. Narrated tour of Marshall, see the Honolulu House, National Inn, Governor Mansion and Capitol Hill Schoolhouse. Call 313-535-2921.

**May 16-17:** Second-hand jewelry sale at the Older Persons' Commission, 650 Letica Drive | Rochester, on May 16, from 9 a.m. to 7 p.m., and May 17 from 9 a.m. to 2 p.m. Featuring high quality earrings, necklaces, accessories and more, this sale offers an opportunity to revamp a wardrobe with new and vintage jewelry.

The Jewelry Sale will be open to the public and offers free admission to all attendees. This year there will be high end offerings in the Unique Boutique, and exotic items like perfume bottles, purses, scarves and men's jewelry on display. Each piece might be the next treasured family heirloom, so bring a friend and find the perfect item. For other upcoming special events, visit [www.opcse-niorcenter.org](http://www.opcse-niorcenter.org).

**May 16:** The nonfiction book discussion group "Real Reads" will meet on Thursday, May 16, from 6:30 – 7:45 p.m., at the Chesterfield Township Library. The group will discuss the book "The Sun Does Shine: How I Found Life and Freedom on Death Row" by Anthony Ray Hinton. The group always welcomes new people to join the discussion. Preregistration is not required. Copies of the book are available for checkout at the library checkout desk. Pick up a copy and join the discussion. The library is located at 50560 Patricia Street. Call 586-598-5900, or go to [www.chelibrary.org](http://www.chelibrary.org).

**May 16:** In honor of Mental Health Month, join the National Alliance on Mental Illness at the Mount Clemens Library for an evening of mental health awareness and discussion on Thursday, May 16 at 7 p.m. Two trained speakers will share their compelling personal stories of living with mental illness and achieving recovery. Audience members are encouraged to offer feedback and ask questions throughout the presentation. Pre-registration is not required. The library is located at 150 Cass Ave. Call 586-469-6200 or go to [www.mtclib.org](http://www.mtclib.org).

**May:** 16 Book Club for Adults at the Eastpointe Memorial Library, 15875 Oak, Eastpointe, at 6:30 p.m. "Lilac Girls" by Martha Hall Kelly. Book is available at the circulation desk. For more information, call 586-445-5096 or For more information, call 586-445-5096 or visit [www.cityofeastpointe.net](http://www.cityofeastpointe.net)

**May 16:** Chef Fran is back at the Eastpointe Memorial Library, 15875 Oak, Eastpointe, at 2 p.m. Join us as we watch Fran prepare dishes as she shares cooking tips and other food related stories. Samples will be served following demonstration. Space is limited. Registration is required. For more information, call 586-445-5096 or visit [www.cityofeastpointe.net](http://www.cityofeastpointe.net)

**May 16:** Tai Chi. Meditation and movement are the focus of this class. Learn the art of Tai Chi /Qi Gong one of the most effective ways to improve your health,

muscle tone, flexibility, focus/memory, balance and relaxation. Helps reduce stiffness and arthritis pain. At 6 p.m. at the Cricklewood Recreation Building in New Baltimore. Cost is \$20. Sign up at <http://www.nbrecr-ation.org> or call 586-725-0291.

**May 16:** Cannabis for Pain Management at the Roseville Public Library, 29777 Gratiot Avenue, Erin Auditorium at 6:30 p.m. Researchers are continuing to explore how medical marijuana may benefit certain health conditions, including the alleviation of pain. John Meredith, Jr., the president of CURE (CannabisUsed for Research and Education), will visit us to discuss options for patients using cannabis medicine to aid in pain management. For more information, call 586-445-5407 or visit [rosevillelibrary.org](http://rosevillelibrary.org).

**May 16:** Fight inflammation naturally from 1:30-2:30 p.m. Licensed Nutritionist Sophia Treppa will teach how you eat makes a big difference in your body. Join us and learn healthy ways to combat joint pain and muscle stiffness, reduce risk of diseases, and improve overall health through diet. We will learn different techniques of cooking and even make some delicious smoothies. Students will go home with a packet of useful information and recipes. Cost is \$20. Location 35248 Cricklewood Blvd. (Cricklewood Recreation Building). Call 586-725-0291.

**May 16:** Delightful Musical—"Waitress"—at The Fisher Theatre and Dinner at the Traffic Jam. The play tells the story of Jenna, a waitress in a small Southern town. An expert pie maker, Jenna dreams of finding a way out of her small town and her loveless marriage. Prior to the performance, we'll do dinner at The Traffic Jam. Make entrée selection at time of reservation Pot Roast, Fish & Chips, Vegetarian Lasagne, Chicken Pot Pie, or TJ's Famous Burger. All include beverage. Depart at 5 p.m., return 11 p.m. Cost is \$97. Call L'Anse Creuse Community Ed 586-783-6330.

**May 17:** The public is invited to the Friends of the Chesterfield Township Library Used Book Sale. Find a wide variety of books, DVDs, VHS tapes, and CDs to purchase. The Used Book Sale is set for Friday, May 17, from 10 a.m. – 4 p.m., and Saturday, May 18, 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](http://www.chelibrary.org).

**May 17:** Olde World Canterbury Village hosted by the city of

<h1>MORNING BINGO</h1> <p><b>Tuesday &amp; Thursday</b> Open 9:00 am-Start 10:30 am</p> <h2>VFW POST 4659</h2> <p>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><b>Charity Game Tickets Sold</b> <b>Proceeds to assist our Veterans</b> <b>and our Community</b></p> <p>Lic. # A-21230</p>	<h1>MORNING BINGO</h1> <p><b>Mondays</b> Open 10:00 a.m. - Starts 11:15 a.m.</p> <h2>AMERICAN LEGION SAL 326</h2> <p>North Gratiot Hall 47650 Gratiot (east side) (Just North of 21 Mile Road) Full concession counter <b>586-598-4960</b></p> <p>Proceeds to assist our Veterans Progressive and Life Changing Super Pots Electronics &amp; charity game tickets sold Lic. #A-21969</p>
<h2>TO ADVERTISE IN THIS DIRECTORY</h2> <h1>CALL 586-273-6186</h1>	



New Baltimore. Take a step back in time with us as we visit the historic Canterbury Village. Many of the buildings on the grounds were built between 1870 and 1920. Now home to a variety of shops and stores, there is no more nostalgic way to shop than this. Lunch is included. Cost is \$45. Pick-up location is 50976 Washington St., Downtown Recreation Center. Depart/Return Time's (8:45am / 4:30pm). Call 586-725-0291.

**May 18:** Troy Gardens Club hosts the Troy Perennial Plant Exchange from 10 a.m. to noon at the parking lot adjacent to Troy Aquatic Center (off Livernois on Town Center between Big Beaver and Wattles Rd.) Trade your excess plants and increase the variety in your garden. The event is free. No money will exchange hands/ Troy Garden Club Master Gardeners will be on hand to answer questions. Event will be held outside rain or shine. Reservations are not required. Plants must be pest free and disease free. Label all plants as to type and the color of bloom if known. You may wish to bring a wagon or a friend to facilitate trading. City of Troy is providing free compost – bring your own containers. For additional information, call 248-528-2647.

