

Vitality

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

June 2019

PLAY BALL

Senior softball
players cross county
line to compete

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HEALTH & FITNESS
‘Knock out’
Parkinson’s by
learning to box at
the OPC

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TECHNOLOGY
Video chat with
friends, family for
a mental health
boost

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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, 48036

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

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

Heritage Senior Place: 1543018 Mile/Hayes, Clinton Twp, 48038

Eastpointe City Rec: 164358 Mile, Eastpointe, 48021

Fraser Senior Center: 34935 Hidden Pine, Fraser, 48026

Tucker Senior Center 26980 Ballard, Harrison Twp, 48045

Macomb Senior Center: 1992523 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: 2250011 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: 350015 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: Leticia Rd, Rochester, 48307

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

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On the cover: Local senior softball teams Guns & Hoses and Patrick Parrott Realty competed against each other on Monday, June 3, at Mae Stecker Park in Shelby Township.

PHOTO BY DAVID DALTON —
FOR MEDIANEWS GROUP

MONEY & SECURITY

Ask the Financial Doctor: Are in-home care expenses deductible?

Q : I will be 69 this November and am collecting a widower's social security benefit. I will apply for my social security benefit based on my work record at age 70. Can I collect both benefits at age 70?



Richard Rysiewski

A : You cannot collect both benefits.

You will get the larger of the two benefits. If your retirement benefit at age 70 is greater than your widower's benefit, you will receive your retirement benefit. If your retirement benefit is less than the widower's benefit you will continue to receive your widower's benefit.

Q : Are transportation expenses for medical reasons deductible?

A : Any unreimbursed transportation expenses incurred for medical purposes are deductible. The cost of traveling to another city, whether by air or car, for medical reasons is deductible. Lodging in connection with medical treatment is deductible but is limited to \$50 a day per person. Meals are not deductible. You must itemize on schedule A and overcome the threshold of 10 percent AGI(adjusted gross income).

Q : Are in-home care expenses deductible?

A : Yes, in-home care expenses are deductible on schedule A if you satisfy the rules. Any expenses that were reimbursed are not deductible. Nursing services are deductible and do not have to be provided by a licensed health care professional. If the patient is chronically ill, unable to perform two or more daily living activities (eating, using the toilet, transferring, bathing, dressing, and continence) for a period of 90 days or more, the caregiver expenses are deductible. If the caregiver is a relative make sure you have a contract and an accurate log of time spent on daily activities. You can't include in medical expenses the cost of household help, even if such help is recommended by a doctor. Household help is a personal expense that isn't deductible. However, you may be able to include certain expenses paid to a person providing

nursing-type services such as giving medication or changing dressings, as well as bathing and grooming the patient.

Q : I am 75 years old and I have never taken a distribution from my IRA. Do I have to take a mandatory distribution at a certain age?

A : Assuming that you have a traditional IRA, you should have taken your first required minimum distribution by April 1st in the following year after age 70½. In your case, you should have taken at least 4 distributions. You have violated the IRS rules and the penalty is 50% of the required minimum distributions plus interest. I recommend that you seek a tax professional to correct your situation. If you have a ROTH IRA then you have no problem because there are no mandatory distributions.

Q : I discovered an error on my Social Security earnings record. How do I correct this error?

A : Fill out the form, Request for Corrections of Earnings Record, and submit it to the Social Security Administration (SSA) together with documentation proving your wages earned. In most cases, you only have three years, three months, and 15 days after the year you earned the income to request a correction to your earnings record. After that time, you may request a correction if you meet one of the special circumstances, such as earnings credited to the wrong person, mechanical or clerical errors or fraudulent earnings. According to the most recent SSA data there is \$1.2 trillion of uncredited wages.

Q : My father had U.S. savings bonds that were over 32 years old and accumulated \$31,000 in interest. The bonds were cashed in 2019. Is the interest income considered long-term capital gains?

A : No, the interest income from U.S. savings bonds is taxed at ordinary rates. Interest income does not get a favorable tax rate. To add more pain, any U.S. Savings bond older than 30 years have stopped earning interest.

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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INDEXED ANNUITIES: These popular policies pay interest based upon a portion of the gain in the stock market. If the market gains, you share in that gain. If the market loses, you DON'T share in the loss. Some policies pay up front bonuses of up to 10%! Call me and let's see if there is some free money available for you.

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LIFE INSURANCE: Leaving a legacy is important to many of my clients. It's a good idea to have your old policies evaluated from time to time (even if they're "paid up") to see if they are still fitting your needs. I'll do an analysis for you at no cost, and see if you're getting the best possible coverage available to you.

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SOCIAL & WELL-BEING

'Shoe lady' collecting footwear for playground equipment fundraiser

By Debra Kaszubski
For MediaNews Group

Visitors to the Sterling Heights Senior Center might be a bit surprised when they see the giant shoe in the lobby. The card box container, which is fashioned to look like a sneaker sized to fit King Kong, is actually a collection box that holds used shoes.

Washington Township resident Linda-Ann Heldt, president of the Shelby Township Golden K Kiwanis Club, has organized the Kids at Play committee in order to raise \$500,000 to purchase an inclusive playground at Whispering Woods Kiwanis Park, 11000 21 Mile Road in Shelby Township.

The playground allows able-bodied and disabled children to play together on a rubberized surface where children in wheelchairs, walkers, or strollers have easy access.

"This is also multi-generational use because it has ramps and rubberized surfaces. Wheels get stuck in wood chips; if you're a senior in a walker, you get stuck. With this type of playground, there's ramps and everything. It's for everyone," Heldt said.

Along with a rubberized surface, the playground will also have pulse table, tennis, pulse tennis, cardio stepper, hand cycler, swings, elliptical, sensory panels, sway slider, outdoor musical instruments, roller table, global motion and omni spinner.

Seniors are encouraged to bring in shoes of all shapes, sizes, colors and condition. Even boots, flip flops, children's shoes, cleats and dress shoes are acceptable. Tie shoes together or bind using a rubber band. "We take even the dirty, smelly ones," said Jennifer Rizzo of the Sterling Heights Senior Center.

Shoes will be collected through the end of June.

The Kiwanis Michigan District collects shoes for Kids at Play and for the Kiwanis International fight against maternal and neonatal tetanus called Project Eliminate.

Heldt, who is known as the "Shoe Lady" collects the shoes that bring in money. She helped gather 184 bags of 4,600 shoes for the playground last year. "I had them in two sheds at one point," she said.

Heldt can be reached at 586-491-0720 or WWKidsAtPlay@gmail.com. See facebook.com/WWKidsAtPlay for updates.

The Golden K Kiwanis Club of Shelby meets at 9 a.m. on the second and fourth Monday of the month at Marcus Grill, 55690 Van Dyke Ave., Shelby Township.

Macomb Daily writer Linda May contributed to this report.



PHOTO COURTESY OF THE STERLING HEIGHTS SENIOR CENTER

Seniors are encouraged to bring in shoes of all shapes, sizes, colors and condition.

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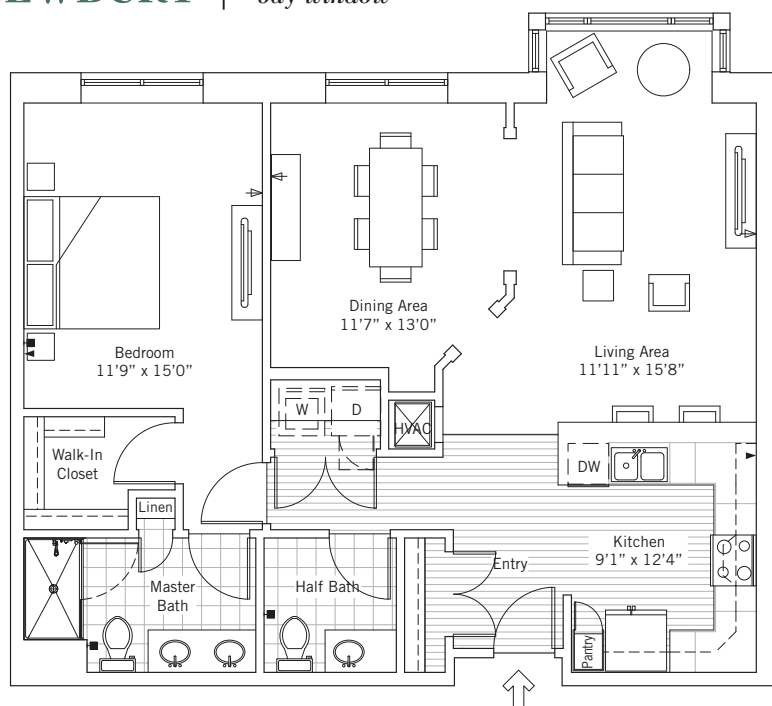


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MONEY & SECURITY

When do you have to pay a capital gains tax and other real estate questions answered

Q: We just sold our home and are a little baffled about our mortgage pay off amount. The amount that we owed as per our last monthly statement was approximately \$500 lower than the amount shown on our closing documents. The title company said that it was interest that we owed, but we made our last payment on time before the 1st of the month. We even paid it right at the bank. Is this correct?



**Steve
Meyers**

A: It is correct. Interest on a mortgage is paid in arrears. (Unlike rent that is paid in advance) This means that interest is paid at the end of a month (or another set period). For example, when you make your mortgage payment that's due on June 1st you are really paying for the use of the money during the month of May. Now let's say that you closed on the 20th of the month, at closing you would owe interest for those 20 days. In your case the \$25.00 range per day. This is why your actual payoff amount was higher than your mortgage balance. If you had a FHA loan you would have to pay the full month's interest whether you closed on the 2nd of the month or the 30th of the month.

Q: I have lived in my home for more than 25 years. If I sell it, will I have to pay Capital Gains Tax?

