

# Vitality

August 2019

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

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Oakland County native  
crowned Ms. Senior  
Michigan

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## SENIOR LIVING

### MACOMB COUNTY

**Centerline Towers:** 8033 10 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:** 15430 18 Mile/ Hayes, Clinton Twp, 48038

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### OAKLAND COUNTY

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

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

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

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

## VITALITY

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**On the cover:** Cathy Roe, 66, of Niles was crowned Ms. Senior Michigan 2019 at the Rochester Older Person's Commission on July 17.

PHOTO BY DEAN POTTER —

**MONEY & SECURITY**

# Should you hold an open house when selling a home and other real estate questions answered

**Q** : I am going to be selling my house soon. I met with a couple of agents. One of them doesn't do open houses and one said that it is their best tool to get buyers into my house. I'm not comfortable with a lot of strangers coming into my home. What's your opinion?



**Steve Meyers**

**A** : I get asked this question frequently. A lot of agents won't like my opinion, but...Don't do it! The negatives far outweigh the positives. According to previous National Association of Realtors surveys, less than 2 percent of homes actually sell as the result of an open house. Of those Buyers polled, a majority of those Buyers (Approximately 80%; that means less than a half percent success rate!) still would have bought the same house without the open house. They would have either contacted the listing agent on the sign or internet or called their own Buyers Agent to take them through the house. Then there is the safety issue; who are these people coming into your home? Are they nosy neighbors? Professional lookers? Do they have bad credit? Do they have the financial means to buy your home? Or are they unsavory characters checking out your home's security and what kind of valuables you have? (TVs, jewelry, computers, collectables, etc...) For less than half of a percent chance in selling or less, it's just not worth the hassle or possible danger to you or your home. Here's the question I always ask my Sellers: "Would you put a sign on the corner that reads FREE lunch today at 123 Oak Street? (fill in your address)" If you wouldn't do that, then why would you do an open house? Concentrate on the other 99.5 percent of marketing techniques that are less risky to get qualified, pre-approved buyers in the door. With today's advance MLS's (Multiple Listing Service) and all the photos that Buyers can view online, open houses for used homes are a thing of the past. For the record, I have never had a Seller say that they would put a sign on the corner to invite strangers in for a free lunch.

**MARKET UPDATE**

June's market update for Macomb County and Oakland County's housing market is consistent with what we have seen this past year. In Macomb County prices were up by almost 8% and Oakland County prices were up by more than 2% for the month. Residential home/condo on market inventory was down. Macomb County's on market inventory was down by more than 6% and Oakland County's on market inventory was down by more than 5%. Average days on market have gone up in the last four months; Macomb County average days on market was 26 days and Oakland County average days on market was 28 days. Closed sales in Macomb County were down by almost 6% and closed sales in Oakland County were down by almost 2%. As inventory keeps dropping, it's eventually going to affect closed sales. (All comparisons are month to month, year to year.)

**Q** : We are getting ready to list our house for sale. We bought it back in the '70s. Do we need to find our original Deed to the property before we sell it?

**A** : No, you do not. (I'm sure that's a relief for you) The Title Company will do a search of the public records at the County Government offices to get what they need in order to provide a new Deed conveying the property from you to the new owner at closing.

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

## Brian J. Kurtz

AIP Financial Services, Inc.



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

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**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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## HEALTH &amp; FITNESS

# Need motivation to exercise? Try it with your grandkids

By Ashley Banks

For MediaNews Group

Some people are less inclined to stay active as they get older. But for many, having young kids in their lives can be a great motivator to keep moving and stay fit.

Exercise is a great way for kids and grandparents to have fun together while promoting healthy habits for all. From riding bikes and going for walks to swimming or playing basketball, there are endless possibilities to get active with the little ones in your life.

For those looking for a fitness class to do with grandchildren, the Troy Recreation Department offers year-round fitness programming for all ages at the community center. The fitness passport, open to both residents and non-residents, gives you access to the fitness room, gymnasium, pool and locker rooms and all of the classes anytime you want. Seniors age 60 and up can join the fitness passport for \$29 a month or the matinee passport Monday-Friday from 8am-3pm for \$23.75 a month. Adults age 13 and up can purchase a daily pass punch card (10 visits) for \$60 and youth ages 3-12 for \$40. Adults 18 and up can purchase an unlimited recreational pass for \$24 a month or \$13.50 a month for youth ages 3-17.

"It's a great way for seniors to bond with their grandchildren," said Troy recreation supervisor Nikki McEachern of the classes.

A variety of fitness classes are offered at the Troy Community Center, and some are more kid-friendly than others. The classes include:

- Balance, Stretch & Tone
- Increase core strength to improve flexibility and stability for daily activities
- Beginning Pilates



PHOTO COURTESY OF ADOBE STOCK

(Available starting Fall 2019) - Improve balance, coordination, and flexibility. Great for degenerative conditions that occur as the body ages. Stay fit and full of vitality, functioning as a coordinated whole

- Calorie Blast - Fast paced cardio class aimed at burning calories
- Cardio Aerobics - High

energy cardio workout

▪ Cardio & Weights Step aerobics with muscle conditioning. Be prepared to step into an intense cardio and muscle workout

▪ Cardio Core Fitness Ball - Use a fitness ball and work your core for the entire class. Develop a strong body while focusing on balance and stability. Gain

awareness of abdominals, obliques, glutes, and lower back muscles.

▪ Cycle & Sculpt - Combination of group cycle and power sculpt. High-energy cardio workout followed by an instructor's choice strength segment

▪ DANCEIT - Dance to Latin and Rock grooves for full-body toning and cardio.

Improve flexibility, coordination, and strength with easy routines

▪ Mat Pilates - This intensive workout enhances posture, flexibility, endurance and balance while toning your core

▪ Slow/Gentle Yoga - Progressive sequences and holding postures to challenge body and mind. Re-

lax and find personal balance and focus

▪ Zumba - Latin-inspired, dance fitness class with simple cardio-based moves and rhythms to target the heart and tone the total body

For a full schedule of the classes offered and how to become a fitness member, visit their website at [rec.troy.mi.gov](http://rec.troy.mi.gov).

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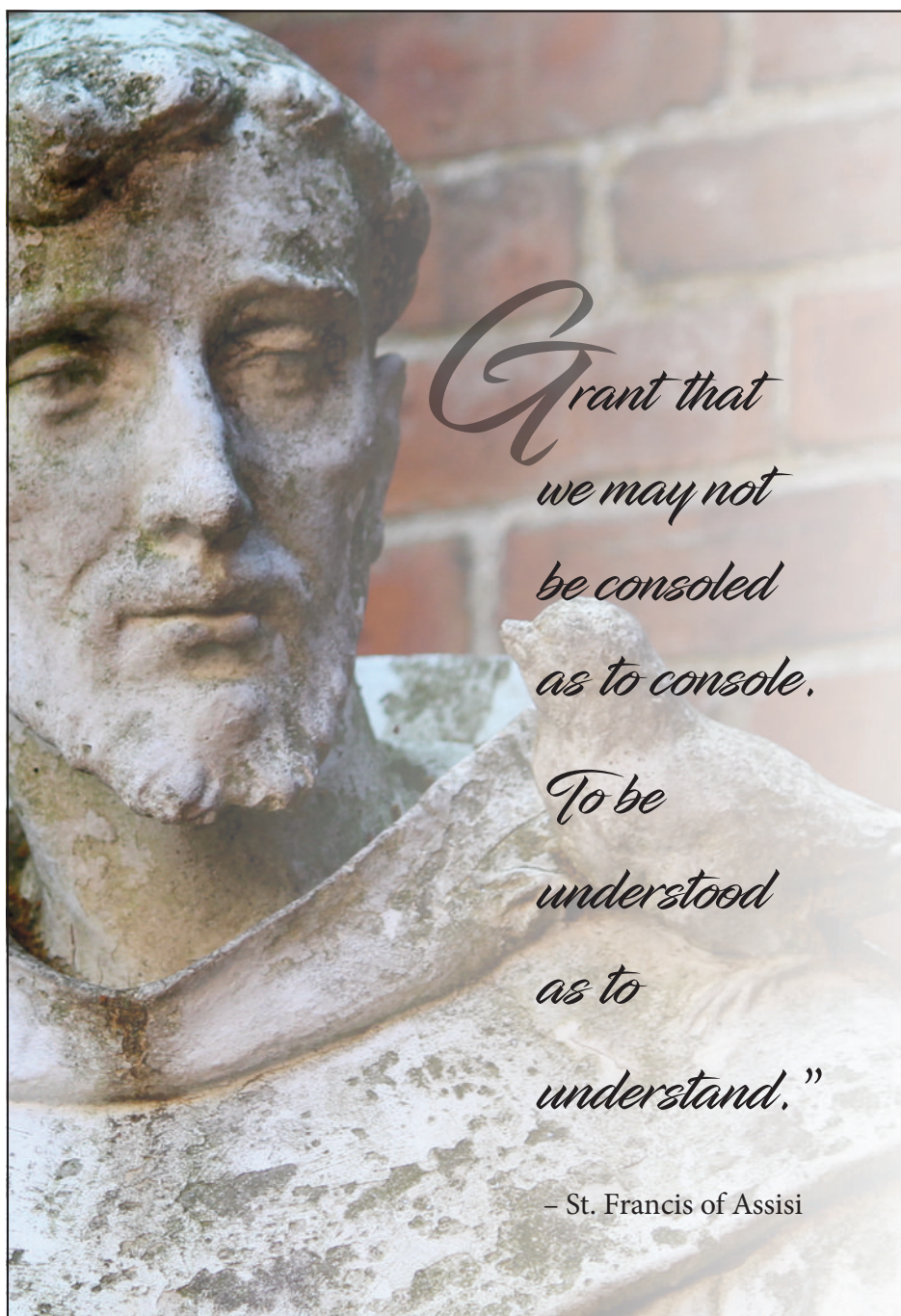
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understand."*

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## MONEY & SECURITY

# Ask the Financial Doctor: What is the standard deduction for 2019?

**Q**: What is the standard deduction for 2019?

**A**: For married couples it is \$24,400 plus \$1,300 for each spouse age 65 or over, for single filers it is \$12,200 plus \$1,650 if age 65 or over and for head of households it is \$18,350 plus \$1,650 if age 65 or older.



**Richard  
Rysiewski**

**Q**: Can I use my U.S. Savings bonds to pay for my daughter's college expenses? She is 30 years old and does not live with us and we do not claim her as a dependent.

**A**: You can use your savings bonds to pay for any purchase or service, including your daughter's expenses. However, you will not receive any tax break or tax forgiveness on the bond interest because your daughter was not your dependent.

**Q**: My wife worked for the federal government, never paid into Social Security and receives a federal pension. Can she collect a spousal benefit based on my work record?

**A**: Yes, but it would be reduced by 2/3 of her federal pension. If your wife was getting \$900 per month from the federal government and you were receiving \$2,000 per month, her spousal benefit of \$1,000 (50% of \$2,000) would be reduced by \$600 (2/3 of \$900) resulting in a net spousal benefit of \$400.

**Q**: My dad died in early 2019 and had no beneficiaries on his 401(k) retirement plan. What happens to the money? Are there any tax liabilities?

**A**: If there were no beneficiaries then the estate of your dad becomes the beneficiary. You need to contact the trustee of the 401(k) plan to explore your options. In most 401(k) retirement plans the only option is a 100% distribution to the estate of the decedent. All distribu-

tions from the 401(k) retirement plan are subject to ordinary income tax except for after-tax contributions. If the estate assets are large enough there could be an estate tax in addition to the ordinary income tax.