**May 18:** "Jersey Boys" At Music Hall. "Jersey Boys" is back in Detroit by popular demand. This Tony Award-winning Best Musical tells how four blue-collar kids—Frankie Valli and The Four Seasons—became one of the greatest success stories in pop music history. Show includes all of the group's greatest hits, including "Sherry", "Can't Take My Eyes Off of You", "Walk Like a Man", "Oh, What a Night", and "Big Girls Don't Cry". We have main floor seats for this performance. Cost covers show and transportation. Depart at 12:45 p.m., return 5p.m. Cost is \$129. Call L'Anse Creuse Community Ed 586-783-6330.

**May 19:** Join Capital Tours to see the "Jersey Boys" at the Fisher Theater. Package includes bus, admission to the 2p.m. show and dinner at "El Barzon" an upscale Mexican/Italian Restaurant. Cost \$135. Call 248-247-1121.

**May 19:** Jersey Boys at the Historic Detroit Music Hall. Dinner & main floor seating. Your tour includes round trip transportation, an all-inclusive dinner prior to the performance at Traffic Jam & Snug Detroit, your ticket to the 7:30p.m. performance (2-1/2 hour run time) main floor left center rows L-P seating, driver

gratuity, and the accompaniment of a Parks & Recreation escort. Departure time is 3:45pm from the Washington Activity Center, located in the Washington Twp. Municipal Building, 57900 Van Dyke. Approximate return time is 1p.m. \$95 resident cost / \$98 non-resident cost.

**May 19-24:** Biltmore Estate. Join Travel with Nance for \$579. 3nites Asheville, NC & 1nite each way. Full day at Biltmore, guided tour of Asheville, Blue Ridge Parkway & Visitor Center, Folk Art Center, Center, 8 meals. Call 313-535-2921.

**May 19:** Oklahoma! at the Baldwin Theatre/Stagcrafters and lunch at Lockhart's BBQ. Oklahoma! is classic Broadway at its best. The first collaboration of brilliant songwriters Rodgers & Hammerstein, this beloved play is credited with setting the conventions of musical theatre still in use today. Before the musical, enjoy dining at Royal Oak's Lockhart's BBQ where you can choose from one of the three following sandwiches (please order at time of reservation): 1) Carolina Pork topped with coleslaw & served on a homemade bun, 2) Longhorn Brisket sliced thin & topped with crispy onions, creamy horseradish sauce and Pepper Jack cheese stacked

on a homemade bun, or 3) BBQ chicken sliced thin with smoked provolone cheese on a homemade bun. All sandwiches are served with your choice of either fries or coleslaw (which you can order at the restaurant). Lunch includes coffee, tea or pop. Cost is \$66. Departure time, 11 a.m., approximate return, 5p.m. Call L'Anse Creuse Community Ed to register 586-783-6330.

**May 20:** One More Page Mystery Book Club at the Eastpointe Memorial Library, 15875 Oak, Eastpointe, at 2p.m. "The Flight Attendant" by Chris Bohjalian. Book is available at the circulation desk. For more information, call 586-445-5096 or For more information, call 586-445-5096 or visit [www.cityofeastpointe.net](http://www.cityofeastpointe.net)

**May 20:** Sci-Fi/Fantasy Book Club at the Eastpointe Memorial Library, 15875 Oak, Eastpointe, at 6:30p.m. "Do Androids Dream of Electric Sheep?" by Neil Gaiman. Book is available at the circulation desk. For more information, call 586-445-5096 or visit [www.cityofeastpointe.net](http://www.cityofeastpointe.net)

**May 21:** Day trip to Soaring Eagle Casino. \$42 package, includes \$20 slot play \$5 for food. Boarding at 7 a.m. leaving at 7:30 a.m. from Riverland Shopping Center in Sterling Heights. For

more information, call or text 586-630-6204 or email [hol-lykengel@yahoo.com/](mailto:hol-lykengel@yahoo.com/)

**May 21:** RHGS Program. Detroit's Own Polar Bear Soldiers of WWI with Mike Grobbel on Tuesday, May 21 at 6 p.m. at the Roseville Public Library, Erin Auditorium, 29777 Gratiot Avenue. One hundred years ago during the winter of 1918-1919, 5,200 U.S. soldiers – the majority of them from Michigan – were stranded in a sub-arctic region of North Russia, engaged in bitter combat with the Bolshevik Red Army. Join us to hear Mike Grobbel, president of the Polar Bear Memorial Association, tell the story of the men of the American North Russia Expeditionary Force that included his own grandfather. For more information, call 586-445-5407.

**May 21:** Join us at the Mount Clemens Library on Tuesday, May 21 from 5 to 9 p.m. for an open work session on scrapbooking, card making or whatever inspires you. Work on your own projects or learn a new technique. This month's project is a drop-in Cricut demonstration using heat transfer vinyl. We will be designing a crafty quote for a canvas tote bag. You can bring your own bag or we have a limited number of canvas bags available to

purchase for \$5. If you would like to reserve a bag, please contact Cathy at [mcpl@libcoop.net](mailto:mcpl@libcoop.net). Pre-registration is requested. The library is located at 150 Cass Ave. Call 586-469-6200 or go to [www.mtclib.org](http://www.mtclib.org).

**May 21:** Did you know that coloring can be an effective way to relieve stress? Join us at the Mount Clemens Library on Tuesday, May 21 from 6:30 to 8:30 p.m. to relax and unwind. Bring your own pencils and coloring pages, or use ours; light refreshments will be provided. The library is located at 150 Cass Ave. Call 586-469-6200 or go to [www.mtclib.org](http://www.mtclib.org).

**May 21:** Do you have a new phone or device that you cannot figure out? Visit the Chesterfield Township Library on "Techie Tuesday", May 21, from 11 a.m. – 1p.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](http://www.chelibrary.org).