A: Most Sellers do not have to pay a Capital Gains Tax. According to the IRS; you may qualify to exclude from your income all or part of any gain from the sale of your main home. (Your main home is the one in which you live most of the time.) To claim the exclusion, you must meet both the ownership and use tests. This means that during the five-year period ending on the date of the

sale, you must have: Owned the home for at least two years (the ownership test); Lived in the home as your main home for at least two years (the use test). If you have a gain from the sale of your main home, you may be able to exclude up to \$250,000 of the gain from your income (\$500,000 on a joint return in most cases). If you can exclude all of the gain, you do not need to report the sale on your tax return. If you have gain that cannot be excluded, it is taxable.

With new in 1997 IRS rules you can sell every two years with the above mentioned exclusions as long as you meet the IRS rules which have gotten more complicated. Since I'm not a tax advisor I highly recommend that you consult a tax professional regarding this matter. There is much, much more to this than what I have mentioned.

Market Update: April's market update for Macomb County and Oakland County's housing market is consistent with what we have been seeing; 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 3% and Oakland County prices were up by more than 6%. Residential home/condo on market inventory was down. Macomb County's on market inventory was down by almost 10% and Oakland County's on market inventory was down by more than 6%. Average days on market have gone up a little in the last two months. Closed sales in Macomb County were up by more than 6%. Closed sales in Oakland County were down by almost 1%. (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.

TECHNOLOGY

Video chat with friends, family for a mental health boost

Anne Whitley lives 800 miles from her grandchildren's home in Florida, but she still sees them daily. On her iPhone's FaceTime app, Whitley catches up with her 5-year-old granddaughter, Cairo, who might show off a new toy, and her year-old grandson, Garvey, who enjoys practicing his latest words.

All it takes is just a few minutes each day to bridge those miles between them.

"I don't want them to forget me in between visits," said Whitley, 83, a retired teacher in Clayton, N.C., who sees her grandchildren in person a couple times a year. "That keeps us connected."

Whitley's main concern is staying in touch with her grandkids, but there's another reason older adults may want to consider dialing up their loved ones by video chat platforms like FaceTime and Skype. A recent study from Oregon Health & Science University in Portland found that the use

of video chat with friends and family also may be an effective way for older adults to dramatically reduce their risk for depression.

Fending off depression with a video chat

The study, published in the American Journal of Geriatric Psychiatry, used data from the National Institute on Aging's Health and Retirement Study, which surveys older Americans every two years. Researchers looked at Americans age 60 and up who used four kinds of communication technologies — video chat, email, social media networks like Facebook and instant messaging. Then, they examined their symptoms of depression two years later.

Researchers found that older adults who connected with their loved ones through email exchanges, Facebook posts or instant messaging sessions had about the same rate of depression compared to those



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who did not. By contrast, those who communicated through video chat cut their probability of depression by nearly half.

“We need to get beyond a discussion of technology being good or bad,” said lead author Alan Teo, an associate professor of psychiatry at Oregon Health & Science’s School of Medicine and a researcher at the VA Portland Health Care System. “The conversation we need to be having, and I hope that this study helps move forward, is what ways should we be using our technology and what particular types of platforms might be the most beneficial for our health and happiness.”

Not just about preventing the blues

Studies show that depression and social isolation can be problems for older adults. While the majority are not depressed, ac-



PHOTO COURTESY OF METRO CREATIVE CONNECTION

cording to the Centers for Disease Control and Prevention, rates can rise as high as about 12 percent for those who are hospitalized and 14 percent for those who need home health care. And as many as 32 percent of people older than 55 feel lonely, according to the National Institutes of Health. Both depression and loneliness can have consequences beyond feeling blue and include links to poorer physical health and a shortened lifespan.

“People literally die earlier when they are lonely,”

Teo said.

Teo’s research didn’t examine why video chat might be the better technology, but he can make an educated guess after years of treating patients as a psychiatrist and researching ways to help them. When we’re able to see the emotions and expressions as we talk to our loved one, we have a more intimate exchange, said Teo, who now makes the effort to video chat more often with his father, 82.

“It gives my dad and me a more immersive, more

interactive experience,” he said. “We can be tempted to just shoot off a quick text message ... but this study is a reminder that we shouldn’t settle for that all the time.”

The findings ring true with Kim G. Johnson, an assistant professor of psychiatry and behavioral sciences at Duke University, who was not involved in the research. She said she regularly hears from patients about their video chats with their grandchildren.

“It’s almost the next best thing to being there,” she said. The trick now, she said, is to make technologies like video chat more accessible to older adults.

4 Ways to incorporate more video chats into your life

Here are four tips on how to see your loved ones’ faces more often:

1. Get familiar with the technology. If you’re not

sure how to use video chat, Teo said, figure out the barriers and get help. Some, like Whitley, get guidance from tech-smart children or grandchildren. Whitley’s daughter gave her an iPhone and showed her how to use FaceTime. “I won’t ever know how to use it as well as she does, but what I do know is good for me,” she said.

You also could sign up for a technology class at your local senior center or search online for tutorials. TechBoomers offers YouTube videos for how to use both Skype and FaceTime.

2. Switch it up. Daily or weekly video chats may need to be scheduled, but not every session has to be on the calendar, Teo said. If your granddaughter posts a prom picture on Instagram, instead of just posting a comment, contact her on Skype to ask her about the dance. Take the initiative to add more virtual face-to-face chats to your daily

life. “Change up the mode of communication when you can,” Teo said.

3. Look in their eyes. During a video chat, make the effort to appear to be looking at the other person, Johnson said. That means you’ll need to look directly into the tiny video camera at the top of the screen from time to time instead of the screen where your family member’s face is. It’s an important way to help build rapport during your conversation, she said.

4. Still get together. Video chat and other forms of online communications should never replace your in-person get-togethers, where you can hug and hold and be present with the ones you love, Teo and Johnson said.

“But when you don’t have the option of being in person,” Teo said, “video chat is probably best.”

Story courtesy of Next Avenue

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MONEY & SECURITY

How to leave a legacy no matter how much money you have

Tips on passing down your values and three key documents you need

By **Richard Eisenberg**
Next Avenue

LEAVING A LEGACY » sounds like something only wealthy people can do, right? Like making a giant bequest to a university or passing on a significant estate to your children. Actually, a Bank of America/Merrill Lynch Age Wave survey suggests that leaving a legacy is not necessarily about money.

The study surveyed more than 3,000 adults (2,600 of them 55 and older) and conducted focus groups about end-of-life planning and leaving a legacy. Some of the results were disconcerting, surprising and even uplifting. Here are a few of

them:

The public's definition of a "life well lived" is more about love and less about lucre. A full 94 percent of survey respondents said the definition of a life well lived is "having friends and family that love me." That was followed by 75 percent who said it's about "having made a positive impact on society." Only 10 percent said a life well lived is defined by "accumulating a lot of wealth."

People want to be remembered for how they lived, not what they did at work or how much money they amassed. A striking 69 percent of survey respondents said they most want



PHOTO COURTESY OF PHILLIP SERRA
Phillip Serra is a Merrill Financial Advisor with offices in Farmington Hills.

to be remembered for "the memories I've shared with my loved ones." By contrast, only 9 percent said "career success" and a puny 4 percent said "accumulated wealth." Incidentally, these views were pretty consistent among respondents at all income levels.



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Although people ages 55 and older know they need to get their affairs in order, many haven't done so. Just 55 percent of the survey respondents age 55 and older have a will. Worse, a mere 18 percent have what Bank of America Merrill Lynch calls the three essential documents for legacy planning: a will, a health care directive (specifying end-of-life preferences and designating someone to make health decisions for you if you can't) and a durable power of attorney (designating someone to make financial and legacy-related decisions for you if you can't).

"It is usually a long term strategy and often happens later in life when there is a 'trigger' event. For ex-

ample, the birth of grandchild, the death of a loved one, or perhaps becoming incapacitated themselves. Thus, I encourage people to start having discussions early due to these unforeseen situations surfacing," said Phillip Serra, a Merrill Financial Advisor with offices in Farmington Hills.

Parents age 55 and older had surprising views about when to leave an inheritance and who should get how much of their estate. Only 36 percent of boomers surveyed and 44 percent of Gen Xers said "it is a parent's duty to leave their children some type of inheritance." (But a much higher percentage of their kids' generation — 55 percent of Millennials surveyed — felt

that way.)

And a stunning 65 percent of people 55 and older said they'd prefer to give some of their money away while they're still alive; 8 percent favored giving it all away before they die. Just 27 percent wanted to give all their money away after they pass away.

"I love that strategy as long as they have the resources available and can still maintain their desired lifestyle. This also allows more control when it comes to distributing assets. People find comfort in actually watching their money serve a purpose," Serra said.

Vitality writer Debra Kaszubski contributed to this report.



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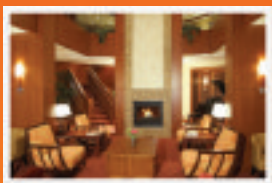
On June 1, around 350 people participated in a 5K race/walk for Meals on Wheels. The event, coordinated by the Rochester Older Persons Commission, raised more than \$34,000.

PHOTO COURTESY OF RENEE CORTRIGHT

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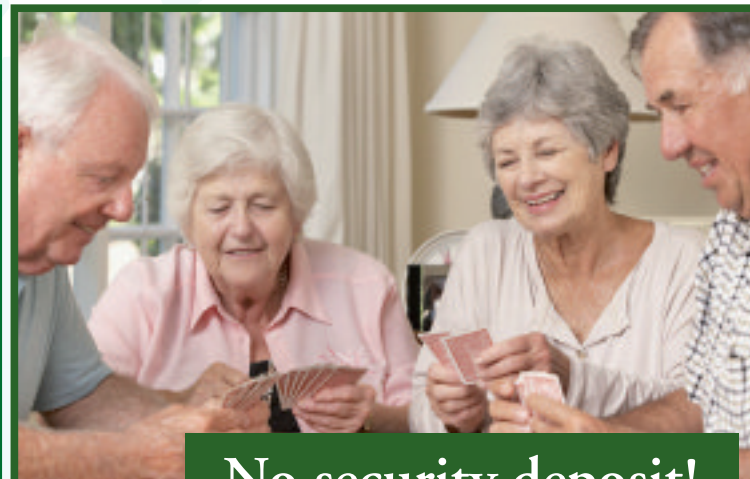
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SOCIAL & WELL-BEING

Passion for gardening still thriving at 86 for retired teacher, landscaper

By Debra Kaszubski
For MediaNews Group

If you ask Elmer Moorehouse how long he's been gardening he will proudly and without hesitation tell you he's been at it for nearly nine decades. That's a long time for anyone to take on the sometimes physically exhausting task of tending a garden, but that's not stopping this feisty green thumb.