**Q**: I took two college courses that are job related. Can I deduct my educational expenses on schedule A and receive an educational credit?

**A**: Work-related education expenses for employees are no longer deductible in tax years 2018 through 2025 on schedule A due to the recent tax legislation. You might qualify for an educational credit via the American Opportunity or Lifetime Learning credit, see form 8863 if you qualify.

**Q**: I inherited my brother's traditional IRA in 2018. I recently discovered that he did not take his 2018 RMD (required minimum distribution) of \$23,410. As the beneficiary, am I required to take out his 2018 RMD? Do I have to take a 2019 RMD?

**A**: Yes, you were obligated to take his 2018 RMD by Dec. 31, 2018. The penalty is \$11,705, 50% of the RMD. You need to take out the \$23,410 as soon as possible and fill out form 5329 requesting forgiveness of the penalty. The death of an IRA owner is an acceptable reason but you must ask the IRS via form 5329. Additionally, you will have to take a 2019 RMD based on your life expectancy before the end of year.

**Q**: I inherited my mother's ROTH IRA six years ago. I am 48 years old and have never taken a distribution. Can my inherited ROTH continue to grow tax-free?

**A**: You have violated the RMD rules and the penalties are severe. Assume that you were obligated to take a \$10,000 RMD for six years, the penalty is \$5,000 per year for a total of \$30,000. You need to contact a tax specialist to help you.

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## HEALTH & FITNESS

# Amid severe weather, power outages, keep these electrical safety tips in mind

By Jenny Sherman

*jsherman@medianewsgroup.com; @jl\_sherm on twitter*

This summer in south-east Michigan has brought extremely high temperatures and more recently, a few spats of severe weather resulting in widespread power outages.

Severe weather can often mean down power lines, which is why it's so important for Michigan residents, and especially older individuals who may live alone and/or caregivers of those suffering from dementia or Alzheimer's — to familiarize themselves with the potential risks of electrical shock injuries during severe weather and otherwise.

There is a key difference between electrocution and electrical shock injuries:

- Electrocution means that a person has died as a result of an electrical shock.
- An electrical shock injury means that a person has suffered an electrical harm that does not result in death — but may, nevertheless, still involve very severe, catastrophic and life-altering injuries.

"As an electrocution lawyer for more than 35 years, I've seen far too many lives ended as a result of electrocution or horrifically altered and changed by electrical shock-related injuries," said Jeffrey H. Feldman, a personal injury lawyer in Southfield. "However, my experience as a lawyer has also given me unique insight and perspective into what we can all do — every day — to protect ourselves and our loved ones from harm."

Here are four tips from Feldman on how to stay safe:

1. Downed Electrical Wires— Stay at least 35 feet from a downed power line



PHOTO COURTESY OF JEFFREY FELDMAN

Jeffrey Feldman is a personal injury lawyer in Southfield.

because you do not even have to touch or make direct-touch contact with a live wire in order to suffer serious electrical injury or death. This is called "step potential" and it means that as you step closer toward the conductor of electricity, you are stepping into invisible, rippling rings of dangerous voltage.

If you see or become aware of a downed power line, you should:

- Stay at a safe distance
- Call 9-1-1
- Call the power company
- Remain in the area at a safe distance to warn others, until trained help arrives.

Downed power lines must be presumed to be energized, whether or not they exhibit visual or audible signs of electricity, such as sparking, arcing, or humming. You can be killed by coming into contact with a branch, debris, or object that itself is in contact with downed power line. If you are in a vehicle that accidentally interacts with a downed power line, remain in the car and call 911 for emergency assistance, unless there is a fire hazard. In that case only, if you're able, open the car door without touching metal car parts, and hop with both feet to-

gether, out of and away from the vehicle. That will prevent injury or death from the difference in voltage potential between your feet, that would occur if you walked or ran away without hopping as per the above.

2. Electrical Dangers Living With You — Downed power lines are not the only sources of electrocution and electrical shock injury. There are items inside your home that could jeopardize your safety. The ones to especially watch out for are: Appliances; Ladders; Power Tools; Electrical Outlets; and Extension Cords. Also, swimming pools carry specific electrical hazards. Make sure all swimming pool and deck wiring are installed and inspected by licensed electrical contractors, that Ground Fault Circuit Interrupter (GFCI) sockets are used, that all pool pumps, low-voltage lighting, railings, and other poolside equipment are properly electrically bonded and grounded, and maintained in good repair.

3. 3-Prong to 2-Prong Grounded Plug Adapters Are Not Safe — A grounded plug adapter (or as they are more accurately described, "a cheater plug") will not protect against an ungrounded electrical box or a faulty appliance and it can lead to electrocution and electrical shock injury. Why not? The modern electric outlet is grounded at 120 volts and has three slots: The narrow "hot" slot; the wide "neutral" slot; and the rounded ground slot. That third slot is crucial to your and your loved ones' continued safety. If the appliance, cord or outlet malfunctions, the ground offers a path for the electricity, sending it back to the breaker box and safely into the earth.



HEALTH & FITNESS

# Overcoming intimacy challenges after 50

By Julie Pfitzinger  
Next Avenue

Confidence: “The quality or state of being certain.” That’s the Merriam-Webster definition, but for many people who are starting to date again after 50, confidence can falter and it can be difficult to be certain about anything.

For those who have lost a spouse or partner to death, divorce or a break-up, a feeling of being vulnerable may begin to settle in, leading to concerns about finding intimacy, as well as about when and how to fully open up to another person.

In the Dating After 50 series on Next Avenue, we’ve covered several topics including online dating and dating etiquette, which have provided tips and suggestions for the “how” on

ways to start dating again.

But there’s another kind of how — how to make yourself emotionally, and physically, available to someone new. Taking a risk to share yourself and everything you have to offer at this stage of your life. Accepting and acknowledging what potential partners are offering you. Being confident about what will happen next. And knowing that even though it might not be easy, you are certain that you are genuinely ready to find fulfillment and happiness with another person.

## Are You Ready to Move On?

Experts like Lisa Copeland, an author, speaker and dating coach in her fifties, say the first step to tackling that feeling of

vulnerability and to start building confidence is to properly grieve the end of a marriage or relationship, whether through a break-up, divorce or death, before you even think about moving on.

For those who have divorced, Copeland says the best way to tell if you are truly ready to date is to gauge if “you’re feeling fairly neutral about your former partner.” She notes, “If you don’t feel that way yet, you are going to bring that [experience] right into the new relationship.”

The situation is different for widows or widowers. “If they had a good marriage, they are wanting to repeat the same relationship with a different person,” Copeland says. The lost spouse is also often brought into a

new relationship, but that person frequently becomes “like a saint,” she says, which can be counterproductive to establishing an authentic connection with another person.

Before opening yourself up to dating, start by building a new social circle. The first step, says Copeland, is “to get out of the house.”

“Make friends. Take classes. Get involved with activities. When you are involved in doing things you love, you will light up,” she explains.

Taking that first step to put yourself out there can be uncomfortable. Copeland is a big fan of Meetups, which she says are “an amazing way to connect with others.” In her view, going into a Meetup gathering with a mindset of simply making new

friends is best.

“If you meet someone, that’s just a bonus,” she says.

## Different Ideas About Sex

Fast forward a bit: You’ve met someone, the two of you have found common ground and the relationship is progressing well. But what comes next could produce the biggest crisis of confidence you’ve had, well, in years: the thought of a sexual relationship.

“People often approach sex with very different ideas,” says writer and speaker Walker Thornton, who is in her 60s and the author of *Inviting Desire: A Guide for Women Who Want to Enhance Their Sex Life*. “The basic question most everyone starts with is: ‘Am I going to get naked with this person? And then what do I do?’”

The first roadblock is often body image, which

Thornton says is typically more of an issue for women than men, although men are definitely not immune to concerns.

“Women are more concerned about sags and folds,” she says. “But men are worried about getting an erection or about satisfying a woman.”

When it comes to sex, Thornton encourages women “to share the valuable information” they have about what they like and don’t like with a partner.

“What we desired at thirty is different from what we desire at fifty,” she says, adding that she understands that for many women, the conversation about likes and dislikes is uncomfortable.

“But if you can’t even ask [a partner] about sex, how are you going to do it?” Thornton wonders.

*Story courtesy of Next Avenue*

## 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, September 12, 2019.

**Deadline is September 4, 2019**

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## CAREER &amp; EDUCATION

# Rochester woman with 'unselfish heart' wins AARP award

Cindy Cirar of Rochester launched a philanthropic program to fill unmet needs and bring comfort to children and adults in Wayne, Oakland and Macomb counties.

She was instrumental in opening the Resale Connection shop in downtown Rochester to help finance the programs and activities of the Assistance League of Southeastern Michigan, including: Wee Help Infant Kits, Backpack Meals, Assault Survivor Kits, Community Kitchen, Operation School Bell, and others. More than 250,000 area residents have benefited from these programs.

In recognition of these and other achievements, Cirar is the winner of the 2018 AARP Michigan Andrus Award for Community Service, the organization's most prestigious volunteer honor.

The award will be presented to her in the fall.

Violet Cholakian of Troy, a volunteer and board member at the Assistance League who nominated Cirar, characterized her this way:

"Through her gentle personality, yet powerful leadership, she has led the way to the formation of Assistance League of Southeastern Michigan. Her loving, unselfish heart for helping others quickly grew (the nonprofit organization)."

The Assistance League started with 39 volunteers and has grown to 300.

In nominating Cirar, Cholakian said the league "brings dignity and comfort so that people in society can move toward their goals and dreams."

The league's programs provide clothing, shoes and toiletries to children and adults who have experienced sexual abuse and violence; distribute gloves, winter coats, hats and other clothing to school children in

need; furnish diapers, sleepers, blankets and bibs to help new moms with newborns; serve meals to seniors; offer weekly tutoring to help students with reading and other academic skills; and provide enrichment opportunities to teachers to expand their knowledge in a variety of subjects.

The Andrus Award honors Michiganders who are sharing their experience, talent, and skills to enrich the lives of their community members. The tribute recognizes outstanding individuals who made their communities better in ways consistent with AARP's mission, vision and commitment to volunteer service.

"AARP Michigan takes great pride in congratulating Cindy Cirar for her tireless community service," said Chris Holman, volunteer President of AARP Michigan. "Her exemplary record of achievement, service and com-

mitment clearly demonstrates the difference volunteerism can make in the lives of individuals and in the well-being and vitality of a community."

The award is named for AARP founder Ethel Percy Andrus. Each state annually honors an award recipient.

AARP Andrus Award for Community Service nominees must meet the following eligibility requirements:

- Nominees must be 50 years or older.
- The accomplishments, achievements, or service on which the nomination is based must have been performed on a volunteer basis, without pay.
- The accomplishments, achievements, or service on which the nomination is based must reflect AARP's vision and mission.

*Story courtesy of AARP Michigan.*



PHOTO COURTESY OF THE AARP

Cindy Cirar, of Rochester, is the winner of the 2018 AARP Michigan Andrus Award for Community Service, the organization's most prestigious volunteer honor.

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## SOCIAL &amp; WELL-BEING

# Adopting a senior rescue dog can be a perfect fit

By Barb Templeton  
For MediaNews Group

He's smart, lovable and sleeps through the night.

Those are huge compliments for Shorty, a small white-haired Maltese pooch rescued just a few months ago, along with his buddy, Junior after both had been severely neglected.

Susan and Bill Laney, retirees in Chesterfield Township, adopted Shorty in July and are thrilled to call him their own.