CALENDAR » PAGE 32



# Vitality

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# GRANDPARENTS BRAG PAGE

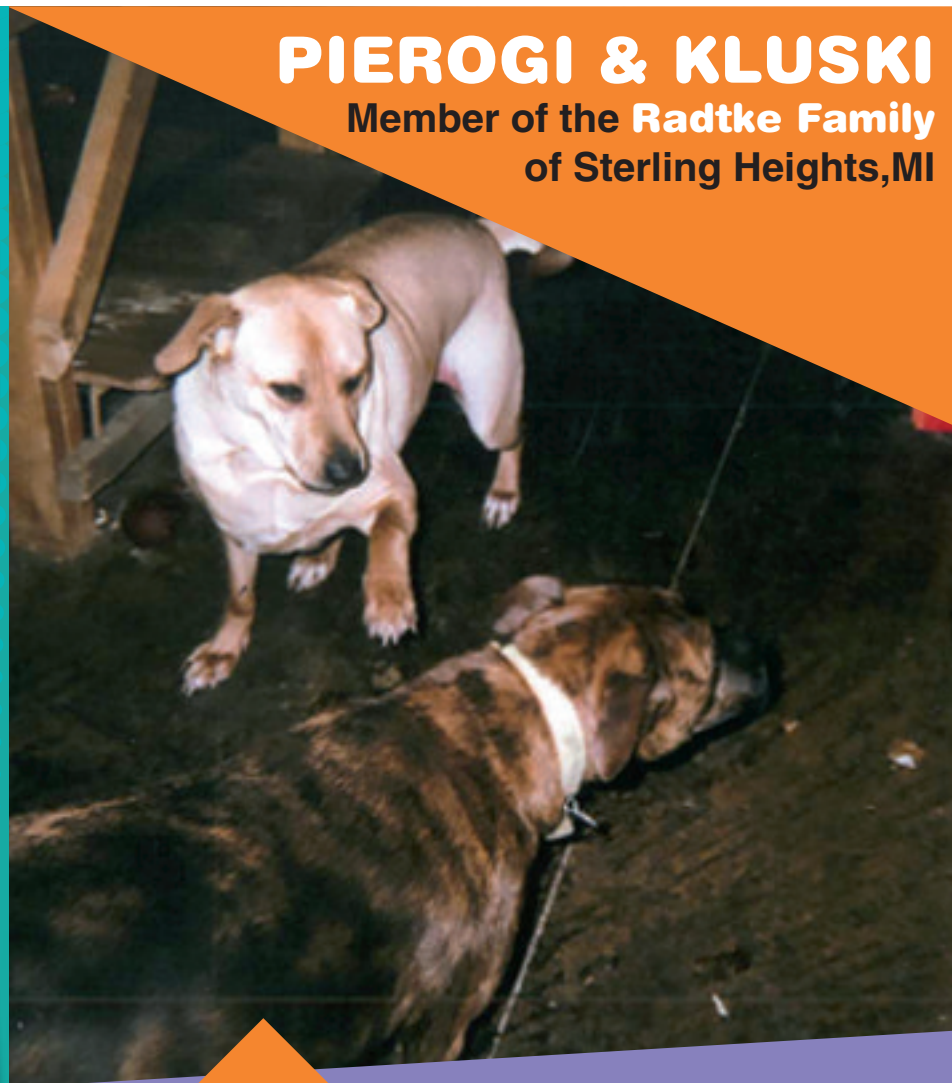


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of Sterling Heights, MI**



**PET  
BRAG  
PAGE**

# Poetry Corner

## LOVE

There are some people in my life  
That I have come to know  
They touch my very heart and soul  
And I do love them so

The Lord puts folks together  
Each hour of every day  
So welcome you that stranger  
Who came along your way

The smile you gave in passing  
May be the only one he's known  
The love you give your neighbor  
Is what Jesus would have done

So let your light shine every day  
In everything you do  
Let no one be a stranger  
For that stranger could be you.

By – Helen Korzek  
Milford, MI



## NEIGHBORS

Unless you live  
Like a farmer  
On several acres  
It's a way of life  
There called neighbors

Some can be a real pain  
Even quite rude  
Terribly annoying  
Why did I ever move

Others a real joy  
Blessing that we found  
Nothing short of first class  
Pleasure to be around

Word to the wise  
No reason to complain  
Advice from a wise man  
Good ones hold'em  
In the palm of your hand

By – John Cameron  
Shelby Twp, MI



## BIRDS

I looked up at the evening sky,  
A flock of birds went flying by.

Gliding through the evening air,  
Some alone some in pairs.

Now they're gone out of sight,  
That's alright it's almost night.

I looked up at the morning sky,  
There's those birds flying by.

Gliding through the morning sun,  
I really think they're having fun.

Oh look, they're gone out of sight  
That's alright, they'll be back tonight.

By – Barbara Bray  
Harrison Twp, 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 June 13, 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

## DEAR MOTHER

Dear Mother ... The sweetest sound I know  
The one who taught us right from wrong  
And showed the path to go

She patched our knees  
And praised our deeds  
She saw to all our worldly needs  
.... Dear Mother

In every storm, she calmed our fears  
In sadness she would dry our tears  
.... Dear Mother

In a plaid housedress she cooked and cleaned  
And never rested – so it seemed

When we were little, she sewed our clothes  
And wiped each little runny nose  
With embroidered handkerchiefs she'd made  
Those childhood memories will never fade  
.... Of Dear Mother

Of strawberry picking in windswept fields  
And Sunday drives in Daddy's automobile  
With the windows down and the radio playing  
After Sunday school ... After singing and praying  
.... With Dear Mother

Of washing clothes on a summer day  
And handing each piece out to dry ...  
With the clothespin bag always there on the line  
Beneath sunny or stormy skies ...  
.... My Dear Mother

Whose beautiful eyes could dance into your heart  
And gaze all the way to our soul  
Just a hug from Dear Mother made everything right  
She's the one who made life seem whole

I miss you Dear Mother ... Your kiss and your smile  
And until we're together again  
I'll thank God every day for the love that you gave ...  
For the wonderful mother you've been

By – Marda M. (Bates) Burmann  
Clay Twp, MI



## WALKING IN FUN

I love to take a walk each day,  
And see so much along the way.  
Each season brings a different scene,  
The climate cold, hot, or in between.

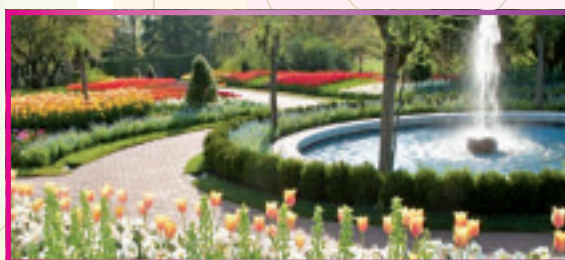
Winter months are bitter cold,  
The sights are worthy to behold.  
Snow flakes falling all around,  
Make a crunchy noise  
upon the ground.

Spring is such a grand delight,  
Flowers growing day and night.  
Grass and trees becoming green,  
Soon their beauty will be seen.

Summer sunshine warms the earth,  
To show the wonders of its worth.  
New bugs and insects have come out,  
To see what it's all about.

Fall brings colors with their glow,  
Soon the leaves will fall below.  
Beneath our feet they will remain,  
Until Spring time comes again.