"I'm 86 years old, so it's easy to say I've been a gardener for 86 years," he said.

Moorehouse was bit by the gardening bug early in life. His family used to grow flowers, vegetables and other plants on their 500 acre farm northwest of Kalamazoo during the Great Depression.

His time on the farm fields fueled a love of the outdoors and nature, and later on he went on to Albion College to earn a bachelor's degree in biological science, and then a master's degree in biology from Western Michigan University. He taught biology at Brooklyn Junior and Brooklyn High schools, and college courses at Highland Park and Oakland community colleges and Schoolcraft College.

He earned Master Gardener status by taking a course at Michigan State University, where he would later teach a class called Plant Science. In 1979, he decided to retire from teaching and opened Moorehouse Landscaping. He recently sold the business to his son Vernon.

Moorehouse served as Assistant Supervisor and Supervisor for the Southfield Senior Gardens for 55 and older. Each senior participant had their own plot in the garden,

and throughout Moorehouse's time there, there were anywhere from 80 to 118 gardeners. He helped put up fences, design layouts, advise gardeners and offer advice.

Along with all of his efforts in and around the garden, Moorehouse has four children, 19 grandchildren and 11 great grandchildren. His wife, Joanne, passed away from Alzheimer's Disease in 2013. He served as a volunteer police officer in Royal Oak for 42 years, and as a Boy Scouts Commissioner where he recruited leaders. He's an Eagle Scout.

About four years ago Moorehouse moved to the American House senior community in Rochester, where he was recently pinned Captain of the Garden committee. The committee of 10 seniors maintain several pots and container gardens throughout the property.

Moorehouse offers advice on how to make all of the annual container gardens thrive, while also maintaining his own garden along with his friend Madelyn Idem, 93.

His advice to other gardeners is to "get out there and get dirty," he said. He also said it's important not to crowd a garden and to deadhead annuals in order to make them thrive. "When the flower starts to decline and the seeds are developing, you have to cut the flower off or it stops growing," he said.

Moorehouse also urges everyone to grow their own vegetables, even if it's just a single pot of tomatoes. "There's nothing like eating a tomato right off the vine," he said. "There's nothing like that and everyone should try that at least once in their life."



PHOTO COURTESY OF AMERICAN HOUSE

Elmer Moorehouse, 86, was recently pinned as Captain of the Garden Committee at American House in Rochester. The retired teacher is a Master Gardener who also owned a landscaping company. He offers expert advice to all who seek to garden.

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Expert offers tips for those hosting summer garage sales



PHOTO BY DEBRA KASZUBSKI — FOR MEDIANEWS GROUP

Early summer is the best time to host a garage sale, but make sure you price each item, keep customers safe, and don't expect to make a ton of money.

By Debra Kaszubski
For MediaNews Group

If you have a lot of junk lying around your home you may be thinking about hosting a garage sale. Early summer is the best time to open your home to buyers because it's not too hot to sit outside, and people are ready to get out of the house after being cooped up all winter.

Susan Novara, a Livonia-based professional organizer who has hosted garage sales for herself, friends and neighbors for more than 30 years, agrees that now is the best time to get selling. But, she says, you should have planned for the event months ago.

"The best way to get ready for a garage sale is to plan all year long. When you find things that you no longer want, put them aside in a box. This is a good idea for two reasons, first it gets the stuff out of your area, and two, you can see if the item is something you really want to get rid of," she said.

Prepare the garage by cleaning it, organizing it, and even consider putting table cloths out. Make sure there are no cords or other things people could trip on, and try to block steps to prevent people from falling.

Every item should be clearly price marked. If there's an item you don't want to bargain a price

with, make sure to write the word "firm" on a piece of paper and attach it. Price items to move, not to make money.

"If you are going to get angry because someone is negotiating with you over a wagon that your kids had when they were babies and they think it's worth 'x' amount of dollars and you don't want to sell it, then it's not even worth having a garage sale," she said. "You should not go into a garage sale thinking you are going to make money, but to get rid of stuff."

With that in mind, don't sell antiques, collectibles or other valuable items at garage sales. Instead have an appraiser evaluate the item, or try to sell it online. "A garage sale isn't the place to sell something like that. You won't get what it's worth and people aren't interested in spending a lot of money at a garage sale," she said.

Decide on the day to host the event. Although schedules vary, Novara has found the most success by hosting her garage sales Wednesday or Thursday through Saturday. Advertise the event by making sure signs are clearly posted, and even consider placing an online ad. "I find a high ticket item and post it on Craigslist. For every day of the event, I'll post a picture of a different item," she said.

For example, Novara

Every item should be clearly price marked. If there's an item you don't want to bargain a price with, make sure to write the word "firm" on a piece of paper and attach it. Price items to move, not to make money.



PHOTO COURTESY OF METRO CREATIVE CONNECTION

posted a photo of an aquarium one day, and a picture of some costume jewelry the next. This technique kept buyers interested in her sale.

Novara also suggested garage sale hosts consider having as many items as possible for sale, including items from other families. Having a big variety of items may entice buyers to spend more time in your

“store” and spend more money.

At least three people should man the garage sale for safety reasons. Novara also said sellers should not keep any large bills in the garage, but rather locked up in the house (make sure to lock the front and back door during the sale). Keep small items, which could be easily pick-pocketed, near the table with the change box.

“Make sure it’s a safe sale for everyone and have fun,” she said. “I love garage sale season because it’s a three day party for me and my friends.”

Novara is owner of Put In Place, LLC. She helps metro Detroit customers organize their homes and businesses. For information, email putinplace86@gmail.com or visit her website at putinplace.com.



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HEALTH & FITNESS

GAME ON

Senior softball players cross county line to play ball

By Debra Kaszubski
For MediaNews Group

For the first time, senior players from a Macomb County-based league will play softball against players from the North Metro Detroit Senior Softball Association (NMDSSA), which is based in Oakland County.

Earlier this year, Vitality published a story about the Shelby Township Senior Men's Softball League, which is made up of 275 players ages 55 and older who reside in Shelby Township and nearby communities. After reading the story, players from Oakland County reached out to organize county crossover games.

"We are so excited to play these guys," said Ted Vander Putten, manager of the Guns & Hoses team. "This is the first time we'll play the guys from Oakland County and we love that. It keeps the game going and keeps it exciting."

There are three divisions, with the first being made up of the most competitive players in their 50s and 60s. Division 2 is the largest made up of players of multiple skill levels, while the third division is a bit slower.

The players from Division 1 will play the crossover games this season, with possible plans to expand the games to the Division 2 players in upcoming seasons. They'll alternate locations, with players traveling to new fields in neighboring counties for the first time, which added to the excitement, Vander Putten said.

Although there are some slight variations in the rules, the game is pretty much the same.

Play started in May and will extend through the middle of August. Postseason and playoff games are planned as well.



Softball is the top men's team sport overall, and is one of the few sports in the country which has achieved near parity in the number of men and women participating, according to the SSUSA website.

The sport allows players the opportunity to work on their aerobic endurance, agility and flexibility. Softball also improves mental acuity and awareness, as well as reaction time.

According to Senior Softball USA (SSUSA), there are more than 1.5 million active senior softball players in the country, and that number continues to grow as more boomers take the field.

"Some of these guys are competitive and good ball players, but we are not as young or as fast as we used to be. Still, it's amazing how good these guys are," said Al Koszewski, manager of the Stingrays team.

New players may be added to the roster until July 8 with the consent of team managers. Call Pat Radaj at 586-604-5028 or Pat Zamora at 586-978-1284 for more information.



PHOTOS BY DAVID DALTON — FOR MEDIANEWS GROUP

Local senior softball teams Guns & Hoses and Patrick Parrott Realty competed against each other on Monday, June 3, at Mae Stecker Park in Shelby Township.





HEALTH & FITNESS

Boxing helps seniors knock out Parkinson's disease

By Debra Kaszubski

For MediaNews Group

Sandi Jones of Shelby Township goes to the Rochester Older Persons Commission every week with a goal in mind — to punch out Parkinson's disease. "I'm here to fight Parkinson's — literally," she said. "The secret to fighting Parkinson's is to keep moving."

Jones is a regular at the Boxing for Parkinson's classes, which take place twice every Thursday afternoon in the gym. At the class, coach Carol Schram of Washington Township encourages participants to keep moving with a variety of boxing-inspired activities.

The class begins with chair stretches and then progresses to walking around the gym as a warmup. Boxers then put on gloves and proceed to throw a series of jabs, hooks, upper cuts and other swings. They punch bags of all sorts while practicing a series of combinations. Schram guides the class the entire time, offering advice on proper punches, posture and more.

"Boxing improves your balance, agility, hand/eye coordination with the speed bags, strength and everything. There was an ESPN study that said boxing is the hardest sport, I don't know if that's true, but it really does help every part of Parkinson's," Schram said. "There's a lot of cognitive issues and voice issues, so we try to get them to use their voices too. All the muscles are affected."

Schram's husband was diagnosed with Parkinson's at age 46, and that is one reason she has pursued

sued serving as a boxing coach, she said.

Parkinson's is a neurodegenerative disorder, meaning it progressively causes nerve cells to lose function and die. Those cells produce dopamine, which coordinates movement. Parkinson's affects about one million Americans.