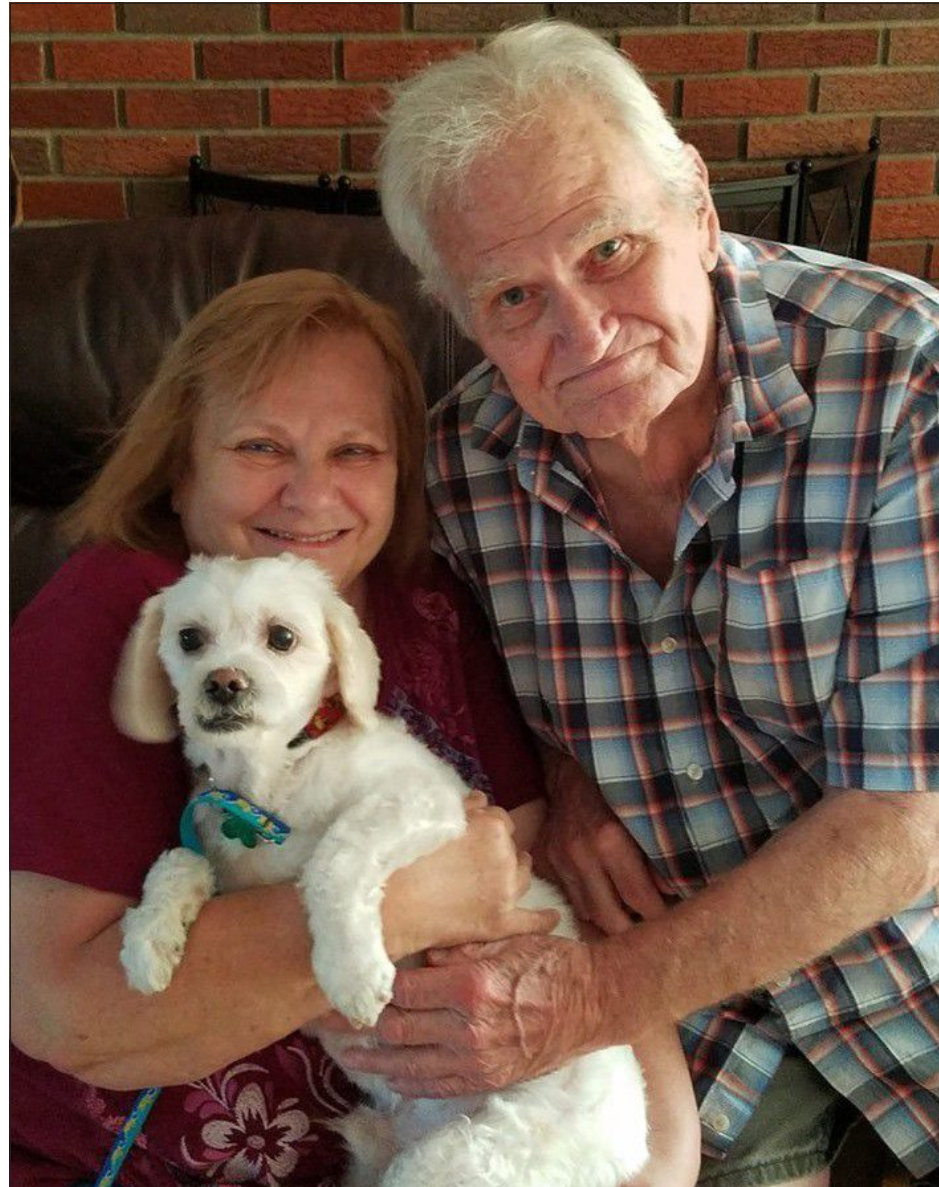
"He loves to snuggle and I think he's so happy not to be in the circumstances that he was before that he's just wallowing in things here," smiled Susan Laney. "And I'm getting up in years and so is he, when he walks slow so do I, so it's a good fit."

It's a storybook ending for Shorty, who's guesstimated to be 10 years old. He arrived at the Laney's after being groomed, neutered and microchipped before spending time in a foster home.

It's also a success for Lucky Paws Rescue who made the match between the adorable dog and his new owners.

"My favorite thing is to do the senior to senior adoptions and we do a lot of them," Michele Stearns said. "And for Shorty, he just needed someone gentle and understanding and it's wonderful to see the change in him."

Stearns, of Chesterfield Township, is the founder and director of Lucky Paws Rescue, a 501c3 nonprofit she started in January 2018. They work to rescue canines from abusive, endangered and unhealthy environments with a focus on the rescue of dogs in danger of being euthanized at area shelters. The goal is to



Susan and Bill Laney adopted their 10-year-old Maltese, Shorty, after seeing him on the Lucky Paws Rescue page on Facebook.

rehabilitate dogs and find their forever homes.

In addition to a growing senior adoption pool, Lucky Paws also has a devoted group of senior volunteers who conduct home checks for them making sure newly adopted pets are in a safe and loving environment. They also give their time to various fund-

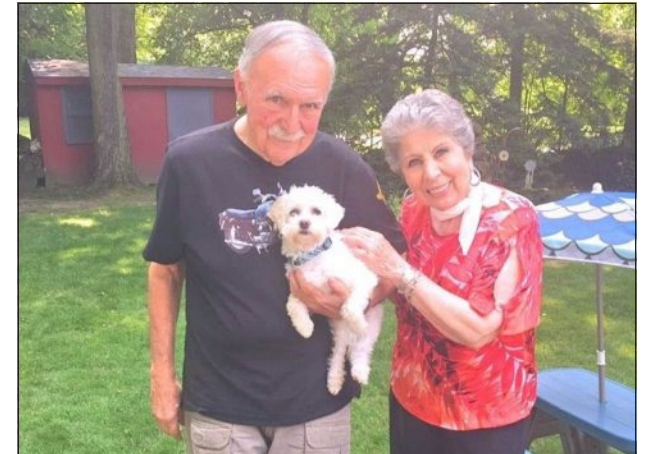
raisers hosted by the rescue during the year.

"We have so many people who step up to the plate for us, including those who foster, we are just truly blessed," Stearns said.

Support from the senior population is also a big part of NBS (Non-Breed Specific) Animal Rescue located in Troy.

Co-founder Jaime Wolfe said they actually have a well-established senior to senior program that cuts their adoption fee in half, from \$250 to \$125, when a senior dog is going to the home of a senior citizen.

Wolfe co-founded NBS in 2011 along with Rebecca Akins and Aaron Fortin. They focus on the rescue



Junior, a 7-year-old Maltese, was adopted by Richard and Anne Zanetti after their daughter spotted him on a rescue adoption online.

and rehabilitation of small breed dogs.

Having seniors approach NBS Animal Rescue to inquire about adoption has been touching for Wolfe who said some will simply say: 'I've got a number of good years left why not get a dog in the same position.'

"One lady called and said I'm 82 will you adopt a dog to me because some agencies won't but I find that personally heart breaking," Wolfe said.

For those concerned that their health may take a turn and they won't be able to keep their rescued pet Wolfe said they are happy to find them a new home.

"We will always take animals back into our rescue and we've had to do that a number of times over the last eight years," Wolfe said.

In addition to strong adoption support, Wolfe said seniors also volunteer as foster homes and are good about making monetary donations.

Anne and Richard Zanetti, of Farmington Hills, are longtime supporters of local dog rescue groups having owned a half dozen pups over the years

and they are new parents to Junior compliments of Lucky Paws Rescue.

When Junior was recovered along with his pal Shorty, they were both in very bad shape but Lucky Paws got their medical needs addressed, had them groomed and rehabilitated in foster homes before putting them up for adoption in June.

"This is a win-win situation for us," said Anne, noting that her daughter found Junior online for them. "They think he's seven years old but he sure acts like a puppy running all around our backyard."

The couple highly recommend working with the rescue group and said the foster mom brought Junior right to their door for a meet and greet.

"The rule is that if it's not working out after two weeks you can give them back but we had him a day and said he's not going anywhere," laughed Anne. "It's just worked out beautifully."

To find out more about Lucky Paws Rescue visit them online at [luckypawsmi.com](http://luckypawsmi.com) or NBS Animal Rescue at [Nbsar.org](http://Nbsar.org).

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## MONEY &amp; SECURITY

# How to turn your passions into retirement income

In 2016, Mike Liff, now 73, relocated with his wife from San Francisco to Portland, Maine to be closer to family. The retirees explored their new hometown and thanks to a chance conversation at a barbershop, Liff learned that MaineFoodieTours.com was looking for part-time guides. After hearing that the job would give him a chance to walk around the city, share his enthusiasm for history and food and meet interesting people, Liff decided to apply.

“I’m having such fun,” he said, when Next Avenue interviewed him in 2017. “I like to say I didn’t retire, I ‘rewired.’ To have a place to go and a purpose is really important to me — and my wife appreciates it too.”

During the height of the tourist season, Liff works six mornings a week, leading a 3-hour tour around the old Port city. After winter arrives, the sports fan takes on a different part-time job, working as an usher for the Maine Redclaws, the developmental team for the Boston Celtics. He gets to watch “really great basketball,” while earning supplemental income in the process.

Like Liff, you too may be able to generate income from your passions and hobbies. Here are four strategies to consider, along with resources to help get started:

## 1. Find a part-time job.

Take inspiration from Liff and look for a part-time job that offers the chance to engage with your hobbies and passions on a more regular basis.

For example, if you love plants and being outdoors, you might find it satisfying to work at your local arborum, community park or garden center. Or, if you’re open to traveling for part-



PHOTO COURTESY OF NEXT AVENUE

Mike Liff is a part-time tour guide for MaineFoodieTours.com.

time work, you can search on CoolWorks.com for seasonal jobs at the National Parks, ski resorts and dude ranches.

If food is more your thing, take a look at GoodFoodJobs.com where you’ll find a variety of part-time opportunities. Current listings include a recruitment manager for a nonprofit teaching kids from all socioeconomic backgrounds what real food is and a food demo specialist.

## 2. Become a gigster.

Eager to strike out on your own, but don’t want

the headaches of starting and marketing a business? Consider applying for short-term gigs that play into your passions by using gig technology platforms and mobile apps.

For example, if you love pets and would enjoy working as a pet sitter or dog walker, you could sign up on Rover.com. You set your own schedule and rates; Rover.com handles the payments and insurance for dogs in your care. In exchange, the company takes 20 percent of your earnings to cover administrative costs and over-

head and to make a profit, of course.

It’s proven a lucrative option for Walt Galvin, 68, a retired defense contractor and dog lover based in Woodbridge, Va. “As a retiree, Rover provides me with a great monthly supplemental income. And it’s great exercise, too!” he says.

On his Rover.com page, Galvin says: “I love dogs! Over the years I’ve fostered over 150 dogs as a volunteer/board member of a local lab rescue group. I don’t foster anymore, but as a new retiree with time on my hands I’m looking to

continue to interact with dogs and their families.”

If you Google “gig platforms” you’ll find that there are many other possibilities. For instance:

- Coachup.com: Sign up to offer coaching services to local clients.

- Gigmasters.com: It matches people who provide event services (like music entertainment, wedding photographers, magicians and officiants) with prospective customers.

- EatWith.com: Apply to be a dinner party chef, working out of your own home.

## 3. Sell your art or crafts online.

Many retirees enjoy hawking their wares at local venues like craft fairs, art shows and farmers markets. It’s a nice way to get out of the house, interact with customers and generate income in the process. But why not expand your reach by taking advantage of online marketplaces as well?

For example, James Hartman, 69, a California-based artist, uses UGallery.com as part of his marketing mix. Hartman says UGallery

connects him to a broad audience of people who otherwise would never have seen his paintings. "I find the experience very personable," he says.

UGallery.com, which represents about 500 artists, splits the sale of artwork 50/50 (the company also covers the costs of packaging and shipping). Interested artists must go through an application process to be accepted.