By – Louquita Rose  
Warren, MI



## LOVE STORY

How do you tell a love story  
one that began long ago  
A story from a time unfamiliar  
a story that continues to grow

Was it her kindness that struck him  
was it his wee Irish smile  
Was it a love that hit all at once  
or did it come after awhile

The love that was found was a true one  
a love that was destined to last  
A love with a golden future  
a love with a memorable past

This love that is seen in their manner  
is a love built on hope, faith and trust  
This love that is seen in their gazes  
is a love that was always a must

Through good times and bad they have made it  
through want and joy and tears  
There was never a doubt of its future  
for together they faced all their fears

By a touch of the hand they could say it  
by a wink of an eye they both knew  
By a word or a glance, a smile or a pat  
this love just grew and grew

This love story has grown through the years  
through the children, the joys and the sorrows  
It's strength knows no bounds, has no limits  
only sunshine on all its tomorrows

Fifty years of loving each other  
fifty years with their best friend  
A love story to last a lifetime  
a love story that has not end

By – Karen Cooper  
Chesterfield, MI



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





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### \$35 Adventures

**May 25** – Flower Day at the Eastern Market  
**June 1** – Palmer Park Art Fair  
**July 21** – The Book Fest-  
**July 11** – Wyandotte Art Fair  
**July 12** – Lavender Festival

- **June 5** – Mystery Trip - \$65/person
- **June 8** – Bay City -- \$45/person
- **June 20** – Saugatuck -- \$95/person

• **June 24** – Fireworks on the Detroit River--This trip starts @ 4:30 PM. Cross and board a Canadian Cruise ship. Box lunch included. On ship we will have Hors d'oeuvres. Must have Passport to board the bus. Maximum of 45 passengers. Payment due June 14. First come first served. \$110 pperson

- **June 27** – Shop & Taste, Bon Appetit! – Shop and taste your way through some of Metro Detroit's best ethnic markets & delis. \$48/person
- **July 18** – Neighborhoods of Detroit – Exploring less popular areas & churches, too. \$65/person
- **July 23** – Belle Isle – Not your same old same old. \$55
- **July 25** – Purple Rose Theater – "Welcome to Paradise" \$68
- **July 31** – Summer in Amish Country – SHIP-SHEWANA WITH AN AMISH HERBALIST. \$85
- **Aug. 14** – Cheeseburger in Caseville Festival – 9am-6pm \$45/person
- **Aug. 24** – The Weird Homes Tour - Funky mix of homes. \$75 perperson. Reservations due June 11.
- **Sept. 10, 2019** – Mad Hatter Mystery Tea Party \$68/person
- **September 19 - 25** – Discover New York \$825/person
- **September 27** – Magic & Mystery & Mayhem \$68
- **September 29 - October 4** – Montreal and Quebec and Capital City Ottawa -- Parliament Hill, St. Lawrence River Cruise, Notre Dame Basilica and Underground City. \$689 person
- **February 29 - March 8, 2020** – Cuba by Coach--Travel by motorcoach to Charleston, SC; board Carnival Sunshine for a 5 day cruise to Cuba \$1599 dble occupancy; \$2389 single. \$250 deposit due by June 1, 2019 with Final Payment due December 9, 2019.
- **October 2 - 11, 2020** – Pharaohs of Egypt – Round trip air transportation from Detroit and internal Egyptian flights. \$3499 double occupancy

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## Calendar

### FROM PAGE 27

**May 23:** Create a patriotic 8x10 canvas craft out of buttons to display for the holiday. This free program will take place at the Mount Clemens Library on Thursday, May 23 from 2 to 4 p.m. Space for this program is limited and registration is required. The library is located at 150 Cass Ave. Call 586-469-6200 or go to [www.mtclib.org](http://www.mtclib.org).

**May 23:** Adult Trivia Night – Register, at the Roseville Public Library, Erin Auditorium, 29777 Gratiot Avenue, at 6 p.m. 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.

**May 23:** Scrapbooking at the Eastpointe Memorial Library, 15875 Oak, Eastpointe, at 2 p.m. Create a 2-page spread. Supplies provided. Registration required. For more information, call 586-445-5096 or For more information, call 586-445-5096 or visit [www.cityofeastpointe.net](http://www.cityofeastpointe.net)

**May 23:** Canopy Walk at Dow

Gardens' Whiting Forest, tour of Dow family's Historic Home (The Pines) and Lunch at the Midland Center For The Arts. The 1,400-foot-long walk soars up to 40 feet above ground providing visitors with vistas of pine trees, ponds, and orchards. Dow's Canopy Walk, the longest in the nation, is handicap accessible. Lunch will be cream of asparagus soup, spinach salad, fresh fruit, broccoli salad, chicken salad sandwiches on croissants, beverage, and dessert. After lunch we will go on a guided tour of The Pines, the historic family home of Herbert H. and Grace A. Dow. The Pines is NOT handicap accessible. We will be using a tour bus for this trip. Wear comfortable walking shoes as there is quite a bit of walking involved on this trip. Shoes are not permitted in The Pines so you may want to bring along a thin pair of slippers or booties. This trip is limited to 32 people so register early if you want to go. Bus snacks will be provided. Depart at 8 a.m., return 6:45 p.m. Cost is 8 a.m. Call L'Anse Creuse Community Ed 586-783-6330.

**May 29:** Friends Chocolate Friendly & Annual Meeting at the Roseville Public Library, Erin Auditorium, 29777 Gratiot Avenue, Wednesday, May 29 from 6-8 p.m. \$10.00 or Free

to Friends Members. Join us for a Chocolate Friendly at the library! We will have chocolate stations and different kinds of chocolate to eat! Friends members are FREE. If you are not a Friends member, the cost is \$10.00, which includes a one year Friends membership. At this program we will have the Annual Friends Meeting and Election of Officers along with the chocolate goodies. For more information, call 586-445-5407.

### June

**June 1:** Michael H. Hodges will visit the Chesterfield Township Library on Saturday, June 1, from 1 – 2:30 p.m., to speak about his book "Building the Modern World: Albert Kahn in Detroit". The nonfiction book was chosen as a Michigan Notable Book for 2019. Copies of the book will be available for sale and to sign. Preregistration is requested for this free event, and drop-ins are also welcome. The library is located at 50560 Patricia Street. Call 586-598-4900, or go to [www.chelibrary.org](http://www.chelibrary.org).

**June 4:** Adult Craft & Coloring Night – Register, at the Roseville Public Library, Erin Auditorium, 29777 Gratiot Avenue, Tuesday, June 4 at 5:30 p.m. 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.

**June 6:** Booked for the Evening at the Roseville Public Library, Erin Auditorium, 29777 Gratiot Avenue at Thursday, June 6 at 6:30 p.m. "The Curious Charms of Arthur Pepper" by Phaedra Patrick. 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.

**June 6:** Did you know that June is Alzheimer's and Brain Health Awareness Month? Mount Clemens Public Library will host a presentation on Understanding Alzheimer's and Dementia on Thursday, June 6 from 7 to 8 p.m. Learn about the impact of Alzheimer's, the difference between dementia and Alzheimer's, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms as well as Alzheimer's Association resources. This is the first in a three part series on Alzheimer's and brain health, presented in partnership with the Alzheimer's Association of Greater Michigan. Pre-registration is not required. Come to one session or all three. The library is located at 150 Cass Ave. Call 586-469-6200 or go to [www.mtclib.org](http://www.mtclib.org).

**June 7:** Community Sharing's Golf Outing Fundraiser is scheduled for Friday, June 7 at Dunham Hills Golf Club, 13561 Dunham Dr., Hartland. The cost is \$100 per player for 18 holes of golf with cart, and includes a continental breakfast with a Luncheon following. Additional features include cash prizes, raffles, auction items, a "chuck-a-putt" game, and individual golf skill contests (longest drive and closest to the pin). Golf will be in a scramble format. Registration begins at 8:04 a.m., and the shotgun start is at 9:29 a.m. Participants may register as an individual or as a team. Register online at [www.community-sharing.org](http://www.community-sharing.org). To be a sponsor or for additional information, contact Community Sharing at 248-889-0347, or email us at [info@community-sharing.org](mailto:info@community-sharing.org).