Symptoms vary, but often include:

- Resting tremor, which can worsen with stress
- Slowness of movements
- Problems with balance
- A shuffling gait
- Limb stiffness
- Difficulty chewing or swallowing
- Cramped handwriting
- Speech changes
- Apathy and depression
- Constipation
- Sleep problems
- Loss of sense of smell

Many people with Parkinson's may also develop dementia or signs of cognitive impairment. As Parkinson's brain changes gradually spread, they often begin to affect mental functions, including memory and the ability to pay attention, make sound judgments and plan the steps needed to complete a task," according to the Alzheimer's Association. The average age of onset of Parkinson's symptoms is 60, according to Johns Hopkins Medicine.

Currently, there are no therapies to slow or stop the disease. While exercise such as boxing is one option, other therapies include medications, surgery, and even deep brain stimulation.

"I need this class for my balance and everything you can think of to fight Parkinson's. It's something you need and I love it," said Jerry Griffin of Rochester.



PHOTOS BY DEBRA KASZUBSKI —FOR MEDIANEWS GROUP

Richard Poupard gives coach Carol Schram a powerful one-two punch.



Ray Labrie of Rochester Hills said he enjoys swimming and lifting weights as well as boxing. Keeping active is important for any person, but is especially important for those who have been diagnosed with Parkinson's disease.



Oakland Township resident Gail Anzivino practices on the speed bag, which helps with hand/eye coordination.



Above: Carol Schram and Don Steffler of Dryden work on jabs.

Right: Gretchen O'Donnell, 86, of Rochester Hills, wasn't messing around when throwing punches.



The Boxing for Parkinson's classes at the Rochester Older Persons Commission begin with seated stretches.



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HEALTH & FITNESS

Is 75 the new 65? Age doesn't mean what it used to

By Debra Kaszubski
For MediaNews Group

At age 78, Rochester resident Darlene Harman may be more active than people half her age. Six days a week, she gets out of bed to walk at 6:30 a.m. with a group of friends at the Rochester Older Persons Commission. She line dances, packs for Meals on Wheels, and volunteers in several other aspects.

"I know it's good for me to keep moving and not sit at home and do nothing. I love to be with people. I'm healthy and I want to stay that way," she said.

Going to the OPC keeps her young at heart, as does spending time with her children and grandchildren. She believes 75 (and older) is the new 65.

"I definitely believe that," she said. "I see so many people who are active and living life. It's much different than when I was raising my kids. Back then when I saw someone who had just retired they seemed like old men."

Today, people ages 75 and older are making history. They are transforming the mindset of aging to the mindset of agelessness. Today people in their 70s, 80s, 90s and beyond are showing youngsters in their 50s and 60s how to stay active mentally, physically and socially.

The secrets to long-lasting health and agelessness may lie in the following steps, many of which follow Harman's life philosophies:

1 . Leave your comfort zone and try something new. Those who retire finally have free time to do whatever they want. Start taking advantage of this time and try something new and outside of your comfort zone. Go line dancing like Harman, perform a stage play with the Shelby Township-based Heart of the Hills Players, or try a new sport like Pickleball.

2 . Be the architect of your life. Overcome the myth that you are physically and mentally unprepared for life's Third Act. Reviewing all your life experiences to date will give you a new perspective of your skills. It's like letting the genie out of the bottle. If you surprise

yourself, then you'll likely surprise others.

3 . Shape Up! Exercise. Get off the couch and try a new challenge. Play

softball, tennis or water aerobics. Walk with Harman's group at the OPC. Whatever you choose to do, make sure you're moving.

4 . Laugh. Laughter is a must, for your biological health. Not only does laughter make you feel good, but you get a free massage for every or-



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gan in your body. The big bad monster that has consumed our world is stress. It has become an epidemic. Stress can compel us to action, but it can also be brutal to our physical and emotional well-being. As they say, “Laughter is the best medicine.” It can provide a way to get over the speed bumps of stress. Anyone can join the laughter movement. All it takes is a willingness to let go and have some fun.

5 . Check your finances. No matter what your age, yearly tuning into your finances is necessary. The retirement years bring new activities and an ever-changing lifestyle. “Be prepared” is the motto.

6 . Put together a reinforcement team. Include some younger people in your team to keep your ideas young, fresh and current.

7 . Hang in there. Small changes are extremely valuable. Often we give up because we cannot accomplish the task we set for ourselves. Even small steps can trigger progress. They will eventually lead to your desired goals.

8 . Seek your dream. As you reach 75 and beyond, make sure that hardened old concepts don’t derail your plan. Tell you family and friends that you are growing younger.

Next Avenue contributed to this report.



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SOCIAL & WELL-BEING



PHOTO COURTESY OF MOTOWN SOUP

Motown Soup gave away \$175,000 to 37 charities at a May 18 event.

Motown Soup serves up more than \$1 million in donations to local charities

By Debra Kaszubski
For MediaNews Group

Trinity Lutheran Church in Utica opened its Motown Soup kitchen to the public May 18, and in the process gave \$175,000 to 37 Michigan charities.

Motown Soup is an all-volunteer ministry based at Trinity that packages and sells soup, bakery and appetizer mixes. Items are sold online, at Trinity Lutheran during set times, and at craft sales. Profits are donated to charities

including homeless shelters, soup kitchens, food pantries, free clinics, and more.

The 2019 recipients include: The Detroit Rescue Mission, Gleaners Food Bank, Forgotten Harvest, Macomb Warming Shelter, MCREST, and a number of others. Charities are selected based on recommendations and geographic location. The charities will use the money to support their food, shelter, and clothing ministries.

Motown Soup has been

giving away all of its profits since the charity's first soup in 2004. Since then, they've donated \$1,082,000.

"It is amazing to be able to reach this (\$1 million) milestone. It has taken a lot of hours from all our volunteers and is truly a blessing to be able to impact the community in this way," said Zak Kennedy, marketing director for Motown Soup. "We just want to say thank you to everyone who has ever purchased a soup or gave us their time. This milestone has only been achievable because of their support."

At the May 18 event, charity representatives had the opportunity to see Motown Soup being created, and try the soup and some of the other products created by the growing nonprofit.

Soups include chicken noodle, chicken potpie, stuffed green pepper, tomato basil, cheese broccoli, split pea, and more. There's also gluten-free and reduced sodium mixes. Most soups require two quarts of water and some may call for a protein such as chicken or ground beef. Some are ready in 20 minutes. Bakery items include corn bread, brownies, brownie cones, cranberry muffins, oatmeal cookies and more. There's also spinach and bean dip. Cost ranges from \$8 for the larger mixes to \$4 for the smaller sizes. There's also a variety of gift boxes.

The easiest way to buy a soup or bakery mix is by visiting the Motown Soup website at www.motownsoup.com. Save on shipping costs by picking up complete orders at Trinity Lutheran Church, located on the corner of Van Dyke and M-59. A number of volunteer opportunities are available as well, with shifts scheduled during the day and in the evening. Although volunteers are of all ages, there are a number of volunteers ages 55 and older. Call 586-731-4490.

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CALENDAR OF ACTIVITIES, EVENTS AND TRIPS

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

June

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 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.

June 18: Day Trip to Saganing & Soaring Eagle. Gaming time at both casinos. Receive up to \$60 casino money-food. Only \$49 per-person. Call 586-770-5899.

June 18: Join us for an open work session on scrapbooking, card making or whatever inspires you from

5 - 9 p.m. Work on any project of your choosing or drop in and paint a vase for your summer flowers. Pre-registration is requested. The library is located at 150 Cass Ave. Call 586-469-6200 or go to www.mtclib.org.

June 18: Flying Aces is the only full time Pro-Frisbee demo squad in the world. They are making a stop at the Mount Clemens Public Library on Tuesday, June 18, from 2 to 4 p.m. to exhibit awesome athletic skills, amazing feats and astounding tricks. Pre-registration is not required. The library is located at 150 Cass Ave. Call 586-469-6200 or go to www.mtclib.org.

Senior Fun Olympics: Join us Wednesday, June 19 at River Bends Park. Enjoy fun games, laughs and lunch, served after the event. Tickets are \$3 and must be purchased in advance. Shelby Township Senior Center, 51670 Van Dyke Ave., Shelby Twp. 586-739-7540