Other online marketplaces for artists and craftspeople include Etsy.com (primarily for crafters), Amazon Handmade and Zibbet.com. Before setting up shop at any, make sure you compare fees and services, since terms differ among the sites.

#### 4. Teach your craft.

Whether you're a polished piano player, a witty writer or a master at mahjong, you can likely earn income in retirement by teaching others how to do what you do so well.

If you prefer to stay local, look into teaching opportunities at continuing education

programs offered through your town, community colleges or private adult education programs. Or you can offer lessons out of your home (just be sure to check zoning restrictions before hanging out a shingle).

To take your teaching online, you can deliver classes through your own website or by creating a class using an online teaching platform like LinkedIn's Lynda.com, Skillshare.com or Udemy.com.

#### Networking Can Help, Too

Finally, remember that as great as technology is, the best opportunities for part-time work in retirement often surface as the result of everyday networking. So keep your antennae on alert.

As Liff's story shows, you never know when that random barbershop conversation might lead to the semi-retirement gig of your dreams.

*Story courtesy of Next Avenue.*



Walt Galvin is a dog walker for Rover.com.

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## HEALTH &amp; FITNESS

# New research sheds more light on Alzheimer's in women

Alzheimer's conference studies on biological, genetic and socioeconomic factors

By Sherri Snelling

Next Avenue

Women seem to be dominating the headlines recently, with the triumphant U.S. women's team World Cup Soccer win and the focus of attention on Capitol Hill's female legislators. However, one area where women are leading is not a reason for applause: the disproportionate impact of Alzheimer's disease on the female population.

While definite answers remain elusive, a growing body of research — the latest presented this week at the Alzheimer's Association International Conference (AAIC) in Los Angeles — is uncovering the reason why two-thirds of the 5.7 million Americans living with Alzheimer's are women.

Despite the prevailing view that women's increased risk is tied to living longer (Alzheimer's symptoms typically appear later in life), scientists now believe biological and social determinants are more at play.

"Women are at the epicenter of Alzheimer's disease as both persons living with the disease and as the caregivers of those with dementia," said Rebecca Edelmayer, director of scientific engagement at the Alzheimer's Association. "Over the last three years, the Alzheimer's Association has invested \$3.2 million into fourteen projects looking at sex differences for the disease and some of the findings today may explain risk, prevalence and rate of decline for women."

## The Biological Clues of Alzheimer's

Several Alzheimer's studies focused on the biological clues to why women are more affected. Vanderbilt University Medical Center research found abnor-



PHOTO COURTESY OF METRO CREATIVE CONNECTION

mal tau protein in the brain may have wider spread among various brain regions in women than in men. Tau is a toxic protein that creates tangles leading to brain cell death and is regarded a hallmark of Alzheimer's disease.

In one study, the Vanderbilt researchers focused on tau structures in positron emission tomography scans from 301 healthy men and women, as well as 101 men and 60 women with mild cognitive impairment (MCI). They found the women with MCI had more tau network connectivity and accelerated spread of tau across more brain regions compared to men.

The researchers surmised this structural and functional difference in the brain among men and

women may point to possible sex-specific treatment and even prevention interventions.

## Early Alzheimer's Diagnosis Is Less Likely in Women

Another study found women may be at a disadvantage when it comes to earlier Alzheimer's diagnosis. That's because women typically score higher than men on verbal memory tests, such as recalling words and lists, which involves the temporal lobe and hippocampus regions of the brain.

In that study, researchers from the University of California at San Diego School of Medicine reviewed brain scans of 1,022 adults to analyze sex differences in how the brain metabolizes glu-

cose (sugar), which is the energy needed for brain function, in areas affected by amyloid plaque — another signature sign of Alzheimer's.

The study looked at different stages of the disease along with verbal testing scores. In addition to scoring higher on verbal memory, women were found to metabolize glucose more efficiently, which may give women the ability to compensate for dementia damage and retain cognitive function longer.

While that might seem like an advantage, the delay in diagnosis is a risk factor for women who may not benefit from pharmacological therapies and participation in clinical trials targeting earlier stages of the disease.

## Genetic Differences and Alzheimer's

A third study led by researchers at the University of Miami, looked at the genetic differences between men and women. This study analyzed more than 30,000 genetic profiles, half of which belonged to people who had Alzheimer's and half which did not.

The researchers found 11 genes that may lead to the development of Alzheimer's. Among four genes related to disease risk by sex, one showed more risk in females than males, while three genes found more risk in males than females. The researchers believe these four genes were connected to the immune system where sex differences are distinct. They have re-



## SOCIAL &amp; WELL-BEING

# Oakland County native crowned Ms. Senior Michigan

By Debra Kaszubski

For MediaNews Group

Niles resident Cathy Roe is the new Ms. Senior Michigan. Roe, 66, won the title during the July 17 pageant at the Rochester Older Persons Commission (OPC).

The pageant is billed as a search for a gracious lady who best exemplifies the dignity, maturity and inner beauty of Michigan's senior citizens. It's held every year in July at the OPC.

Roe, who grew up in West Bloomfield and attended Oakland University, decided to make the 10-hour round-trip drive to Rochester after being inspired by a senior pageant contestant from another state.

The former dance studio owner offers video dance evaluations and received a submission from a 72-year-old Ms. Senior Washington contestant. "Most of my students are teenagers so I thought it was really unusual to get a request for a disco number," Roe said. "When I saw it was a senior I thought it was really interesting."

A friend persuaded Roe to consider participating in the Michigan pageant. She decided to try because she wanted the opportunity to meet interesting people with similar passions, Roe said.

"I was so impressed with everyone associated with the pageant and that's the people I wanted to meet," she added.

Roe, who founded CRU National Dance Competitions, put together a dance for the talent portion based on a memorial dance she performed at a 1988 funeral for a friend. Roe decided to perform the dance, called "Wind Beneath My Wings," again at the Ms. Senior Michigan pageant. She hadn't performed the



Cathy Roe, 66, of Niles was crowned Ms. Senior Michigan 2019 at the Rochester Older Person's Commission on July 17.

PHOTOS BY DEAN POTTER — FOR MEDIANEWS GROUP

number — or any others — in years, but thought the dance was a touching tribute.

Roe and the other contestants were also judged based on how they answered interview questions, their poise, and their Philosophy of Life statement. Roe spoke about why it's im-

portant to be true to yourself and know that each individual is born for a purpose.

Roe will go onto to represent the state at the Ms. Senior American pageant this October in Atlantic City. She will also appear at senior and community events, including the Ro-

meo Peach Festival Parade. She said she also plans on co-writing a book which will contain various statements from senior ladies on how to grow old with grace and style.

"I plan to be the voice of all women over 50 and show all ages how valuable seniors are," she said.





PHOTO BY DEAN POTTER —FOR MEDIANEWS GROUP



## SOCIAL &amp; WELL-BEING

# Take a walk on the wild side with the Royal Oak Nature Society

By Dean Potter

For MediaNews Group

Looking for a bit of nature without venturing outside of the city? Try taking a nature walk in Royal Oak with residents John Semchena, 72, and Mary Fredricks, 74. They may be in their golden years but neither one of them has lost a step, and they're both eager to guide you through the "wilds" of Royal Oak's parks.

Semchena and Fredricks are members of the Royal Oak Nature Society, a group of volunteers with the shared goal to protect, maintain and promote the use of Royal Oak's two nature preserves, Cummington Park and Tenhave Woods. Fredricks frequently leads "nature walks" through Tenhave Woods, the Royal Oak Arboretum and Cummington Park while Semchena often helps.

Nearly a dozen people turned out to join them on a recent "Mushroom Walk" through Tenhave Woods. Fredricks is a Mycologist, an expert in the branch of biology and study of fungi. As they walked the trails they would stop and point out different mushrooms, with fascinating names like False Turkey Tail, King Alfred's Cake, and Mustard Yellow Polypore. Slime molds and other assorted fungi were also pointed out. Fredricks, who has been involved with the Nature Society since 2011 and has led more than 50 mushroom walks, has an obvious passion for what she does and vast knowledge of fungi that shines through on her walks.

Semchena, who sports a distinguished handlebar



PHOTOS BY DEAN POTTER — FOR MEDIATEWS GROUP

Nearly a dozen people turned out for a recent "Mushroom Walk" through Tenhave Woods in Royal Oak, led by Royal Oak Nature Society volunteers John Semchena and Mary Fredricks.



mustache, assists on the walks and enjoys promoting his local parks. He first got involved with the Nature Society after reading an article about the group

eight-years ago.

"Time flies when you're having fun," he said. "I really enjoy keeping the nature parks going, they are an oasis in our busy world.

I tell people it's like being way up north and they are only around the corner."

Next month's activities include "Searching for Bats" on Aug. 13, where Nature



Cummington Park and Tenhave Woods, both more than 20 acres in size, are designated by the city of Royal Oak as conservancy parks.



Society member Amanda Felk from Night Nature Alliance will be using a bat detector that shows different echolocation calls and identifies species. Fredricks will lead another "Mushroom Walk" on Aug. 24.

"I am very glad to have the opportunity to educate people 'hands on' about an aspect of nature that they may know little about," said Fredricks. "The more people learn about the outdoors and love it, the more likely they are to protect it."

Cummington Park and Tenhave Woods, both more than 20 acres in size, are designated by the city of Royal Oak as conservancy parks— meaning the pro-

tection and management of the animal and plant/tree life in the parks is the primary concern, according to the city's website. The Mushroom Walk and Searching for Bats events are just a few of several free activities held in the parks by the Nature Society. But according to Nature Society president Don Drife, the group is slowing down and in need of new members.

If you're interested in becoming a member of the Royal Oak Nature Society or would like more information about its programs, call 248-246-3380, e-mail them at [naturesociety@romi.gov](mailto:naturesociety@romi.gov) or visit their website at [romi.gov/nature](http://romi.gov/nature).



PHOTOS BY DEAN POTTER — FOR MEDIANEWS GROUP

Mary Fredricks will lead another "Mushroom Walk" on Aug. 24.



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## TECHNOLOGY

# The group text mistakes you don't even know you're making

By Michelle V. Rafter

*Next Avenue*

Group texts are a fast way for family, coworkers or far-flung friends to share news and make plans. In case you've never sent or received one, a group text connects people with some kind of affiliation to each other in some way to get the same text messages at the same time.

But group texts can go sideways just as fast. Messages veer off topic, and people flood replies with "Me too" responses. Want an earful? Ask people how they really feel about emojis.

"It's a modern-day nightmare, especially if you really aren't interested in participating in the first place," says Robin Becic, 58, a Portland, Ore., watermedia artist. "I opt out quickly or silence it."

But if you follow some simple guidelines, group texts can serve their purpose without being a pain, says Barbara Pachter, a New Jersey business etiquette expert. The rules of efficient, respectful communication are the same regardless of the medium, says Pachter, author of *The Communication Clinic: 99 Proven Cures for the Most Common Business Mistakes*. "Think of who's reading it, the purpose and how you're going to communicate."

A common group text faux pas is using the group text to send a message to just one person.

Kathleen Stewart, 57, is a group text super user. She's in four texting groups, including one with six fellow Gonzaga University college friends and acquaintances that's gone nonstop since they took a trip to Palm Springs, Calif. in October 2013. Stewart, who's also in long-term group texts for her husband's family, a book group and a different friend group, follows a few self-imposed rules to keep her additions to group texts from going off the rails: Don't text people too late at night or too early in the morning. Keep language appropriate. Don't get too political. Don't bicker, get catty or preach.