**June 7:** Bingo hosted by the city of New Baltimore from 11 a.m. to 2 p.m.. This free special BINGO event is just for seniors. Come join us for a light lunch with BINGO games and prizes. This is a great way to get introduced to our senior program offerings and to meet new friends. Location:



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## 2019 Motorcoach Tours

**Cornwell Dinner Theatre in Turkeyville & tour Marshall - \$85 each (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-bys).

**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

**CHICAGO & LIPIZZAN HORSES, June 28-July 1 - \$628.** 3 nites LaQuinta Hotel downtown, 3 brkf, dinner Historic Berghoff German Restaurant, city tour, architectural river cruise, Museum of Science & Industry, famous 'Airs Above the Ground' Lipizzan horse show (originally of Vienna, Austria)

**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.

**Labor Day Bridgework & Mackinac Island, Aug 31-Sept 2 - \$335.** 2 nites hotel in St. Ignace. Round trip ferry to Mackinac Island, \$30 Casino incentives, 2 breakfasts & walk entire bridge.

**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.

**Belle Isle & Detroit Institute of Arts, Sept 15 - \$52.** Narrated Isle tour with visits to Aquarium, Conservatory, Dossin Great Lakes Museum & \$10 Gift Card towards lunch at the DIA.

**Colorado Springs & Royal Gorge, Sept 21-29 - \$949.** 4 nites hotel Colorado Springs, and 2 nites enroute each way. See Garden of the Gods, Royal Gorge Bridge, Aerial Tram ride & Visitors Center. US Olympic Training Center/Hall of Fame, Buffalo Bill Ranch, Air Force Academy, 8 brkfs, 6 dinners.

**Cape Cod, Concord & Boston, Oct 6-12 - \$949.** 4 nites Commodore Inn on the Cape & 1 nite each way enroute. Tour Boston, Faneuil Hall, see Old Ironsides. Tour Plymouth with 'Rock'. Tour Concord & see North Bridge, Louisa May Alcott house. Tour Hyannis, Hyannisport & Sandwich. One hour Lobster Harbor cruise. 2 dinners (1 is a lobster bake & 1 at Daniel Webster Inn), 6 brkfs, 1 lunch

**San Antonio, Padre Island & Gulf of Mexico, Oct 18-27 - \$959.** 5 nites in San Antonio, 2 nites enroute each way. Visit Alamo with IMAX movie, cruise River Walk district & El Mercado, Aquarium, Institute of Texan Cultures, Clinton Pres. Library, Dallas Book Depository. 9 brkfs, 7 dinners.

**PLUS.....Pigeon Forge, Gatlinburg, Smoky Mts, TN, Nov 11-16 - \$609.** (6 live shows)

**Detroit Churches, Dec 6 - \$58.** Lunch, tour 4 churches: Historic Trinity Lutheran, St Albertus Roman Catholic, Saint Charles Roman Catholic and Little Rock Missionary Baptist.

**Florida: Orlando & Cocoa Beach, Feb 22 - March 1, 2020 - \$923**



35248 Cricklewood Blvd. (Cricklewood Recreation Building). Call 586-725-0291.

**June 10:** Podcasts Crash Course - Register, at the Roseville Public Library, Erin Auditorium, 29777 Gratiot Avenue, Monday, June 10 at 6:30 p.m. Has your favorite celebrity or news source started talking about their podcast? Find out what a podcast is, how

to get them, and why you want them. A Librarian will be on staff to answer your questions and help you with your device. For more information, call 586-445-5407.

**June 12:** Toledo, Mule-Drawn Erie Canal Join Travel with Nance for \$70. 1 hour narrated, mule-drawn Erie Canal boat ride. Tour the National Museum of the

Great Lakes. Lunch included at Bob Evans (choice of 4 entrees). Call 313-535-2921.

**June 12:** The Music Of Chicago" at Orchestra Hall and Dinner at Andiamo Detroit Riverfront. During tonight's tribute performance, Brass Transit and the Detroit Symphony Orchestra will perform all the hits that launched Chicago to stardom,

including "You're the Inspiration" and "Saturday in the Park". Seating for this performance is mid-balcony. Before the performance, we'll have dinner at Andiamo Detroit Riverfront. Make entrée selection at time of reservation: chicken marengo, pan seared pollock, or cheese ravioli. All include soup or salad, pasta side, vegetable of the day, house des-

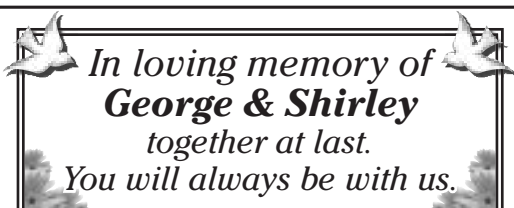
sert and beverage. Depart at 4:15 p.m., return at 10:15 p.m. Cost is \$89. Call L'Anse Creuse Community Ed 586-783-6330.

**June 13:** Moon Button Craft - Register, at the Roseville Public Library, Erin Auditorium, 29777 Gratiot Avenue, Thursday, June 13 at 6 p.m. Do you constantly look to the stars and read about space exploration? Then you will

enjoy creating your own stylish version of outer space where the moon and stars are made out of buttons. The Moon Button Craft makes for beautiful wall art or a gift for a loved one. For more information, call 586-445-5407.

**June 13:** Did you know that June is Alzheimer's and Brain Health Awareness Month? Mount

CALENDAR » PAGE 34



# Go With **GEORGE** TRAVEL & TOURS



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## LITTLE RIVER CASINO WITH STOPS TO SOARING EAGLE CASINO

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

AUGUST 18-19, 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

MAY 26, 2019

JUNE 30, 2019 & JULY 28, 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

## MOUNTAINEER CASINO

with stops to Wheeling Casino and Hollywood Casino  
SEPT 8-9-10, 2019

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

Includes 2 nights at the Mountaineer Casino & Hotel (Non smoking in hotel and casino) Receive \$75.00 in free play and \$30.00 in food, luggage handling, Sweet rolls and juice served on bus. Live horseracing nightly(7:00 pm post time)

## SENIOR TUESDAYS!!! FIREKEEPERS DAY TRIP

MAY 21, 2019, JUNE 18, 2019  
AND JULY 9, 2019

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

Includes \$20.00 in free play and \$5.00 in food. Seniors 55 and over earn 55 points and receive an additional \$10.00 in free play. Juice and sweet rolls served on bus. Bus leaves from Meijers 15 Mile and Utica 8:00 am

## 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 AND GUN LAKE OVERNIGHT

JULY 14-15, 2019

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

Includes overnight at the beautiful Firekeepers Casino & resort. \$50.00 in freeplay and \$25.00 in food. Stop at Gun lake on the way up. Juice and sweet rolls served on bus.