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 Michi-

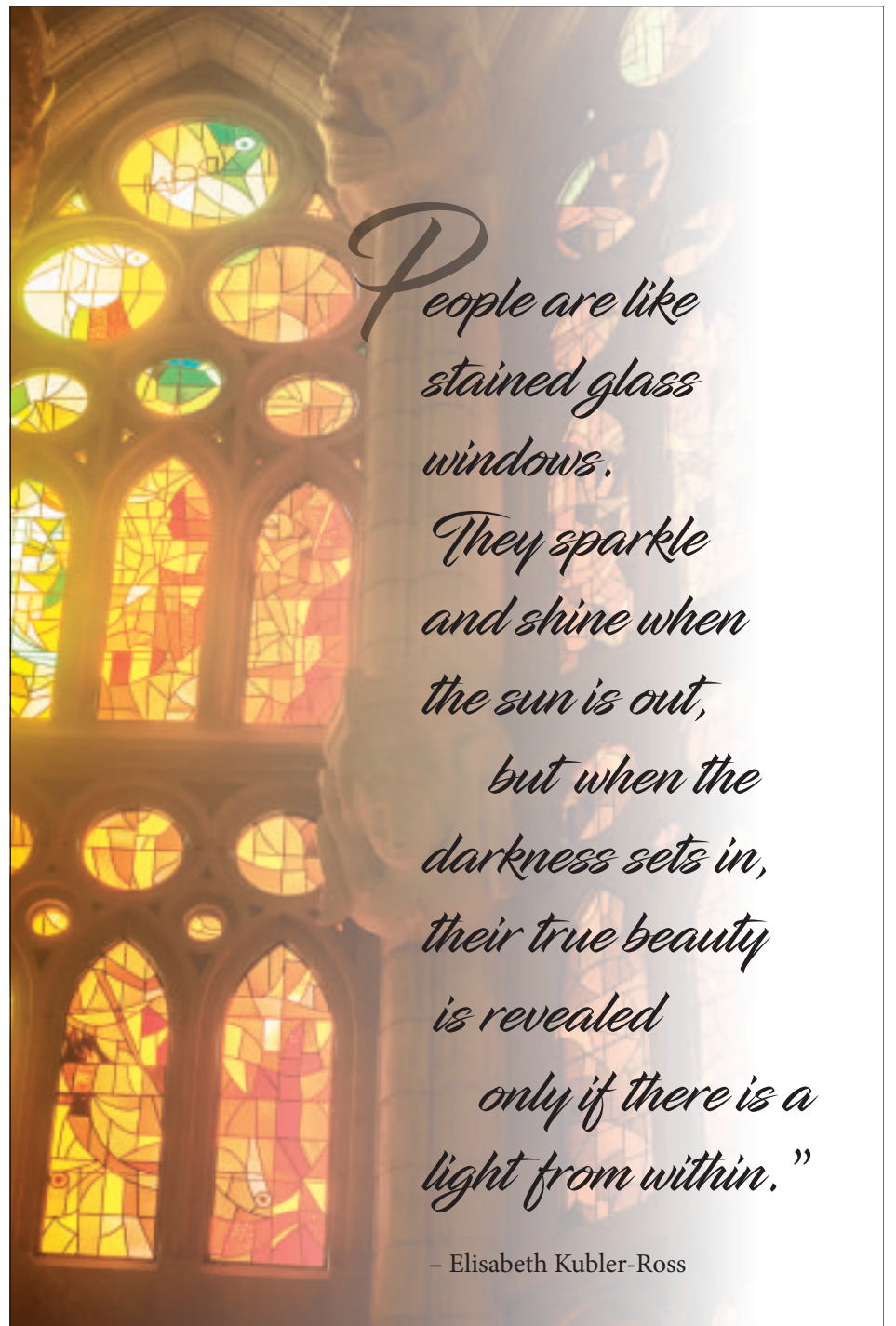
gan and 1994 sightings over Grand Rapids each had literally hundreds of eye-witnesses, including law enforcement and radar returns. Find out more about these incredible events as well as several other unusual and well-documented UFO sightings from the Great Lakes State from Bill Konkolesky, the State 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.

June 20: Kewadin - Sault St. Marie. 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. Only \$185 per person. Call 586-770-5899.

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.

June 20-26: MHL is heading off to the bright lights of

CALENDAR » PAGE 26



*People are like
stained glass
windows.
They sparkle
and shine when
the sun is out,
but when the
darkness sets in,
their true beauty
is revealed
only if there is a
light from within."*

— Elisabeth Kubler-Ross



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Calendar

FROM PAGE 25

"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 21: Cat in the Hat Dinner Dance. Enjoy a delicious dinner and great music at our monthly themed dinner dances. Tickets must be purchased in advance. Friday, June 21 at 5:30 p.m.

\$16. Shelby Township Senior Center, 51670 Van Dyke Ave., Shelby Twp. 586-739-7540

June 21: Older Persons' Commission's annual Meals on Wheels Fundraising Soiree. On June 21, beginning at 6:30 p.m. the community is invited to an elegant evening in the curated gardens of OPC, 650 Letica Dr., Rochester, to support Meals on Wheels in north-eastern Oakland County. The Summer Solstice Soiree will begin with a cocktail hour strolling through the lower gardens and stone cottage of OPC. Live musicians will serenade guests as they view classic cars and silent auction items. The dinner hour invites guests to sit under a promenade of lights at farm tables embracing the best of Michigan summer and enjoying a 4-course plated meal provided by the Head Chef of Stonecrest. The Soiree tickets are \$100 per person and support the Meals

on Wheels program at OPC. They can be purchased at the Cashier's Office, online at www.opcseniorcenter.org, or by calling 248-608-0251.

June 23: Day Trip To Firekeeper's. Spend the day at beautiful firekeeper's. Receive at least \$ 25 casino money - food. Only \$35 per person. Call 586-770-5899.

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.

June 25: Day trip to Gun Lake & Firekeepers Casinos. \$65 package, includes \$35 freeplay and \$15 for food. Boarding at 7 a.m. leaving at 7:30 a.m. from Riverland Shopping Center in Sterling Heights. Returning around 8 p.m. For more info. For more information, call or text 586-630-6204 or email hollykengel@yahoo.com

June 25: Join Capital Tours on a boat cruise on the deluxe "Michigan Princess" out of Lansing and gambling at Soaring Eagle Casino. Package includes roundtrip motorcoach, lunch cruise, plus 4 hours at the casino with \$20 in play & \$5 in food. Cost \$89. Call 248-247-1121.

June 26: Join Capital Tours on a trip to the Purpize Rose Theater. Package includes lunch at the Common Grill, shopping downtown Chelsea, admission to the 2 p.m. show "Welcome

to Paradise". Cost is per person \$89. Call 248-247-1121.

June 26-July 3: Calling all beach readers. Stop by the Mount Clemens Library any time between June 26 and July 3 for a FREE beach read giveaway. The library is located at 150 Cass Ave. Call 586-469-6200 or go to www.mtclib.org.

June 27: Join us in learning how to create a 10x10 summer wooden pallet design. This program will take place Thursday, June 27 at 10 a.m. at the Mount Clemens Public Library. All supplies for this free project will be provided. Registration is required as space is limited for this program. The library is located at 150 Cass Ave. Call 586-469-6200 or go to www.mtclib.org.

June 28-July 1: Chicago & the Temple Farms Lipizzan Horse show. Join Travel with Nance for \$628. 3 nights at LaQuinta Inn & Suites, Downtown Chicago. 3 breakfasts, 1 dinner at Historic Berghoff German Restaurant, guided city tour, architectural river cruise, Water Tower Place, Navy Pier, Museum of Science & Industry, Willis (Sears) Tower Skydeck. 1 ½ hr Lipizzan horses performance (Vienna's famous 'Airs Above the Ground'). Call 313-535-2921.

July

July 2: Kewadin - Sault St. Marie. 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. Only \$185 per person. Call 586-770-5899.

July 7: Day Trip To Firekeeper's. Spend the day at beautiful firekeeper's. Receive at least \$ 25 casino money - food. Only \$35 per person. Call 586-770-5899.

July 8: Henry Ford Big Band and Ice Cream Social at the Older Persons' Commission, 650 Letica Drive, Rochester, at 6:30 p.m. The Henry Ford Big Band has

performed at many festivals across North America and Europe, including the Montreux International Jazz Festival in Switzerland and Carnegie Hall in New York. Cost is \$20 per person. For more information on the OPC, visit www.opcseniorcenter.org or call 248-656-1403.

July 11: Old-Fashioned Ice Cream Social. Pre-register for our old-fashioned Ice Cream Social taking place at 1 p.m., Thursday, July 11. Check in or call the front desk at 586-739-7540 for more details. Shelby Township Senior Center, 51670 Van Dyke Ave., Shelby Twp. 586-739-7540

July 11: Cool down and color the afternoon away at the Mount Clemens Public Library on Thursday, July 11 from 2:30-3:30 p.m. Coloring pages and pencils will be provided. Pre-registration is not required. The library is located at 150 Cass Ave. Call 586-469-6200 or go to www.mtclib.org.

July 11: The Phil Hale Jazz Trio will present a free concert for all ages at the Mount Clemens Public Library on Thursday, July 11 at 7 p.m. Join us to hear an exciting mix of music from this talented Michigan group. Pre-registration is not required. The library is located at 150 Cass Ave. Call 586-469-6200 or go to www.mtclib.org.

July 12: Summertime triple delight. Wyandotte Art Fair, Downriver Cruise and lunch at the Waterfront Restaurant. The day begins with some time to browse Wyandotte's popular Summer Art Fair and quaint downtown shops (about 2 ½ hours). Next is lunch (slated for 1 p.m.) at The Waterfront Restaurant. After lunch we board the Diamond Jack out of Wyandotte's Bishop Park for a narrated two-hour cruise along the sparkling waters of the lower Detroit River. Make dining selection at time of reservation, Michigan salad with chicken, waterfront burger, salmon

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

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burger, or veggie wrap, beverage and dessert are included. PLEASE NOTE. If you do not wish to shop or visit the Art Fair, we can drop you off at Bishop Park where you can sit, relax, and watch the boats go by. Departure at 9:15 a.m., return about 6:30 p.m. Cost is \$73. Contact the L'Anse Community Education Department to register at (586) 783-6330.

July 14-16: Mountaineer W. Virginia. 2 night stay at beautiful Mountaineer Hotel & Casino. Stops at Hollywood Toledo & Wheeling Casinos. Receive at least \$105 casino money, food, indoor/outdoor pool, horse track. Only \$ 195 per person. Call 586-770-5899.

July 19: Belle Isle trip hosted by the city of New Baltimore. This historic island has been a staple of the Detroit area for over a century. It is home to the newly remodeled Belle Isle Aquarium, the Belle Isle Conservancy, and the Dos-

sin Museum. Our trip will have the opportunity to explore these places and much more. Lunch is included. Cost is \$40. Pick-up location is 50976 Washington St., Downtown Recreation Center. Depart/Return Times (9 a.m. / 3:30 p.m.) Call 586-725-0291.

July 19: Summertime Dinner Dance. Enjoy a delicious dinner and great music at our monthly themed dinner dances. Tickets must be purchased in advance. Friday, July 19 at 5:30 p.m. \$16. Shelby Township Senior Center, 51670 Van Dyke Ave., Shelby Twp. 586-739-7540

July 19: Come for an ice cream social at the Mount Clemens Public Library on Friday, July 19 from 11 a.m. - 12:30 p.m. Pre-registration is not required. The library is located at 150 Cass Ave. Call 586-469-6200 or go to www.mtclib.org.

July 21: Day Trip to Saganing & Soaring Eagle. Gaming time at both casino

nos. Receive up to \$60 casino money-food. Only \$49 per-person. Call 586-770-5899.