"The Gonzaga one is the core of my texting," says Stewart, an international sales manager for



PHOTO COURTESY OF NEXT AVENUE

a biotech company who lives in Salt Lake City. "I like to make little movies, or I see a funny bumper sticker and share it. And then it starts a whole cascade of things. For me, it's a good way to make people laugh. It brings a lot of joy."

## 9 Group Text Do's and Don'ts

Here are nine more valuable suggestions from Pachter, Stewart and other group-text regulars:

1. Know your audience. If you're using a group text to share a lot of information, then emailing or picking up the phone might be a better way to go, Pachter says. "If you have a lot to say, put it in an email. But you have to know the

recipients. If they're working, they will check their email. If they're not, they might not," she notes.

2. Stick to the point. If a group text is supposed to share information about your book club, for instance, limit texts to book club. Pachter, who's over 50, is in a walking group where one woman sends out a text in the morning about when and where to meet. But the conversation sometimes devolves to other things. "Don't have everyone wish everyone Happy Holiday," she says. "I don't need all of those texts. It's overload." If it feels like the conversation is drifting away from the reason the group text was set up in the first place, create a different thread and add people to it who are interested in the new topic.

3. Don't start a private conversation. A common group text faux pas is using the group text to send a message to just one person. "People forget they're still in a group text and begin other conversations and you continue getting them all," says Jennifer Nelson, a Neptune Beach, Fla. ghostwriter.

4. Limit the number of people in a group. The number who can be in the same group text depends on the app and mobile network. Apple's iMessage group text app for iPhones and iPads can accommodate up to 25 people, according to the Apple Tool Box blog, but Verizon customers can only add 20. However, just because you can add that many people doesn't mean you should. When Pachter's

walking group numbered five or six people, group texting was great. When it grew to more than 10, the phone the group's leader used wouldn't allow her to have that many people on a single group text, so communicating with everyone became unwieldy.

5. Don't make people guess why you added them. If you're creating a group text for people who don't know each other, your first message to everyone should be to explain what you're doing and make introductions as needed, Pachter says. Once a group is established, don't add new people unless there's a good reason. When Stewart and several of the college friends in her original group text went to Nashville to visit a friend who wasn't part of

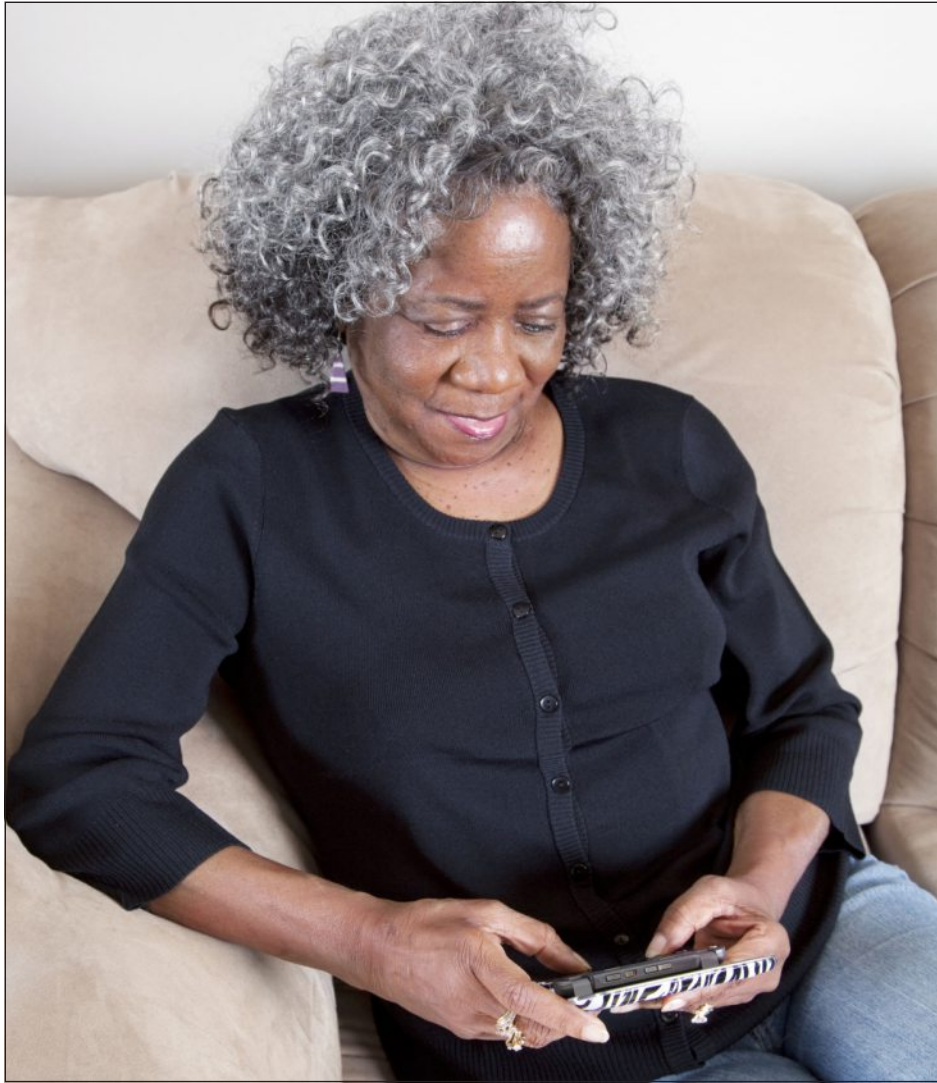


PHOTO COURTESY OF METRO CREATIVE CONNECTION

that group, they started a different group text.

6. Keep your contacts up to date. If you don't regularly add people's names to your contacts list, they'll show up in group texts as a phone number. It's okay to ask "Who is this?" in the thread, Pachter says. If you're the one creating the group text, suggest that people add each other to their contacts if they haven't already. If the group meets up regularly, take the opportunity to swap information.

7. Wait for an answer before asking another question. See the three little dots on the screen that indicate someone is typing? Wait for the person to send the reply to your message before posting another ques-

tion to avoid having multiple conversations going at the same time, which can be confusing.

8. Go easy on the emojis, GIFs and bitmojis. Stewart and her Gonzaga group love to add to their replies emojis, animated GIF (an image file) and bitmojis — cartoonish avatars that represent you in a group text. But not everyone is a fan. "An emoji here or there is fine," said one New Jersey resident who asked that their name not be used. "Too many emojis are annoying, whether or not accompanied by text."

9. Bow out gracefully. If you no longer want to be included in a group text, it's polite to let the group know. You don't need to,

"but why not tell people? Be nice about it," Pachter says. If everyone in a group text of four or more people uses iMessage, you can go to the top of the conversation and then tap the information icon to leave. If not everyone uses iMessage, you can't leave, but you can follow these instructions from Apple to mute the conversation. Android phone users have a few options, including asking the creator of the group to remove them, muting notifications or deleting a group text through the SMS app, according to this Joy of Android blog post.

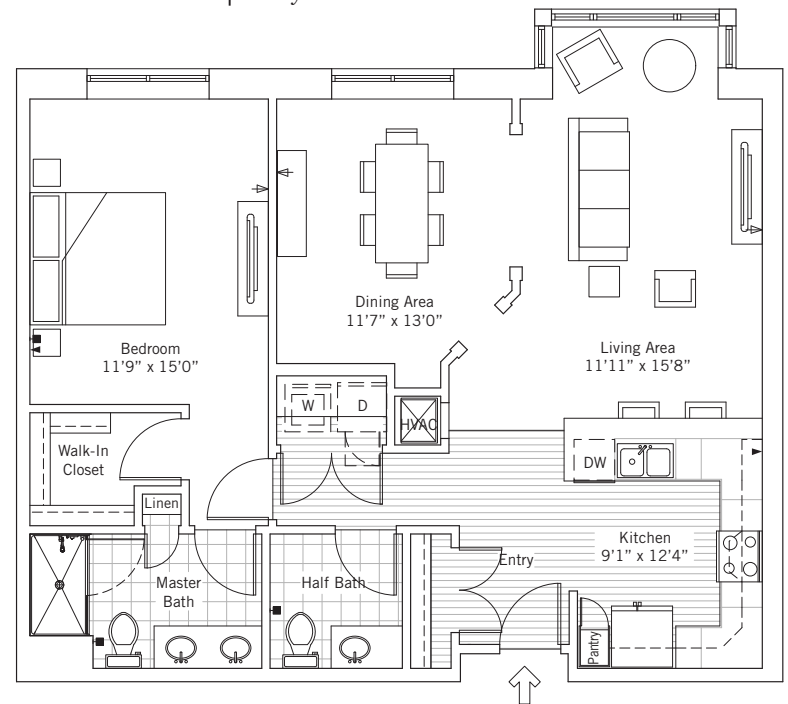
*Story courtesy of Neat Avenue*



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## CAREER &amp; EDUCATION

# Want to be a remote worker? Get these digital skills

By Michelle V. Rafter

Next Avenue

Jim Landis, 53, is job hunting after a year spent as his wife's full-time caregiver. Because she has ongoing medical issues, one of Landis' must-haves is the ability to work from his Denver home at least part-time. To make himself a stronger candidate for remote work, the requirements-analysis manager and software programmer paid roughly \$500 for four online classes in advanced digital skills such as data science and data analytics.

Landis says his previous employer wasn't very cutting edge, so his digital skills lagged. "I wish I had been a bit more focused on my own interests and kept an eye on staying technologically current with the broader industry," he says. Landis doesn't expect the courses to lead directly to a job offer, "but if a hiring manager is thinking about moving to a new technology in the future, being able to say I have course work — that will get me some points," he notes.

Brushing up on digital skills is a smart move if you want to work remotely in your 50s or 60s. That's true whether you hope to get hired as an employee who works remotely, or you want to get freelance jobs that let you work from home.

To stand out at a time like today when the demand for remote-based jobs outstrips the supply, it helps to be competent with the digital tools necessary for success as a remote worker. These include the latest applications for communicating and collaborating with managers and teammates, regardless of where they're based.

## Apps for Remote-Based Work

Older workers can possess all the qualities that make them a great fit for remote work and not get an offer if they aren't up to speed on popular apps for sharing files, participating in video chats or communicating with coworkers.



PHOTO COURTESY OF METRO CREATIVE CONNECTION

A younger candidate might be less qualified, but if that person can use the tools and speak the lingo, it can give an employer peace of mind, says Laurel Farrer, a remote work strategist and founder of the Remote Work Association.

Farrer, Kate Lister (a long-time remote-work analyst and president of Global Workplace Analytics) and other experts group must-have digital skills for remote work into four categories:

File-sharing platforms that let coworkers upload and share work-related documents, including apps such as Google Drive, Dropbox and Box.

Videoconferencing applications such as Zoom, BlueJeans, me, Skype and WebEx.

Enterprise communications platforms that have taken email's place as the main source of inter-office communication, including Slack or Microsoft Teams. Remote workers can use the platforms to exchange public or private messages with individual coworkers or groups and search old

messages (like a Facebook newsfeed but for the workplace). Most communications platforms connect with other workplace apps so remote workers can share files and calendars or participate in video chats.

Collaboration apps that make it easier for people on a team or project to work together, including project management applications such as Basecamp, Asana and Trello. Collaboration apps typically include some type of shared project checklist so team members can see who's responsible for what and check off tasks as they're finished.

At Dell Technologies, for example, six out of 10 employees of all ages work remotely at least one day a week in a typical month. When they work remotely, employees stay in touch through Skype, Zoom, Slack and Chatter, an enterprise communications platform owned by Salesforce. "We strive to make the process of leveraging flexible and remote options easy and simple for all of our employees," says Mohammed

Chahdi, Dell's HR service director.