## FOUR WINDS CASINO

with stops to Gun Lake and Firekeepers Casino  
OCT 27-28, 2019

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

Includes 1 night at the Four Winds Casino and Hotel. Stop at Gun Lake Casino on the way up and Firekeepers on the way home. \$55.00 in freeplay and \$25.00 in food, luggage handling, Sweet rolls and Juice served on bus

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

# Calendar

## FROM PAGE 33

Clemens Public Library will host the presentation Dementia Conversations on Thursday, June 13 from 7 to 8 p.m. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care. This is the second in a three part series on Alzheimer's and brain health, presented in partnership with the Alzheimer's Association of Greater Michigan. Come to one session or all three. Pre-registration is not required. The library is located at 150 Cass Ave. Call 586-469-6200 or go to [www.mtclib.org](http://www.mtclib.org).

**June 19:** Lighthearted 1920's musical, "The It Girl," at Meadow Brook Theatre and lunch at Mitchell's Fish Market. The plot revolves around Betty, a sassy department store sales clerk who wins an advertising contest

held to find the girl with the elusive, thrilling quality known as "IT". Among those she enchants with her sexy charm is the heir to the retail empire that employs her. Sounds like fun, doesn't it? Choose entrée at time of registration, jumbo lump crab cake, roasted vegetable pasta, blackened salmon salad, Parmesan crusted chicken milano, or Mitchell's cheddar burger. Depart at 11 a.m., return 5 p.m. Cost is \$87. Call L'Anse Creuse Community Ed 586-783-6330.

**June 19:** Did you know that Michigan has some of the biggest UFO cases on record? The 1966 sightings over Southeast Michigan and 1994 sightings over Grand Rapids each had literally hundreds of eye-witnesses, including law enforcement and radar returns. Find out more about these incredible events as well as several other unusual and well-documented UFO sightings from the Great Lakes State from Bill Konkolesky, the State Director of the Michigan Chapter of the Mutual UFO Network. This program is set for Thursday, June 19 at 7 p.m. at the Mount Clemens Public Library. Pre-registration is not required. The library is located at 150 Cass

Ave. Call 586-469-6200 or go to [www.mtclib.org](http://www.mtclib.org).

**June 20:** Did you know that June is Alzheimer's and Brain Health Awareness Month? Mount Clemens Public Library will host a presentation on Healthy Living for Your Brain and Body on Thursday, June 20 from 7 to 8 p.m. Join us to learn how to make lifestyle choices that help keep your brain and body healthy as you age. Get tips on diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. This is the third in a three part series on Alzheimer's and brain health, presented in partnership with the Alzheimer's Association of Greater Michigan. Come to one session or all three. Pre-registration is not required. The library is located at 150 Cass Ave. Call 586-469-6200 or go to [www.mtclib.org](http://www.mtclib.org).

**June 20-26:** MHL is heading off to the bright lights of "The Big Apple - New York City." We'll spend 6 nights lodging including 4 consecutive nights in the NYC area, enjoy 10 meals: 6 breakfasts and 4 dinners. We

will visit the NEW National 911 Museum, Ellis Island, home of the Statue of Liberty, etc. We will also visit a casino that has outlet stores and a food court. Diamond has planned a dinner party with entertainment. This will happen on the fourth night of our trip. This is just a small capsule of what our trip entails. For more information or to make reservation, contact Mary Ann

at 586-530-6936.

**June 23:** New Broadway Musical, "Anastasia," at the Fisher Theatre and Dinner at Mario's. Dinner will include mario's salad, chicken piccante, beef marsala, tilapia, potatoes, green beans, penne pasta, beverage, and dessert. Depart at 3:15 p.m., return 9:15 p.m. Cost is \$108. Call L'Anse Creuse Community Ed

586-783-6330.

**June 24:** 61st annual Detroit Ford Fireworks. Join Travel with Nance for \$110. Private room in St Clair College, Riverside Drive in Windsor on the Detroit River. Family style chicken dinner, 2 drink tickets, live musical entertainment, optional Windsor Casino visit. Call 313-535-2921.

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### **MICHIGAN PRINCESS BOAT CRUISE & SOARING EAGLE CASINO!**

Cruise leisurely on the Grand River on the Michigan Princess! Enjoy a hot lunch with special entertainment. 4 hours of gambling at Soaring Eagle Casino. Receive \$20 in play, \$5 in food, plus receive another \$10 once you receive 600 in points!! You don't want to miss this beautiful paddle wheel experience!

**Tuesday, June 25, 2019 \$89.00 Departs: 9:00am**

### **"WELCOME TO PARADISE" AT THE PURPLE ROSE THEATER!**

Enjoy a fun-filled day in Chelsea, Michigan! We start our day with lunch at Weber's Inn in Ann Arbor. Enjoy a plated lunch with choice of entrée, salad and dessert. Then on with a tour of the Jiffy Factory home of Jiffy baking company, then enjoy the 3pm matinee of "Welcome to Paradise". A play set in the Caribbean, centers around two people who, despite their age difference, find love and acceptance in each other. This world premiere by Julie Marino will have you question at what age can someone find their soulmate?

**Wednesday, June 26, 2019 Only \$95.00**

### **BAY CITY TALL SHIPS ADVENTURE!**

The tall ships are back! Enjoy an exciting day viewing and enjoying the festivities at the Bay City Tall Ship Celebration! Our day starts with early admission for boarding our first Tall Ship! Then on to the "Princess Wenonah" as we enjoy an unforgettable afternoon luncheon cruise on the Saginaw River. Back on shore take time to enjoy additional activities at the festival grounds in Veterans Memorial Park. Mid-afternoon we board the coach in order to cross the river and have the opportunity to climb aboard additional majestic tall ships docked in Wenonah Park. Pull up a seat and listen to a performance within the International Maritime Music Festival, an event within an event, which features some of the best shanty musicians from around the world, or take some time to explore downtown Bay City! This event happens every 3 years! Don't miss out on the fun!

**Saturday, July 20, 2019 Only \$119.00 Departs: 7:00am**

### **4 NIGHT/5 DAY WASHINGTON D.C BY DELUXE MOTORCOACH!**

Don't miss this terrific tour of Washington, D.C! Package includes: Roundtrip deluxe motor coach transportation, 4 nights lodging, 8 Meals: Including 4 breakfasts & 4 dinners!

Two Guided Tours of Washington, DC including the WWII Memorial, Capitol Hill, Embassy Row, the Korean War Veterans Memorial, the Vietnam Veterans Memorial, the Smithsonian, the Martin Luther King, Jr. National Memorial, the Lincoln Memorial & more! Enjoy an evening illuminated guided tour of the memorials and monuments. Also visit the brand new museum of the Bible! 430,000 square feet of biblical History all under one roof! Admission to George Washington's Mount Vernon Estate & Garden. Tram Ride through Arlington National Cemetery. Services of a professional local guides throughout.