July 25: Come to the Mount Clemens Public Library for a fun-filled family bingo day on Thursday, July 25 from 2:30 to 4:00 p.m. There will be prizes. Pre-registration is not required. The library is located at 150 Cass Ave. Call 586-469-6200 or go to www.mtclib.org.

July 26: Greentown Casino trip hosted by the city of New Baltimore. This is a great way to gamble without all the hassle of travel. This trip is always fun and fills up fast, so be sure to register quickly. \$15 in free-play coins and a \$5 food voucher are included. Cost is \$25. Pick-up location is 50976 Washington St., Downtown Recreation Center. Depart/Return Times (9 a.m. / 4 p.m.) Call 586-725-0291.

July 28-30: Escanaba Island Resort. 2 night stay at

The Beautiful Island Resort & Casino. Stops at Kewadin Casinos. Receive At Least \$ 70. Casino money - food. First-timers receive extra \$30 from Island. Indoor Pool. Only \$199 per person. Call 586-770-5899.

July 30: Essential oils are used in hundreds of hospitals and for many different health reasons. Join wellness advocate Brianna Wright to learn about how to use essential oils for everyday life! She will discuss how they can help with sleep, pain, tension, allergies & even health-care. Bring your spouse or a friend and be empowered on a new way to care for you and your family's health! The first 5 guests will be gifted a roller blend of their choice. This program is set for Tuesday, July 30 at 7 p.m. at the Mount Clemens Public Library. Pre-registration is requested. The library is located at 150 Cass Ave. Call 586-469-6200 or go to www.mtclib.org.

August

Aug. 7: Day trip to beautiful Gun Lake. Spend the day at this casino In Wayland, Mich. Receive \$20 casino money - food and possibly more. Senior day. Only \$ 42 per person. Call 586-770-5899.

Aug. 7: The Niftie Fifties Annual Picnic. Our annual picnic will be Wednesday, Aug. 7, at River Bends Park. Join us as we boogie to the music of the 50s at this year's theme, "The Niftie Fifties." Enjoy a delicious lunch and relax with good friends. Purchase tickets in advance. Shelby Township Senior Center, 51670 Van Dyke Ave., Shelby Twp. 586-739-7540

Aug. 13: Detroit adventure—tour of Detroit's historic Masonic Temple, lunch at the eastern market, a mystery stop, and a dessert stop. After the tour, we're off to the Eastern Market for lunch (on your own at the restaurant of

your choice) and some shopping time. Next is the mystery stop. On our way home, we'll stop at the Chocolate Bar Café for dessert. Depart at 9:15 a.m., return about 4:15 p.m. Cost is \$54. Contact the L'Anse Community Education Department to register at 586-783-6330.

Aug. 16: Rockin' Around the Clock Dinner Dance. Enjoy a delicious dinner and great music at our monthly themed dinner dances. Tickets must be purchased in advance. Friday, Aug. 16 at 5:30 p.m. \$16. Shelby Township Senior Center, 51670 Van Dyke Ave., Shelby Twp. 586-739-7540

Aug. 18-20: Summertime Little River Getaway. 2 night stay at beautiful Little River Hotel & Casino. Stops at Saganing & Soaring Eagle. A mystery trip on 2nd day. Receive up to \$100 casino money - food. Indoor & outdoor pool. Only \$199 per person. Call 586-770-5899.

Aug. 19-23: Lancaster, PA

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Vitality publishes every month, and is specially written and produced for older adults 55 and over. Monthly features include • Health Care • Travel • Fitness • Community Resources • Entertainment • Investing & Financial Planning • Senior Discounts and much more.

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GRANDPARENTS BRAG PAGE



**Anthony, Michael Labadie,
Savanna, Miranda, Vanessa
Voyles with Grandpa Labadie**

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Tom & Kathy Labadie of Shelby Twp, MI**



Knox Frank

**Proud Grandparents are:
Rick & Roseann Frank of Macomb, MI**

**Proud Great Grandmother is:
Gerry Frank of Roseville, MI**



Lily Celeste Frank

**Proud Grandparents are:
Dan & Linda Frank of Richmond, MI**

**Proud Grandmothers are:
Gerry Frank of Roseville, MI
Mae Stephens of Roseville, MI**



Dylan James Hoffman

**Proud Grandparents are:
Bob & Carol Hoffman of Warren
George & Janet Hirth of Roseville**

Poetry Corner

DREAM ON

A creature of habit I am not
That's why I over sleep a lot
With a different dream every night
I always wake up in fright

Dreaming in color and in black and white
Wonder what I'll dream about tonight
Been to so many far off places
Most on wild goose chases

So next time that I oversleep
You know I wasn't counting sheep
I wanted to wake up oh so bad
But another dream was on the launching pad

If you think this poem is out of sight
I'll have to say that you are right
But being a poet is not always easy
Sometimes they end up a bit cheesy

By Clifford Miller
Sterling Heights, MI



MY LOVE OF MUSIC

I love listening to the radio
Country Music really touches me.
Blake Shelton is the way to go,
Take a listen, and you'll see.

Once my favorite song was on,
My mom tried to change the song,
But, I'm feeling really fond.
I say it's not that long.

She doesn't like my music like I do.
I don't love her music, for sure.
That music I listen to is true.
And her music really touches her.

I have Blake Shelton on replay,
There's nothing else I can say.

By Stephanie Kasiska
of Sterling Heights, MI



GARAGE SALE

This may be just a wishful hunch
Garage sales will be here in a couple of months
I will take a few bucks in my hand
And search many sales all over the land.

License plates, bird houses, things that shine
I will search around and make them all mine
It is a fun thing to do on a Friday morn
Perhaps I'll even find an old horn.

I don't always know what I'm looking for
But I'll drive around, shopping door to door
If I spot something cool, I will spend a buck
Maybe I'll find a pre-1960 license plate,
with some luck.

Much of my yard art I find looking around
I like them sitting out on my own ground
Is this a sickness? I don't think so
Pretty soon I'll hop in my car and be ready to go.

By: Roger R. Miller
of Auburn Hills, 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 July 11, 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

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

Poetry Corner

CAN YOU SEE ME

I greet family, friends and strangers with a sunny smile
 dressed in my best attire,
 they glance at me and say, "You look good."
 Not seeing me as they should.
 My mind begins to wonder...
 if I had on an old pair of jeans,
 would I still look good in their view?
 No matter race, color, creed, class or culture,
 will they behold we are one, and all divine?
 Do they only see the clothes I wear; the color of my skin?
 Would they gaze at the sparkles in my eyes
 that beholds the Spirit of Christ?
 Will they glimpse or hear my soul call,
 to be treated fairly and just?
 Do they judge me according to their ways,
 than accept me as I am?
 I Am that I Am!
 Can they hear the song in my heart from where all my
 love starts?
 Feel the vibration of my soul!
 Will they know me like they know the brand of clothes?
 I wish they knew me as thyself, no creed, nor color.
 Will we only picture the outer deception of life?
 Would we close ourselves to what is real, good and right?
 Or will we live in the goodness of kindness, love and light?
 They could perceive me as a child of God, as I see them.
 We can be a Nation, a Country, an Island, a Universe
 with undivided love for one another.
 We can witness the light that we all behold,
 or shall we carry hatred and lack of understanding?...
 like a dark cloud to our graves.
 "Oh Thy art Thou, bless our souls."
 Can they spot the light beaming from my eyes into theirs?
CAN YOU SEE ME AS THYSELF
I AM YOU!

By: Alethea Monk Howard
 of Sterling Heights, MI



LORD, LET ME HONOR THEE

Lord, let me honor Thee preaching
 the gospel,
 Rightly dividing They Word unto men,
 Faithfully giving the great invitation,
 Ever to honor Thee preaching Thy Word.
 Lord, let me honor Thee with sacred music,
 Honor, extol Thee and praise
 Thy dear Name,
 With voice or instrument bless
 and adore Thee,
 Ever to honor Thee with sacred song.
 Lord, let me honor Thee with all my family,
 Each one surrendered,
 subservient and true,
 Thou, Who did'st give them,
 receive all the glory,
 Ever to honor Thee with those I love.
 Lord, let me honor Thee with the time
 and talents,
 Given so graciously by Thy dear hand,
 Where'ere Thou sendest me,
 may I be faithful,
 Ever to honor Thee in all of life.
 Lord, let me honor Thee,
 Oh, may I honor Thee,
 Ever to honor Thee with all my heart.
 Lord, let me honor Thee,
 Oh, may I honor Thee,
 Always to honor Thee with all my life.

By: Donald E. Steiner
 of Oxford, MI



ALL KINDS OF FATHERS ON THEIR DAY

Not an easy job, being a good Dad
 So we must be thankful
 For the one we had-or have.
 They have to work hard for many years
 And kids aren't easy to raise –
 So on this Father's Day
 They deserve some special praise!
 Helping kids with schoolwork
 Couldn't have been a favorite task
 Or finding the right answers
 To every question they'd ask.
 Teaching right from wrong and reprimanding
 Were tough jobs too –
 Kids usually thought that what you
 were telling them,
 They already knew!
 And what about all the money for
 Books, toys, pets and clothes?
 Fathers have to work overtime
 More than anyone knows.
 Yes, most Dads do their best
 For kids don't come with a set of instructions
 They just try to make good decisions
 As a Dad –
 And we thank them for the tough job
 They surely had.

By: Betty Tenney
 of Sterling Heights, MI



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



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July 21 – The Book Festival
July 11 – Wyandotte Art Fair
July 12 – Lavender Festival

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• **June 20** – Saugatuck -- \$95/person

• **June 24** – Fireworks on the Detroit River
\$110 person

• **June 27** – Shop & Taste, Bon Appetite! – 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** – SHIPSHEWANA WITH AN AMISH HERBALIST. **\$85**

• **Aug. 14** – Cheeseburger In Caseville Festival **\$45 person**

• **Aug. 16** – DuMouchelle Auction w/swanky lunch **\$65**

• **Aug. 19** – My Detroit FAM tour **\$45**

• **Aug. 22** – Wine Tour **\$72**

• **Aug. 24** – The Weird Homes Tour - Funky mix of homes. **\$75 person.**
Reservations due June 25.