Independent contractors who are savvy about digital tools find that expertise beneficial in landing assignments.

## Working From Home With Digital Skills

Take Lee Ann Harris, 59, who works from an office she set up in a spare bedroom of her Sunnyvale, Calif. home. Since leaving a job as a senior director of clinical operations for a medical device manufacturer five years ago, Harris has crafted a livelihood out of doing a variety of contract work.

Harris consults for a few medical device companies on training and regulatory compliance issues, and got a notary public license to do home loan signings and similar work. She uses conference-calling services and file-sharing platforms such as Dropbox with all her clients. She also uses Google's office apps suite, including Google Docs for writing and

Google Sheets for spreadsheets.

"It comes down to making a living," she says. "I also have a component of fear. I'm afraid of being left behind by technology."

Along with the basics, people interested in remote work need to keep up with digital skills unique to their profession.

Prior to leaving her full-time job, Harris dabbled in interior design as a hobby. After quitting, she completed an online interior design certification program to become an interior decorator. She followed that up by teaching herself a few computer-aided design (CAD) programs in order to show interior design clients what their spaces would look like after a remodel.

"I'd never done any kind of computer-aided drawing in my life. It was a lot of fun," Harris said.

## Getting Your Boss to Let You Be a Remote Worker

If you'd like to work remotely with your existing office job, ask your manager during a routine performance review or a check-in about career goals, says Paul McDonald, senior executive director for Robert Half, a global staffing firm that places professionals into temporary and full-time positions, including hybrid or fully remote jobs.

And if your company already offers remote work, let a supervisor know that it's something you want to map yourself toward doing, McDonald adds. He also suggests taking advantage of employer-offered training to pick up needed digital skills.

To find remote-work digital training on your own, McDonald says, look into courses available on online-learning sites such as LinkedIn Learning (previously known as Lynda.com) and Udemy.

DIY types can teach themselves through free online resources offered by app developers, including training videos, step-by-step instructions and on-demand classes. Examples include Microsoft's on-demand end-user

training videos for Teams, the Slack Foundry tutorial app, Zoom's instructor-led weekly online training classes, and free video lessons for adult learners that Google offers for its office apps suite, including Docs, Sheets and Slides.

### Learning Digital Skills at Community Colleges

Some community colleges offer training on in-demand digital skills, in some cases, partnering with tech companies to train educators. Classes and costs vary by institution.

In April, Google teamed up with the Coalition on Adult Basic Education to train community college teachers and other educators countrywide how to impart digital skills to adult learners, part of the tech giant's ongoing Applied Digital Skills initiative. In 2018, Facebook said it would work with commu-

nity colleges and other local groups in 30 cities, including Houston, St. Louis, Des Moines and Greenville, S.C., to develop classes on coding, digital marketing and other skills.

Remote work's popularity has also led to startups offering specialized remote-work training programs for companies and individuals.

Workplaceless has a self-paced remote-work certification course costing \$195. The full course, which can take up to a year to complete, covers seven topics, including productivity and time management, teamwork and critical thinking.

Some nonprofits also offer digital skills training for older workers who can't afford classes. One is Senior Service America, which runs programs to connect low-income and disadvantaged adults with prospective employers.

*Story courtesy of Next Avenue*



PHOTO COURTESY OF METRO CREATIVE CONNECTION

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

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

\*Any photos received after photo page is full will be held and used in future issues.  
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## CALENDAR OF ACTIVITIES, EVENTS AND TRIPS

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

### August

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 LAnse Community Education Department to register at 586-783-6330.

Aug. 13: Adult Open Craft & Coloring Night - Register, at 5:39 p.m. at the Erin Auditorium, Rosville Public Library, 29777 Gratiot Avenue, Roseville. Join us for a social crafting evening. Work on your projects while enjoying the company of other crafters. Bring whatever you would like to work on (scrapbooking, beading, knit-

ting, sewing, etc.). Participants must bring their own supplies, but coloring and some beading supplies will be available for your to create with. For more information, call 586-445-5407.

Aug. 14: Join us at the Mount Clemens Public Library for a relaxing summer evening of coloring fun on Wednesday, August 14 from 6:30 to 8:30 p.m! Pre-registration is requested. The library is located at 150 Cass Ave. Call 586-469-6200 or go to [www.mtclib.org](http://www.mtclib.org).

Aug. 15: A representative from the Michigan Attorney General's Office will present a program on how to learn the signs of identity theft, how to protect your personal information, and what to do if you become an identity theft victim. This program is set for Thursday, August 15 at 7 p.m. at the Mount Clemens Public Library. Advance registration is requested so that the library can prepare enough materials for each participant. The library is located at 150 Cass Ave. Call 586-469-6200 or go to [www.mtclib.org](http://www.mtclib.org).

org.

Aug. 15: The nonfiction book discussion group "Real Reads" will meet from 6:30 - 7:45 p.m. at the Chesterfield Township Library. The group will discuss the book "Founding Mothers: The Women Who Raised Our Nation" by Cokie Roberts. The group always welcomes new people to join the discussion. Pre-registration is not required. Copies of the book are available for checkout at the library checkout desk. Pick up a copy and join the discussion. The library is at 50560 Patricia Street. Call 586-598-5900, or go to [www.chelibrary.org](http://www.chelibrary.org).

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 on Friday, Aug. 16 at 5:30 p.m. \$16. Shelby Township Senior Center, 51670 Van Dyke Ave., Shelby Twp. 586-739-7540.

Aug. 16-17: The public is invited to the Friends of the Chesterfield Township Library Used Book

Sale. Find a wide variety of books, DVDs and VHS tapes, and CDs to purchase. The Used Book Sale is set for Friday, Aug. 16, from 10 a.m. - 4 p.m., and Saturday, Aug. 17, from 10 a.m. - 3 p.m. The library is located at 50560 Patricia Street. Call 586-598-4900, or go to [www.chelibrary.org](http://www.chelibrary.org).

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 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: Join us for an open work session on scrapbooking,

card making or whatever inspires you from 5-9 p.m. on Tuesday, Aug. 20 at the Mount Clemens Library. There will be plenty of room to spread out your scrapbooking and crafting supplies on our 6' tables! Pre-registration is requested. The library is located at 150 Cass Ave. Call 586-469-6200 or go to [www.mtclib.org](http://www.mtclib.org).

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. 20: Do you have a new phone or device that you cannot figure out? Visit the Chesterfield Township Library on "Techie Tuesday" from 11 a.m. - 1 p.m., and the library will assist you. Learn how to download eBooks on your phone, work with your

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## MORNING BINGO

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**Fridays: Doors Open at 11:30am  
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**Sundays: Doors Open - 4:30pm  
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tablets, use Microsoft Office and Word, Internet basics, computer basics, social media, email, and more. The library is located at 50560 Patricia Street. Call 586-598-4900, or go to [www.chelibrary.org](http://www.chelibrary.org).

Aug. 20: The trip is Sept. 23 but registration is due by Aug. 20. The Rutherford B. Hayes Presidential Library and Museum and dinner at Tackle Box. Located in Fremont, Ohio, The Rutherford B. Hayes Presidential Library and Museum illuminates the lives, legacy and era of President and First Lady Hayes. Dinner will be at The Tackle Box in Fremont. Please make your choice at time of reservation for one of the following: 1) Perch dinner, 2) Butterfly Shrimp dinner, or 3) Burger basket; (these 3 dinners come with fries and slaw) OR 4) Chicken Breast Salad. All four choices include coffee, tea or soft drinks. Please register for this trip by Aug. 20. Transportation will be by motor coach. A light lunch will be provided: ½ turkey rollup, chips, apples and 6 oz bottle of water. Depart at 10:15 a.m., return at 9:30 p.m. Cost is \$106. Call L'Anse Creuse Commu-

nity Ed to register for the trip 586-783-6330.

Aug. 20 & 21: Come into the Mount Clemens Public Library and take home some of our older discarded magazines — they'll be yours to keep. The giveaway will take place on Tuesday, August 20 and Wednesday, Aug. 21 from 9 a.m. to 9 p.m. or until the magazines are gone. Pre-registration is not required. The library is located at 150 Cass Ave. Call 586-469-6200 or go to [www.mtclib.org](http://www.mtclib.org).

Aug. 20: Daytrip to Gun Lake Casino, \$42 package includes 10 freeplay 10 for food. Boarding bus at 7 a.m. and leaving at 7:30 a.m. at Riverland Shopping Center, Sterling Heights. Call or text Holly at 586-630-6204. Or email [hollykengel@yahoo.com](mailto:hollykengel@yahoo.com).

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 L'Anse Community Education Department to register at 586-783-6330.

Aug. 22: Rain or shine, bring chairs and blankets to enjoy a live outdoor concert from the Blue Cat Band on Thursday, August 22 at 7 p.m. at the Mount Clemens Library. With backgrounds in rock, country and folk, The Blue Cat Band now covers the blues classics from coast to coast and all across Michigan. Pre-registration is not required. The library is located at 150 Cass Ave. Call 586-469-6200 or go to [www.mtclib.org](http://www.mtclib.org).

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. 24: Sign up for a jigsaw puzzle competition set for noon – 3 p.m. at the Chesterfield Township Library. Teams consisting of four people (competition open to adults and teens) will compete to see which team can assemble a 1,000-piece puzzle fastest. Prizes will be awarded and pizza and pop will be available for participants. Please register all four of your team members on the same registration. Contest limited to first seven teams to register. Pre-registration is required. The library is at 50560 Patricia Street. Call 586-598-4900, or go to [www.chelibrary.org](http://www.chelibrary.org).

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. 27: Drop in to the Mount Clemens Public Library for an ice cream social from 2:30-4 p.m. There will be games, movie clips and coloring for all. Pre-registra-

tion is not required. The library is at 150 Cass Ave. Call 586-469-6200 or go to [www.mtclib.org](http://www.mtclib.org).

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 Bridgewalk & 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

Sept 5-11: Join Travel with Nance for \$793. 4 nights NJ & 1 nite each way. Visit The new National 9/11 Memorial at Ground Zero. Harbor cruise including

CALENDAR » PAGE 27

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# Calendar

FROM PAGE 29

stops at Ellis Island and Liberty Island - home of the Statue of Liberty. 10 meals. Call 313-535-2921.

Sept. 8-10: 2 nights at Kewadin Sault Ste. Marie hotel & casino. Stops at St. Ignace, Hessel & Bay Mills Casinos. Receive at least \$80casino money-food. Receive breakfast buffet each day. Indoor pool. Only \$185 pp. Call 586-770-5899.

Sept. 11: Join us to talk genealogy at the Mount Clemens Public Library at 7 p.m. The "Let's

Talk...Genealogy" group is a forum for discussion of genealogical research by people of all levels of experience from beginner to expert. This month's topic will be "Oral History: Capturing Those Memories." Come to learn or share various ways to interview family members to capture their memories before they are lost. Bring your questions. Pre-registration is not required. The library is at 150 Cass Ave. Call 586-469-6200 or go to www.mt-

clib.org.

Sept. 8: A fall "Kick Off" Card Party sponsored by Daughters of Isabella Queen of the Skies, Circle 683, is 12:30-3:30 p.m. at St. Thecla Activity Center, 20762 S. Nunneley, Clinton Township. Lunch, dessert, door-affle and table prizes. Donation: \$8. Tickets available at the door or call 586-791-6177 or 586-791-9012.