**Friday, September 20, 2019 to Tuesday September 24th. \$639.00 (Double) \$818.00 (Single)**

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<b>DAY TRIP TO FIREKEEPER'S!</b> <b>MAY 19 AND JUNE 23, 2019</b> SPEND THE DAY AT BEAUTIFUL FIREKEEPER'S! RECEIVE AT LEAST \$25.00 CASINO MONEY - FOOD! <b>ONLY \$35.00 PP!!</b>	<b>DAY TRIP TO BEAUTIFUL GUN LAKE!</b> <b>JUNE 12, 2019</b> SPEND THE DAY AT THIS CASINO IN WAYLAND, MICH! RECEIVE \$20.00 CASINO MONEY - FOOD! AND POSSIBLY MORE! SENIOR DAY! <b>ONLY \$42.00 PP!!</b>	<b>DAY TRIP TO SAGANING &amp; SOARING EAGLE!</b> <b>JUNE 18 AND JULY 21, 2019</b> GAMING TIME AT BOTH CASINOS! RECEIVE UP TO \$60.00 CASINO MONEY-FOOD!! <b>ONLY \$49.00 PP!</b>
<b>KEWADIN - SAULT ST. MARIE!</b> <b>JUNE 30 - JULY 2, 2019</b> 2 NIGHTS AT KEWADIN SAULT STE. MARIE HOTEL & CASINO! STOPS AT ST. IGNACE, HESSEL & BAY MILLS CASINOS! RECEIVE AT LEAST \$110.00 CASINO MONEY-FOOD! RECEIVE BREAKFAST BUFFET EACH DAY. INDOOR POOL. <b>ONLY \$185.00 PP!!!</b>	<b>MOUNTAINEER W. VIRGINIA!</b> <b>JULY 14 - 16, 2019</b> 2 NIGHT STAY AT BEAUTIFUL MOUNTAINEER HOTEL & CASINO! STOPS AT HOLLYWOOD TOLEDO & WHEELING CASINOS! RECEIVE AT LEAST \$105.00 CASINO MONEY - FOOD! INDOOR/OUTDOOR POOL! HORSE TRACK! <b>ONLY \$195.00 PP!</b>	<b>ESCANABA ISLAND RESORT!!</b> <b>JULY 28 - 30, 2019</b> JULY 28 - 30, 2019 2 NIGHT STAY AT THE BEAUTIFUL ISLAND RESORT & CASINO! STOPS AT KEWADIN CASINOS!! RECEIVE AT LEAST \$70.00 CASINO MONEY - FOOD!! FIRST TIMERS RECEIVE XTRA \$30.00 FROM ISLAND. INDOOR POOL. <b>ONLY \$199.00 PP!!</b>

**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 35225 Moravian, Sterling Heights, MI 48312**

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## CASINO DAY TRIPS

*\*All trips to Canada require Passport, Passport Card, or Enhanced Drivers License*

**Caesars Windsor!** This trip is practically **FREE!** Receive \$15 in casino incentive. **2 different Departure dates to choose from: 7/1/19, 7/15/19 The trip is either \$15 p/p OR \$5 when you purchase any other trip!**

**Gun Lake Casino!** \$10 slot play & \$10 food. Depart: **Wed, June 5, 2019... \$39 p/p**

**Motorcity Casino:** Receive \$15 in coin. Depart: **Mon, June 17, 2019... \$20 p/p**

**Firekeepers Day Trip!** Receive \$20 in coin & \$5 in food.

Depart: **Sat, June 29, 2019 for \$35 OR Thurs, August 15, 2019 ... \$32 p/p**

**Four Winds Casino Day Trip!** Receive \$25 in casino incentives.

Depart: **Sat, July 20, 2019... \$44 p/p**

**Saganing Casino!** Up to \$25 in incentives. Depart: **7/24/19... \$39 p/p**

**Hollywood Casino in Toledo!** Receive \$10 in slot. Depart: **Mon, Aug 26... \$25 p/p**

## Casino Overnights and Sightseeing Tours

**Niagara Falls Overnight!** Spend 1 night in Niagara Falls at the Holiday Inn Express located directly across from Falls view Casino! Visits to Fallsview Casino, the newly renovated Casino Niagara in Canada, and Seneca Casino in Niagara Falls, NY. Receive \$45 in casino incentives and breakfast buffet. Passport, Passport Card, or Enhanced License is required. Depart: **Mon, May 27, 2019 for \$169 p/p d.o.**

**Northern 4 Casino Adventure!** Visit the top casinos in Northern Michigan including Soaring Eagle, Kewadin (St. Ignace), Odawa, & Turtle Creek. Hotel accommodations at the beautiful all suites Mackinaw Beach & Bay Resort in Mackinaw City overlooking Lake Huron, with expanded continental breakfast! You will get a large casino package of up to \$107. Depart: **Sun, June 2, 2019 for \$139 p/p d.o.**

**NEW! Rum Runners! Prohibition Tour!** Go back in time to the Roaring 20's as costumed actors tell the story of prohibition and Windsor's connection to gangsters like Al Capone and the Purple Gang. Have lunch at a famous Speakeasy. An educational, comical, musical bus tour with great food, humor and music. Lunch includes a hot buffet lunch, tea and coffee. We visit several historic sites as our performers re-enact the fabled past of rum running on the Detroit River. Passport, Passport Card, or Enhanced Driver's License is required. Depart: **Thurs, June 6, 2019 for \$94 p/p**

**Atlantic City 4 Day!!! - ONLY A COUPLE SEATS LEFT!**

Departs: **Mon, June 10, 2019 - Returns: Thurs, June 13, 2019 for \$369 p/p d.o.**

**NEW! Bavarian Belle & Frankenmuth Tour!** Visit the historic Frankenmuth for a brand new tour. This tour gives you the best of Frankenmuth. You will enjoy a "Pretzel Rolling Experience", German Wine Tasting, Step-on-Guided Tour, (all-you-can-eat) Zehnder's Chicken Dinner, plenty of time for shopping, AND a Boat Cruise on the Bavarian Belle Riverboat with narrated tour. Depart: **Fri, June 14, 2019 for \$109 p/p**

**Leelanau Sands Overnight!** Enjoy 1 night stay at the recently renovated Leelanau Sands Casino Hotel with gaming stops at Soaring Eagle Casino, Turtle Creek & of course, plenty of time at Leelanau Sands. Receive up to \$101 in casino incentive.

Depart: **Wed, June 26, 2019 for \$129 p/p d.o.**

## CALL US TO RECEIVE A FULL LIST OF ALL OUR TRIPS!

MENTION THIS AD & RECEIVE \$5 OFF YOUR FIRST TRIP.