• **Aug. 26 – 31** – Pigeon Forge – **\$610**

• **Sept. 10** – Mad Hatter Mystery Tea Party **\$68 person**

• **Sept. 16** – Chinese in SE MI **\$60**

• **September 19 - 25** – Discover New York **\$825 person**

• **September 27** – Magic & Mystery & Mayhem **\$68**

• **October 8** – Resale **\$45**

• **October 11** – Country Urban Fall Color Tour **\$72**

• **Dec. 3 - 5** – Elvis Blue Christmas **\$645**

2020

• **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

Shows: “Jesus”, - Aug 19-23. Join Travel with Nance for \$595. 4 nights hotel Lancaster area, live show at Sight and Sound Millennium Theatre for ‘Jesus’. Live ‘Ovation’ show, tour of Philadelphia, Lancaster & Amish Country. ‘Jacobs’ Choice’ at the F/X Theatre. 4 brkfs, 4 dinners. Call 313-535-2921.

Aug. 20: Senior open house luncheon hosted by the city of New Baltimore from 11 a.m. to 2 p.m. This special event is just for seniors. Come join us for lunch with all kinds of fun games and prizes. This is a great way to get introduced to our senior program offerings and to meet new friends. Free. Pre-register. Location is 35248 Cricklewood Blvd. (Cricklewood Recreation Building) Call 586-725-0291.

Aug. 21: Cranbrook house tour, garden stroll, lunch and a mystery stop. First on the day's agenda is the opportunity to stroll through Cranbrook House's glorious gardens. Next is a docent-led tour of Cranbrook House. Afterwards, we'll enjoy a buffet lunch at Cranbrook House (slated for 12:15 p.m.). Lunch will include two green salads (spring & romaine), tuna salad, chicken-cherry salad, chopped ham, chopped turkey, hard-boiled eggs, rolls & bread, beverage, and dessert. On the way home we will make a mystery stop. Depart at 9:15 a.m., return about 3:30 p.m. Cost is \$63. Contact the LAnse Community Education Department to register at 586-783-6330.

Aug. 23: Explore New Baltimore There's been a lot of changes and new additions to downtown New Baltimore recently. We're spending the day exploring our home town and visiting some of the new

establishments and well as some of our long-loved haunts. Lunch is included. Cost is \$25. Pick-up location is 50976 Washington St. Downtown Recreation Center. Depart/Return Times (10 a.m. / 3 p.m.) Call 586-725-0291.

Aug. 25: Day Trip To Firekeeper's. Spend the day at beautiful firekeeper's. Receive at least \$ 25 casino money - food. Only \$35 per person. Call 586-770-5899.

Aug. 28: Cornwell Dinner Theatre in Turkeyville and Marshall - Aug 28. Join Travel with Nance for \$85. Live matinee Musical performance of ‘The Marvelous Wonderettes’, Turkey Buffet lunch, time at Gift Shop, Bakery, Deli & Fudge shop. Narrated tour of Marshall, see Honolulu House, National Inn, Governor Mansion and Capitol Hill School House. Call 313-535-2921.

Aug. 31-Sept. 2: Labor Day Bridgeway & Mackinac Island – Aug 31-Sept 2. Join Travel with Nance for

\$335. 2 nites hotel in St. Ignace. Round trip ferry to Mackinac Island with open return. \$30 Casino incentives, 2 brkfs. Walk entire bridge (optional). Call 313-535-2921.

September

New York City – Sept 5-11, 2019. Join Travel with Nance for \$793. 4 nites NJ & 1 nite each way. Visit The new National 9/11 Memorial at Ground Zero. Harbor cruise including stops at Ellis Island and Liberty Island – home of the Statue of Liberty. 10 meals. Call 313-535-2921.

Sept. 12: End-of-Summer Luncheon. Say goodbye to summer at our luncheon, Thursday, Sept. 12. We welcome a former secret service agent to share stories of his days working on several presidential security details. Purchase your tickets in advance. Shelby Township Senior Center, 51670 Van Dyke Ave., Shelby Twp. 586-739-7540

Sept. 13: Welcome Home Party. Let us welcome you to our new home at the Shelby Township Activities Center. Stop by from 1 p.m. until 4 p.m. Sept. 13 during our Welcome Home Party to meet the staff, enjoy light refreshments and check out our new place. All are welcome. Shelby Township Senior Center, 51670 Van Dyke Ave., Shelby Twp. 586-739-7540

Sept. 15: Belle Isle & Detroit Institute of Arts. Join Travel with Nance for \$52. Visit the Aquarium, Conservatory, Dossin Great Lakes Museum and 1 hour narrated tour of the Island. Visit the DIA & receive a \$10 Gift Card towards lunch at CafeDIA. Call 313-535-2921.

Sept. 16: Cozy Campfire Dinner Dance. Enjoy a delicious dinner and great music at our monthly themed dinner dances. Tickets must be purchased in advance. Friday, Sept. 16 at 5:30 p.m. \$16. Shelby Township Senior Center, 51670 Van Dyke Ave., Shelby Twp. 586-739-7540

Travel with Nance, LLC

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2019 Motorcoach Tours

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.

Cornwell Dinner Theatre in Turkeyville & tour Marshall - \$85 each (2 dates): 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).

Labor Day Bridgeway & 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, Sept 29-Oct 5 - \$949. 4 nites Commodore Inn on the Cape & 1 nite Each way enroute. Tour Boston, Fanuil 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

Toledo Erie Canal, 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)

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.

Pigeon Forge, Gatlinburg, Smoky Mts, TN, Nov 11-16 - \$609. 3 nites hotel in the Smokies & 1 nite each way. 6 live musical shows plus admission to Titanic Museum. 5 brkfs/3 dinners.

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. Gifts & Goodie Bag.

Florida: Orlando & Cocoa Beach, Feb 22 - March 1, 2020 - \$923. 4 nites Orlando area + 2 enroute each way. Visit Holy Land Experience, Exploration Tower, Gatorland, Bok Tower Gardens Cocoa Beach Pier, National Grove House & Citrus Candy Factory. 8 brkfs/6 dinners.

September 22-28: MHL presents Cape Cod, Martha's Vineyard, and Plymouth. We will spend six nights lodging four consecutive nights in the quaint Cape Cod area with 10 meals: six breakfasts and four dinners. We will visit Martha's vineyard, enjoy a guided tour of Hyannis and Sandwich, and the outer Cape includ-

ing Providencetown and Chatham. In the village of Hyannis we will stop at the JFK Museum and exhibit designed to open a window on the days JFK spent on Cape Cod, next we will visit the John F Kennedy Memorial. On the return trip, we will spend a few hours at Turning Stone Casino in Verona, New York. For more in-

formation or to make a reservation, contact Mary Ann at 586-530-6936.

October

Oct. 1: Red Cross Blood Drive. The senior center is hosting a Red Cross Blood Drive Tuesday, Oct. 1. Appointments can be made by calling the senior center at 586-

739-7540. Shelby Township Senior Center

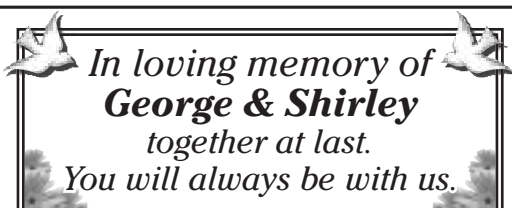
51670 Van Dyke Ave., Shelby Twp.

Oct. 3: 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 Ev-

ans (choice of 4 entrees). Call 313-535-2921.

Oct. 18: Spooky Shindig Dinner Dance. Enjoy a delicious dinner and great music at our monthly themed dinner dances. Tickets must be purchased in advance. Friday, Oct. 18 at 5:30 p.m. \$16. Shelby Township Senior Center,

CALENDAR » PAGE 34



Go With **GEORGE** TRAVEL & TOURS



13915 HEATHERWOOD CT., STERLING HEIGHTS, MI 48313

LITTLE RIVER CASINO WITH STOPS TO SOARING EAGLE CASINO

OCTOBER 6-7-8, 2019

\$189⁰⁰
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

\$149⁰⁰
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

JUNE 30, 2019, JULY 28, 2019
AUG 25, 2019 & SEPT 22, 2019

\$35⁰⁰
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

\$189⁰⁰
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

JUNE 18, 2019, JULY 9, 2019,
JULY 23, 2019, AUG 13, 2019
& SEPT 3, 2019

\$35⁰⁰
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

\$189⁰⁰
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

\$145⁰⁰
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

\$149⁰⁰
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

51670 Van Dyke Ave., Shelby Twp. 586-739-7540

Oct. 31: Halloween Hullabloo Luncheon. Come celebrate Halloween Oct. 31 at our Halloween Luncheon. It's the perfect time to wear your orange and black or, if you're brave enough, enter our costume contest. We'll have entertainment and delicious food. The party gets underway at 11 a.m. Purchase your tickets in advance. Shelby Township Senior Center, 51670 Van Dyke Ave., Shelby Twp. 586-739-7540

November

Nov. 10-16: Branson Holiday Show Extravaganza Nov. 10-16. We will enjoy 10 meals six breakfasts and four dinners, admission to seven fabulous Branson shows including three morning shows three eve-

ning shows etc. The shows are the Blackwoods Amazing Acrobats of Shanghai, a Elvis Presley show and \$1 million quartet show etc. We will also board Showboat Branson Belle. The price for this fantastic trip is only \$750 per person for double occupancy. For more information and details please call Mary Ann at 586-530-6936.

Monthly events

▪ Senior Card Playing: Come and join a fun group of card players who play a wide range of card games. Everyone brings a snack to share while playing. Free. Mondays from 1-4 p.m. at 35248 Cricklewood Blvd. (Cricklewood Recreation Building). Call 586-725-0291.