Sept. 12: State Capitol Tour And Michigan History Museum With Dinner At Kelly's Downtown. On our one hour guided tour, you will view the public areas of the Capitol including the Rotunda and the Gallery of the Governors. It will also include access to the Senate and House Galleries when available. Next, we'll travel down the road to the Michigan History Museum which offers five levels of permanent and changing exhibits that tell the story of Michigan's past through the late 20th century. This will be a self-guided experience. Last, we'll dine at Kelly's Irish Pub and Restaurant in downtown Lansing. Make your selection at time of reservation.

1) Meatloaf, mashed potatoes and vegetable, 2) Beef lasagna with

garlic bread, 3) Cod platter with fries & slaw, or 4) Turkey Caesar wrap with fries & slaw. Coffee, tea, soft drinks and dessert are also included. Transportation will be by motor coach. A light lunch will be provided to eat on the bus (½ turkey rollup, chips, apples and 6 oz bottle of water). Departure at 10:45 a.m., return 8:30 p.m. Cost is \$67. Call L'Anse Creuse Community Ed to register for the trip 586-783-6330.

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 Se-

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

Sept. 15: 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.

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

Sept. 18: Fun in Frankenmuth....lunch/show/riverboat ride. Dine at the Bavarian Inn Restaurant while enjoying "The Shades of Blue" dinner show. Lunch will include the traditional plated chicken dinner (bread, slaw, cranberry relish,

noodle soup, 3 pieces of chicken, mashed potatoes, dressing, and hot vegetable) and chef's choice dessert, coffee, tea or soft drink. Next, we'll take a stroll down by the River Place Village, offering over 40 unique shops and German-themed attractions. Finally, we'll end our afternoon with a leisurely riverboat ride upon the Bavarian Belle. We'll enjoy the one-hour historical narrated tour of the Frankenmuth area on the fully restored, stern-driven paddlewheel vessel. Transportation will be by motor coach. A snack will be provided. Depart at 8:30 a.m., return at 7:30 p.m. Cost is \$110. Call L'Anse Creuse Community Ed to register for the trip 586-783-6330.

Sept. 16: Gain practical knowledge on how to define your financial goals at 6:30 p.m. at the Mount Clemens Public Library. Learn how to make informed decisions that fit your expectations and vision for the future. Whether your objective is family-focused or individualized personal finance, uncover how investments, retirement assets and insurance can all work for



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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you. Pre-registration is requested. The library is at 150 Cass Ave. Call 586-469-6200 or go to [www.mtclib.org](http://www.mtclib.org).

Sept. 18-21: The Mount Clemens Public Library's annual used book sale takes place with thousands of books sorted into categories for easy browsing. The preview sale will begin on

Sept. 18 from 6 to 8 p.m. Admission to the preview sale is \$10. The book sale will be open to the public from 2 p.m. to 8 p.m. on Sept. 19 and will continue from 10 a.m. to 4 p.m. on Sept. 20 and 21. The library is at 150 Cass Ave. Call 586-469-6200 or go to [www.mtclib.org](http://www.mtclib.org).

Sept. 19: Learn about the physical and spiritual energy of the body at the Mount Clemens Public Library at 6:30 p.m. Susan Silver will present an introduction to gemstones and the seven chakras, or energy centers in the body. Pre-registration is requested. The

library is at 150 Cass Ave. Call 586-469-6200 or go to [www.mtclib.org](http://www.mtclib.org).

Sept. 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 including 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 information or to make a reservation, contact Mary Ann at 586-530-6936.

Sept. 29: Day Trip To Firekeeper's. Spend the day at beautiful firekeeper's. Re-

ceive at least \$25 casino money - food. Only \$35 per person. Call 586-770-5899.

Sept. 29-Oct. 5: Join Travel with Nance for \$949 in Cape Cod, MA. 4 nites Commodore Inn on the Cape and 1 nite each way enroute. Tour Boston, Plymouth & the "Rock". Tour Concord & Louisa May Alcott House, Hyannis & Hyannisport plus sandwich. 1 hour Lobster Harbor cruise. Two dinners, 1 lunch, 6 breakfasts. Call 313-535-2921.

Sept. 24: The Mount Clemens Public Library will offer a free Medicare 101 workshop on at 10 a.m. Learn about how and when to enroll, when you can make changes, and the insurance

options available to you. Open enrollment begins on Oct. 15; be informed and prepared. Pre-registration is not required. The library is at 150 Cass Ave. Call 586-469-6200 or go to [www.mtclib.org](http://www.mtclib.org).

Sept. 25: Visit the Mount Clemens Public Library at 7 p.m. for a walk down memory lane to remember a Detroit icon, the J.L. Hudson's Department Store. Author Michael Hauser will bring signage, photos, video clips and various ephemera for guests to enjoy. Pre-registration is not required. The library is at 150 Cass Ave. Call 586-469-6200 or go to [www.mtclib.org](http://www.mtclib.org).

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

Oct. 31: Halloween Hullablow 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 evening shows etc. The shows are the Blackwoods Amazing Acrobats of Shanghai, an 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 Cricklewood 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](mailto:edlee@toee.org).

Eucre parties: Disabled American Veterans 129 and Operation Yellow

CALENDAR » PAGE 32

**22ND ANNUAL Healthy LIVING Expo**

Thursdays, September 12, 2019  
10 am to 12:30 pm  
Sterling Heights Senior Center  
40200 Utica Rd.  
586.446.2750

Heart & Pulmonary Education	Stroke Screening	Chair Massages
Old Medication Collection	Hearing Screening	Diabetic Education
Eyeglass Adjustments	Shredding Service	Injury Prevention
Blood Pressure Checks	Ask the Pharmacist	Wound Care
	Balance Testing	Oxygen Therapy

**TWO EDUCATIONAL SESSIONS**

Epilepsy - 10:30 am  
Heart Specialist - 11:30 am

Snack bags to the first 500 attendees! • MORE INFO AT [SHRCCI.COM](http://SHRCCI.COM)

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# GRANDPARENTS BRAG PAGE



## LUKE & LEO JANUTOL

Proud Grandparents are:  
Bob & Lucy Caulfield of  
Macomb, MI  
Proud Great Grandma:  
Nell Druzinski of  
Roseville, MI



## GRANT & GABE MARKS

Proud Grandparent is:  
Gram Lorraine



## ELLA MARIE

Proud Grandparents are:  
Leah Crandall of  
Macomb, MI  
Don & Lee  
Marggrander of  
Harrison Twp, MI



CHECK OUT OUR NEW PICKUP LOCATION  
Walmart -- Mound & M-59 Sterling Heights

- **Aug. 14** – Cheeseburger In Caseville Festival \$45 pp
- **Aug. 16** – DuMouchelle Auction w/swanky lunch \$65 pp
- **Aug. 19** – My Detroit FAM tour \$45 pp
- **Aug. 22** – Wine Tour \$72 pp
- **Aug. 24** – The Weird Homes Tour \$75 pp
- **Sept. 10** – Mad Hatter Mystery Tea Party \$68 pp
- **Sept. 16** – Chinese in SE MI \$60 pp
- **Sept. 19 - 25** – Discover New York \$825 pp
- **Sept. 27** – Magic & Mystery & Mayhem \$68 pp
- **Oct. 5** – Hocus Pocus \$45 pp
- **Oct 8** – Resale \$45 pp
- **Oct 11** – Country Urban Fall Color Tour \$72 pp
- **Oct 16** – Fall Color Boat Cruise \$70 pp
- **Oct 21** – Cemetery Tour \$60 pp
- **Oct 24** – Shop & Taste, Bon Appetite! \$48 pp
- **Nov. 2** – Day of Dead \$65 pp
- **Nov. 22** – Christmas Shop ping Spectacular \$70 pp
- **Dec. 3 - 5** – Elvis Blue Christmas \$645 pp
- **Dec. 8** – Brunch and concert at the Detroit Institute of Arts \$70 pp
- **Dec. 9** – Frederick Meijer Christmas Trees \$85 pp
- **Dec. 11** – Christmas with the Amish \$85 pp
- **Dec. 13** – Holiday Lights \$70 pp
- **Dec. 17** -- Holiday Belles at the Ford House \$80 pp
- **Dec. 23** – Festive Churches \$75 pp

## 2020

- **February 8 - 16, 2020** – Miami & Key West, Florida—Travel to Miami & Key West by Bus! This Miami vacation package includes a guided tour featuring many sights in Miami. See the beautiful Atlantic Ocean, Biscayne Bay, and Key West for the day.
- **July 23 - 26, 2020** – Buffalo Gardens, Museums \$659 pp
- **October 2 - 11, 2020** – Pharaohs of Egypt – Round trip air transportation from Detroit and internal Egyptian flights. \$3499 double occupancy

Call for Details **STEP ON BUS TOURS**  
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email: steponbustours@gmail.com

## Calendar

FROM PAGE 30

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 De-

troit region retirees group meets five times a year at various restaurants in the area. For more information, contact Stanley Hreneczko at 586-268-3656.

▪ **Cards and games:** Widowed men and women of all ages are welcome to meet for cards and games from 6 to 9 p.m. on the first Thursday of each month at Sts. John and Paul Catholic Church, 7777 28 Mile Road, in Washington Township and on the third Thursday of each month at St. Isidore Church, 18201 23 Mile Road, in Macomb. Cards and games will be provided. Bring a small snack to share and your own beverage. For more information, call 586-781-5781 or 586-991-7374.

▪ **Bridge:** The Older Persons Commission, 650 Leticia in Rochester, offers sanctioned bridge games from 11:30 a.m. to 3:30 p.m. Saturdays. The cost is \$8 at the door, and a

coffee house will be open from 5 to 8 p.m. Monday through Wednesday in the OPC lobby. Open to OPC members 50 and older. Call 248-608-0263 for more information.

▪ **Fine art classes:** The Older Persons Commission, 650 Leticia in Rochester, offers fine arts classes such as Chinese brush painting, watercolor painting, drawing, clay jewelry, or pottery wheel hand building. Days and times vary. For more information, visit opseniorcenter.org and click "about us" and then the "newsletter" tab.

▪ **Club 55:** meets from 9 a.m. to noon every Tuesday at Classic Lanes, 2145 Avon Industrial Drive in Rochester Hills. The cost is \$5 per person for three games and shoes. Guests receive complimentary coffee and cookies. For more information, call 248-852-9100.

▪ **Widowed men and women:** are invited for a movie and dinner on

the third Sunday of each month at the AMC Forum 30 Theatre in Sterling Heights, followed by dinner at UNO Restaurant in the same complex. To RSVP and find out movie selection and time, call 248-917-3733 or email angelway11@comcast.net.

▪ **All widowed:** are invited to meet on the third Wednesday of each month for dinner at area restaurants at 5 p.m. Order from the menu, separate checks. RSVP and find out location by calling 248-840-0063.

▪ **Widowed men and women:** are invited every third Thursday from 6 to 9 p.m. at St. Isidore Church, 18201 23 Mile Road, for cards, games, and friendship. Bring a small snack to share and your own beverage. For more information, call 586-991-7374.

▪ **Widowed men and women:** are invited to meet at 10 a.m. each third Tuesday at The Pancake Factory, 13693 23 Mile Road, in Shelby Township. For more information, call 586-781-5781.

▪ **Widowed men and women:** are invited to meet at 10 a.m. each second Monday at Wildflower Restaurant, 42900 Garfield in Clinton Township. For more information, call 586-264-1939.

▪ **Widowed men and women:** are invited to meet for breakfast on the second and fourth Monday of every month at Sero's, 925 Gratiot Ave., in Marysville. For more information, call 810-334-6267.

▪ **Widowed men and women:** are invited to meet for breakfast at 9 a.m. on the fourth Thursday of the month at Country Inn, 35229 23 Mile Road in New Baltimore. For more information, call 586-991-7374.