**\*LIMITED TIME ONLY. ONLY VALID FOR NEW CUSTOMERS. TERMS & CONDITIONS APPLY. PLEASE CALL FOR MORE DETAILS.**

**Rising Star Casino!** Join us on our cheapest Casino Overnighter trip we have. This trip includes stops at Belterra and Hollywood casinos for more casino incentives than ever. This 200 room resort located in Rising Sun, IN. This trip includes dinner, breakfast, and \$45 back in incentives. Depart: **Mon, July 8, 2019 for \$119 p/p d.o.**

**Chicago Taste-Fest Overnight!** Going to Chicago is truly an experience; the shopping, food, and so many things to do. Includes hotel stay Country Inn & Suites with continental breakfast, 1 strip of tickets for the Tastefest, AND free time to visit your own favorite spots; Shedd Aquarium, Sears Tower, Navy Pier, or the "Tastefest". Depart: **Thurs, July 11, 2019 for \$179 p/p d.o.**

**NEW! Eastern Market Shopping Day Trip!** Enjoy the Victorian architecture as you soak up the sights and smells of one of the city's most colorful destinations. Upon arrival we will have a special introduction covering the "behind the scenes", history, and future of Eastern Market. Afterwards you'll have several hours to take in the sights, enjoy the music, join a FREE Zumba class, shop, eat, and even participate in a special event, "Wayne County Health Fair". If you haven't ever been to Eastern Market to experience it first hand this is the perfect trip for you! Depart: **Tues, July 16, 2019 for \$39 p/p**

**Isle of Capri Casino Resort!** Come visit the Isle of Capri in Bettendorf, IA. Stay 2 nights at the Isle of Capri Hotel, while enjoying 2 breakfast buffets, and up to \$110 in casino incentive. Isle of Capri's loose slots have a return of 97.1%. AMAZING! This trip also includes stops at Firekeepers, Four Winds, and Jumers Casino. Depart: **Mon, July 29, 2019 - Return: Wed, July 31, 2019 for \$189 p/p d.o.**

**Four Winds / Firekeepers Combo!** Our most popular overnight trip. Enjoy 1 night stay in New Buffalo, MI with hot breakfast included. Stops at Four Winds & Firekeepers Casino's in both directions and a whopping \$100 in incentive. Depart: **Mon, August 5, 2019 for \$139 p/p d.o.**

**ARK Encounter with Creation Museum - 3 Day Tour!** 1 bus already sold out so this may be your last chance! We will visit the Creation Museum, Ark Encounter, and a special guided tour of Cincinnati. Included are all your admissions, 2 night stay at Rising Star Casino Hotel, 2 Breakfasts, 2 Dinners, 1 lunch, and \$20 in slot play. DPT: **Mon, Aug. 12 - RTN: Wed, Aug. 14, 2019 - \$349 p/p d.o. rate**

**Belterra Casino Overnight Trip!** Now with a new Itinerary to get more back than ever AND includes stop for Horseracing! Spend 1 night at Belterra's beautiful casino hotel with visits to Rising Star Casino and Belterra Park Racetrack. Receive a breakfast buffet, lunch buffet, dinner buffet, \$55 in free play & luggage handling. Once you visit this gorgeous hotel you will want to come back again and again. Depart: **Thurs, August 22, 2019 for \$139 p/p d.o.**

**So Many Trips...So Little Space! Here are just a few of our many trips we didn't have space to list: Shipshewana, Mackinaw Bridgewalk, Lansing Boat Cruise, Detroit Tigers Game, Northern MI Fall Colors, Branson Sightseeing, Paw Paw WineFest. And still there is more...**

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- 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 BY LAND & SEA! Monday, June 3, 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
- Cruise the Detroit River aboard the Diamond Jack
- Transportation \$85 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**

## PINK SHELL BEACH RESORT & SPA PINK SHELL RESORT 2020 SIGN UP EARLY! 15TH Anniversary Fun in the Sun Special. January 28 – February 11, 2020

Pink Shell sets the four star standard of excellence on Florida's glorious Gulf Coast. It is located on Estero Island on Fort Myers Beach.

### Your Trip Includes:

- 14 Nights of Luxurious Beach-View Accommodations
- Transportation to & from Airports
- Welcome Dinner & Farewell Dinner/3 Breakfasts

### Amenities & Recreation Include:

- Full Kitchen w/Appliances, enclosed Lanai, soaking bathtub, walk-in showers & separate living areas.
- Free Wireless Internet, Cable TV/HBO/Phone
- Heated Tropical Lagoon Pools w/Waterfall
- Fitness Center, Safety boxes

**Single \$4,399pp Double \$2,699pp**

## SUPPORT HAMTRAMCK'S POLISH DAY PARADE

The Polish Day Parade Committee Presents the Roasting of Polka Superstar

**"BIG DADDY"  
MARSHALL  
LACKOWSKI**

### DON'T MISS OUT!

Join us for an evening of music, great food, open bar, cheer and many laughs as friends and family roast the one and only "Big Daddy" Marshall Lackowski.

You will get a glimpse of Big Daddy's life behind the accordion and hear amazing stories throughout the years!

### FEATURING:

**Master of Ceremonies**  
Edward Siwiec  
Grammy Nominated Musician

**Roasters**  
Dennis Wojtalewicz  
Retired Detroit Police Officer

**Ken Reszczyk**  
Musician - Former La Dee Da

**George Cole**  
Retired Educator

**Luke Fleer**  
Director of Development U of M

**Rob Markus**  
Owner of Arnett's Barber

**Mark Lackowski**  
PhD Candidate - Notre Dame



**ROAST**

**THURSDAY,  
JUNE 6, 2019**

COCKTAILS 5:30 PM - DINNER 6:30

**CENTURY BANQUET CENTER**  
(HOME OF THE AMERICAN POLISH CENTURY CLUB)  
Located at 33204 Maple Lane Sterling Heights, MI 48312  
(14 Mile and Hoover)

Sponsored by Polish American Congress  
Michigan Division Celebrating 75 years

## ODAWA CASINO RESORT Join Us for our Annual Color Tour to Petoskey!

**Sept. 25-27, 2019**



### Your Trip Includes:

- 2 Overnight Stay at the Beautiful Holiday Inn Express Petoskey, MI
- Full Breakfast at Krysiak's in Bay City
- Hot Continentals at Hotel
- \$10 Pre-Load & \$10 Addt earned at Soaring Eagle plus \$5 Food
- \$45 Slot Pre-Load received at Odawa Casino Petoskey (pkg subject to change)
- Shopping & Touring Time Downtown Petoskey & Frankenmuth
- Special Visit to Kilwin's Chocolate Factory!!

**Single \$359 pp Double \$269 pp**

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

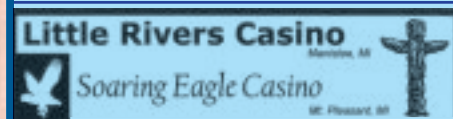


### Your Trip Includes:

- 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 Krzysiak'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**



**Tuesday-Wednesday June 25-26, 2019**



Enjoy exciting casino gambling at two of Northern Michigan's finest entertainment facilities! Enter the world of Las Vegas Style Gaming featuring:  
Blackjack • Bingo • Poker  
Roulette • Keno • Hot Slots

### Trip Includes:

- Receive up to \$60 CASINO CREDITS
- One night stay at the Little Rivers Casino Resort
- Breakfast buffet at Krzysiak'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**



**Wed, June 5, 2019  
Tues, July 23, 2019 • Wed, August 27, 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**

# BIG DADDY TOURS

"Your Personal Touch People"

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

7197 Highcrest Point • Washington, Mich. 48094

**For free brochures for other trips around the world call Big Daddy Tours**

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