▪ New Baltimore Senior Club: Tuesdays from 10 a.m. to 2 p.m. This welcoming group of seniors has all sorts of fun. We play bingo, hold luncheons, go on trips, and play cards. Monthly dues, \$2. Location 35248 Crick-

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

▪ Zumba Gold: from 10:30-11:30 a.m. every Monday and Wednesday at the Washington Center, 57880 Van Dyke, Washington Twp. Cost depends on how many punches purchased. 4 punches \$23 resident, \$29 NR; 11 punches \$60 resident, \$66 NR. For more information, call 586-752-6543.

▪ Line Dancing: Join us for line dancing every Thursday at our Washington Activity Center (57900 Van Dyke, Washington) Intermediate/Advanced starts at 10:30 and Beginners starts at 11:30. Call for more details 586-752-6543

▪ Bingo: is played from 1 to 2:30 p.m. Fridays at the Troy Community Center, 3179 Livernois.

▪ Pickleball: is played from 12:30 to 2:30 p.m. every Tuesday and Thursday at the Romeo Activity Center, 361 Morton St. Drop in to play or call 586-752-9601

for more information.

▪ The Warren/Center Line Senior Connection: invites adults ages 55 and older to join Macomb County's vibrant senior group. The group meets on the second Monday of the month at DeCarlo's Banquet & Convention Center, 6015 E. 10 Mile Road in Warren, just east of Mound. Doors open at 5 p.m., and programs start at 6 p.m. Dues are \$10 per year, and members receive the following: free refreshments, coffee, soft drinks, juices, and snacks; music by a disc jockey and dancing; and information from guest speakers. Featured speakers throughout the year include officials from federal, state, county, and city governments; doctors of all specialties, from internal medicine and gerontologists to cancer specialists; elder law attorneys; and fraud prevention speakers. For more information, call 586-268-

9452, 586-264-5657, or 586-755-6112.

▪ Pickleball: is going strong at the Romeo Activity Center (361 Morton Street, Romeo) every Tuesday and Thursday from 10-11. Please call for more details 586-752-6543.

▪ Volunteers needed: Volunteers are needed to help immigrants with conversational English during English workshops at the Troy Community Center. Neither educational qualifications nor experience is required, but volunteers should be natural-born Americans who speak the standard American dialect. Volunteers may sign up for one or both schedules, 1 to 3 p.m. Tuesdays and 10 a.m. to noon Saturdays. For more information, contact Ed Lee at 248-926-2288 or edlee@toee.org.

▪ Euchre parties: Disabled American Veterans 129 and Operation Yellow Ribbon

hold euchre parties from 4 to 6 p.m. on the second Sundays and 7 to 9 p.m. on the fourth Thursdays of every month at 47326 Dequindre Road in Shelby Township. The cost is \$7 (plus quarters for euchre). Refreshments will be available. Reservations are needed one day in advance. Call 248-425-2722 or 248-953-4901 to register or for more information.

▪ The Mi Stitchin' Time Crochet Group: meets from 5:30 to 7 p.m. every Tuesday at the Romeo District Library's Kezar Library, 107 Church St. For more information, call 586-752-2583.

▪ Detroit region retirees: If you live in the metropolitan Detroit area, are retired, and would like to meet new people from other walks of life, the Detroit region retirees group meets five times a year at various restaurants in the area. For more information, contact Stanley Hreneczko at 586-268-3656.

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, July 11, 2019.

Deadline is July 3, 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

Next Issue of Vitality

will be on

**THURSDAY
July 11, 2019**



IMAGINE.....THE BEST SERVICE!

CONNIE'S CLUB

1-586-770-5899

DAY TRIP TO SAGANING & SOARING EAGLE! JUNE 18 AND JULY 21, 2019 GAMING TIME AT BOTH CASINOS! RECEIVE UP TO \$60.00 CASINO MONEY-FOOD!! ONLY \$49.00 PP!!	DAY TRIP TO FIREKEEPER'S! JUNE 23 AND JULY 7 AND AUGUST 25, 2019 SPEND THE DAY AT BEAUTIFUL FIREKEEPER'S! RECEIVE AT LEAST \$25.00 CASINO MONEY - FOOD! ONLY \$35.00 PP!	KEWADIN - SAULT ST. MARIE! JUNE 30 - JULY 2, 2019 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. ONLY \$185.00 PP!!	MOUNTAINEER W. VIRGINIA! JULY 14 - 16, 2019 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! ONLY \$195.00 PP!!
ESCANABA ISLAND RESORT!! 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. ONLY \$199.00 PP!!!	DAY TRIP TO BEAUTIFUL GUN LAKE! AUGUST 7, 2019 SPEND THE DAY AT THIS CASINO IN WAYLAND, MICH! RECEIVE \$20.00 CASINO MONEY - FOOD! AND POSSIBLY MORE! SENIOR DAY! ONLY \$42.00 PP!	SUMMERTIME LITTLE RIVER GETAWAY! AUGUST 18 - 20, 2019 2 NIGHT STAY AT BEAUTIFUL LITTLE RIVER HOTEL & CASINO! STOPS AT SAGANING & SOARING EAGLE. A MYSTERY TRIP ON 2ND DAY!!! RECEIVE UP TO \$100.00 CASINO MONEY - FOOD! INDOOR & OUTDOOR POOL!!! ONLY \$199.00 PP!!	

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

Pick Up At
☐ 15 Mile & Utica Meijer
☐ 19 1/2 Van Dyke Riverland



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See why so many others have made the switch.

See the TTT difference! Call us to see how we can help you!

DAY TRIPS

NEW! Bavarian Belle and 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**

Motorcity Casino: **Depart: Mon, June 17, 2019 - Receive \$15 in reward play**

Firekeepers Day Trip! This Vegas style casino has something for everyone. 78 tables, 2,600 slots, Bingo and so much more. Casino incentive of \$20 in coin and \$5 in food.

Weekday: Tues, April 2, 2019, Thurs, May 9, 2019, Thurs, August 15, 2019, Tues, September 17, 2019, OR Wed, October 23, 2019 - \$32 p/p - Weekend: Sat, June 29, 2019 for \$35 p/p each trip

Four Winds Casino! Michigan's largest casino set in the tranquility of mother nature. This casino has it all with slot machines, table games, and more. Receive \$25 in casino incentive. **Depart: Sat, July 20, 2019 for \$44 p**

Saganing Casino Day Trip! 5 hrs in Standish, MI. This hidden hot spot offers up to \$25 in slot play. If you haven't been here, you have to try it. This may just be your new favorite casino. **Depart: Wed, July 24, 2019 for \$39 p/p**

Caesars Windsor! 5-6 hrs, Receive \$15 in casino incentive. Passport/Enhanced License required.

Depart: 7/1/19, 7/15/19, 11/5/19 OR 11/19/19 - for \$15 p/p Buy 1 Get 1 for \$5!

Soaring Eagle Day Trip! 5 hours gambling at one of your favorite casinos. Receive \$20 in coin & \$5 in food. **Depart: Sun, August 4, 2019 for \$35 p/p**

Casino Overnights & Sightseeing Tours

Leelanau Sands Overnight! Enjoy 1 night stay at the recently renovated Leelanau Sands with gaming stops at Soaring Eagle Casino, Turtle Creek and of course, plenty of time at Leelanau Sands. Receive up to \$101 in casino incentive. **Depart: Wed, June 26, 2019 for \$129 p/p d.o.**

NEW! Rising Star Casino Overnight! Stops at Belterra and Hollywood casinos for more casino incentives than ever. This 200 room resort located in Rising Sun, IN is nestled along the banks of the Ohio River and will certainly indulge your senses. This trip includes 1 delectable dinner, 1 breakfast & \$45 back in incentives. The Casino has more than 1300 of the most popular slot machines as well as a wide variety of your favorite table games. Relax at the indoor pool, hot tub and sauna or enjoy the exercise room & free wi-fi. **Depart: Mon, July 8, 2019 for \$119 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.**

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. - EARLY BOOKING RATE \$169 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. Eastern Market is the largest historic public market district in the United States and has more than 150 foods and specialty businesses. 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" (for this special date only). If you haven't ever been to Eastern Market to experience it firsthand this is the perfect trip for you! **Depart: Tues, July 16, 2019**

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 Jumer's Casino. **Depart: Mon, July 29, 2019 - Return: Wed, July 31, 2019 for \$189 p/p d.o.**

ARK Encounter! Ark Encounter with Creation Museum - 3 Day Tour! Join us for what is sure to be an unforgettable experience. We will start our trip at the beginning with a day at the Creation Museum. This state-of-the-art museum allows you to venture through biblical history, stunning exhibits, and much more. The second day we will continue with this adventure in faith by visiting the Ark Encounter. Be apart of the incredible story as you walk through the largest timber structure in the world, seeing and living the story of the Great Flood first hand. Before heading home we will take a guided tour through Cincinnati where we will see and hear the sights and history of the "Queen City". Included are all your admissions, 2 night stay at Rising Star Casino Hotel, 2 Breakfasts, 2 Dinners, 1 lunch, and \$20 in slot play. **Depart: Mon, August 12, 2019 - Return: Wed, August 14, 2019 for \$349 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...

Please call for a complete listing of our trips and departure locations! 313-292-6300
And don't forget to visit our BRAND NEW website with new features & more info than ever!

BIG DADDY TOURS

DETROIT THEN & NOW BY LAND & SEA! Thursday, September 19, 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



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!!



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



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 Chappaquiddick 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

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

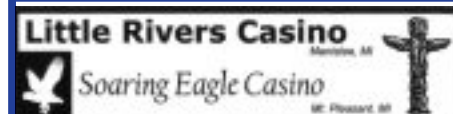


Your Trip Includes:

- 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**



Tues, July 23, 2019 • Tues, August 27, 2019
Tues, September 17, 2019 • Thurs, October 31, 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**

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