▪ **Widowed men:** are invited to attend breakfast every first and third Thursday monthly at 9 a.m. at Lukich Family Restaurant, 3900 Rochester Road in Troy. For more information, call 248-585-5402.



## Travel with Nance, LLC



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### 2019 Motorcoach Tours

**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.

**Cape Cod, Concord & Boston, Sept 29-Oct 5 OR Oct 6-12 - \$949.** 4 nites Commodore Inn on the Cape & 1 nite Each way enroute. Tour Boston, Faneuil Hall, see Old Ironsides. Tour Plymouth with 'Rock'. Tour Concord & see North Bridge, Louisa May Alcott house. Tour Hyannis, Hyannisport & Sandwich. One Hour Lobster Harbor cruise. 2 dinners (1 is a lobster bake & 1 at Daniel Webster Inn), 6 brkfs, 1 lunch (at Concord's historic Colonial Inn).

**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 Riverwalk 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.

**Cornwell Dinner Theatre in Turkeyville & tour Marshall, Nov 20 - \$85.** „Santa Gets A Pink Slip. Matinee performance 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).

**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.

**Savannah, St. Simons & Jekyll Islands, GA and Beaufort, SC - April 19-25, 2020 - \$789.** 4 nites Savannah area & 1 enroute each way. Guided trolley tour of Savannah + Hop-On/Hop-Off Privileges. Parris I Parris Island, SC & Beaufort. Tour St. Simons Island, tram tour of Jekyll Island and 10 meals.

**Washington, DC - May 1-5, 2020 - \$635.** 4 nites DC area. Mount Vernon Estate, tram ride of Arlington National Cemetery, new Museum of the Bible. Two guided tours of Washington including Memorials, monuments, Smithsonian, etc. 4 brkfs & 4 dinners.

**Cornwell, Turkeyville Dinner Theatre & Marshall - May 13, 2020 - \$85.** „Right Bed Wrong Husband“. Comedy, matinee with turkey buffet lunch. Gift Shop & Bakery. Narrated Tour of Marshall, see the Honolulu House, National Governor's Mansion & Capitol Hill School House (drive-bys).



# Go With **GEORGE** TRAVEL & TOURS



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## LITTLE RIVER CASINO WITH STOPS TO SOARING EAGLE CASINO

OCTOBER 6-7-8, 2019  
DECEMBER 8-9-10, 2019

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

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

## SOARING EAGLE OVERNIGHT WITH STOP TO SAGANING CASINO

WAIT LIST ONLY! AUGUST 18-19, 2019  
NOVEMBER 10-11, 2019

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

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

## SUNDAY! FUNDAY! FIREKEEPERS DAY TRIP

AUG 25, 2019  
SEPT 22, 2019  
OCTOBER 15, 2019  
NOVEMBER 24, 2019  
DECEMBER 1, 2019

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

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

## MOUNTAINEER CASINO

WITH STOPS TO  
WHEELING CASINO AND  
HOLLYWOOD CASINO  
SEPT 8-9-10, 2019

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

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

## SENIOR TUESDAYS!!! FIREKEEPERS DAY TRIP

SEPT 3, 2019  
OCT 15, 2019  
NOV 19, 2019  
DEC 17, 2019

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

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

## FOUR WINDS CASINO

WITH STOPS TO  
GUN LAKE AND  
FIREKEEPERS CASINO  
OCT 27-28, 2019

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

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

## ODAWA CASINO WITH STOPS TO SOARING EAGLE CASINO AND TURTLECREEK CASINO

APRIL 19-20-21, 2020

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

Includes 2 nights at the Odawa Hotel (hotel is not attached to casino but they have an on demand shuttle) 2 continental breakfasts, \$110.00 in freeplay and \$20.00 in food. ( You can earn up to \$20.00 more each day at Odawa Casino with points earned!!!!)

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



# Poetry Corner

## COULD'A! SHOULD'A!

Waken in the mid of night,  
to pen a line or two.  
Ere times I'm lazy to get up,  
of which my age I'm due.  
By morning all my thoughts have fled.  
I Could'a! Should'a! Stayed a bed.  
Thought and thought,  
twas all for naught.  
Why is this? I wish I knew.  
Hence these thoughts  
will have to do.

By-Mildred Siedzik  
of Clinton Twp, MI



## MY THOUGHTS OF YOU

You're in my thoughts,  
You're in my dreams,  
We love each other,  
So it seems.

Everywhere I go,  
And Everything I do,  
I have one thing to say,  
And that is –  
I Love You!

By- Kenny Lawson  
of Utica, MI



## GUIDING LIGHT

Look within, bring forth your inner light.  
Let it shine about, making your days sunny  
and bright.

Shine your light on everyone in sight.  
Show love to all without a doubt!

Let your light guide you to your higher state  
of mind.

Be the best you can be at all times.  
Bring fourth the roses and wine...

Life can be beautiful,  
If we only let our light shine!

By- Alethea Monk Howard  
of Sterling Heights, MI



Do you have a creative side that you would like to share with your community readers? We are looking for original, unpublished poetry. This will be your time to shine in our Poetry Corner. Please keep poems to 300 words or less and print clearly. Next Issue will be September 12, 2019.

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

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

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

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

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

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

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

# Poetry Corner

## AN ANSWER UNKNOWN

It's a long, long way home,  
To the bottom of your soul;  
Do you know where you are going,  
or is it somewhere deep unknown.

Do you need a friend to guide you  
Or just someone you can trust;  
Do you need someone to lean on  
When the going gets really tough.

Can you find what you are after,  
Can you find what you're looking for;  
Are you sure it is really out there,  
For you to love once more.

Oh tell me, how you know this,  
Please tell me, what do I do?  
When I find what I am really after,  
And to know that it is all true....

By-Sharon Paduchowski  
of Sterling Heights, MI



## THE POWER OF

## TOMORROW

No tentative little unsure steps  
But with strides of anticipation  
Leap high with expectation  
Into a bright brand new tomorrow  
A future full of endless possibilities  
Take time to learn ~ then give back  
Living and giving, learning and sharing  
As tomorrow marches toward infinity  
When a new day arrives with the sun  
Neither hesitant nor reluctant  
It bursts with the light of discovery  
With the newness of each tomorrow

By - Elizabeth Prechtel McClellan  
of Warren, MI



## WHAT A COUNTRY

Born in the U.S.A.  
many years ago  
with parents from Scotland  
to raise me  
What a country.

Thew my childhood  
patience to guide me  
was taught wrong from right  
What a country.

On to college  
Earned my degree  
Married now and have  
a beautiful family  
What a country.

You come into this world  
with nothing  
You leave with nothing  
On second thought  
maybe I'll bring my T.V.  
What a country.

By – John Cameron  
Of Shelby Twp, MI



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

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

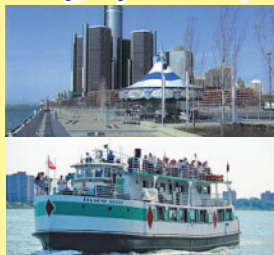
# BIG DADDY TOURS

"Your Personal Touch People" www.bigdaddytours.com  
7197 Highcrest Point • Washington, Mich. 48094

For free brochures for other trips around the world call 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**

## Mackinac Island Excursion!

Thurs-Sun, Oct 24-27, 2019

WAIT LIST ONLY!



### 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

Single \$1,196

Double \$908



Tues, August 27, 2019  
Tues, September 17, 2019  
Thurs, October 31, 2019  
December, 10, 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**



**Rat Pack Lounge**

Friday, September 20, 2019

at *Cornwell's Professional Dinner Theater*



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!!

### 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**

## 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 Krzysiak'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

WAIT LIST ONLY!

## 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

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



**Historical Churches of Detroit**  
Tuesday, December 3, 2019

### Your Day Includes:

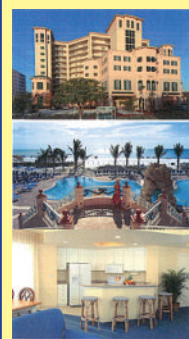
- Tour St. Anne's of Detroit. The oldest Roman Catholic Church in the City.
- Enjoy a Fabulous Lunch in between Church Visits.
- Visit Historic Trinity Lutheran Church, a National Historic Sight with Majestic Structure. Built in 1931.
- Second Baptist Historic Church of Greektown, dating back to 1836
- Special Guided Tour of Detroit's Underground Railroad, only Documented Detroit Station in existence with a safe house in church basement "Croghan Station".
- Luxury Bus Travel & a Wealth of Knowledge offered from our step on tour guide.

**\$85 per person**



**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

Single \$4,399 pp

Double \$2,699 pp

## BAND TOURS & SCHEDULE OF EVENTS

All pick ups remain at Meijer Lot 26 & Vandyke and Wal Mart on 14 & VanDyke!

**Aug 11 - Concert in the Park Series.** St Clair Waterfront in the gazebo with Big Daddy & band. **4:30-6pm**

**Sept 2 - Labor Day Celebration Time.** Come join us for the Hamtramck Polish day Parade in Hamtramck. Big Daddy Lackowski is honored to be this years' Grand Marshall & will lead off the parade. **Bring the family down & enjoy some great Polish food, music & loads of fun!**

**Sept 6 - St Lawrence Church Applefest 2019!** Come on out for a fun time with your family & friends to support one of the largest church fests in Macomb County. **Big Daddy & The LaDeeDas perform 5-8 pm**

**Sept 8 - St Hubert's Church 2019 Festival.** Located 38775 Prentiss St Harrison Twp, MI Come join us for a fun family festival with something in store for everyone. **Big Daddy & Ladeedas perform 2-7 pm**

**Sept 15 - Holy Trinity Church Festival.** 325 32nd Street Port Huron MI. **Music by Big Daddy & the LaDeeDas 12:30-4:30 pm**

**Sept 22 - St Ann's Sausage Festival Time.** Come on out for the finest family festival of the summer. **Polka Mass at 11:00 am under the tent followed by music w/Big Daddy & the LaDeeDas from 1-5 pm**

**Sept 20 - Cornwell Dinner Theatre in Marshall presents The Rat Pack!!!** Hilarious comedy featuring America's favorite 3 comics! Includes an amazing turkey dinner in Turkeyville! **\$89pp**

**Sept 19 - Detroit Then & Now by Land & Water.** Come join us for a fabulous tour of the city exploring all the beautiful & historic neighborhoods as well as a narrated cruise onboard Diamond Jack's for a view of the city from the water. **Wonderful trip & always a sellout! \$85pp**

**Sept 25-26 - Annual Fall Color Trip to Petoskey.** 2 nights at Holiday Inn Express, breakfast at Krzysiak's, stop in Soaring Eagle, Kilwin Chocolate tour, tunnel of trees scenic drive & stops at Odawa Casino! **\$269pp**

**Sept 28 - Clarkston Union Octoberfest Time!!!!** Don't miss the party of the year. Celebrating 21 + years of bringing the Octoberfest spirit to downtown Clarkston MI. **Big Daddy & LaDeeDas play from 5-10 pm**

**Nov 6-7 - Four Winds Fall Overnight.** Come join us for our annual visit to one of Michigan's premier casinos! Deluxe overnight accommodation at Four Winds Hotel & Resort with stops each way at Firekeepers Casino. **Receive \$25 in free play from Four Winds plus \$40 total from Firekeepers! Reserve early as this is always a sellout! \$189 pp dbl occupancy**

**Dec 3 - Historical Churches of Detroit Christmas Tour!** Join us for a memorable & educational tour of some of Detroit's finest & historic churches. Visit St. Anne of Detroit, Historic Trinity Lutheran, & Second Baptist Greektown, with a very special guided tour of Detroit underground railroad. Lunch will be included! **Sign up early! Will definitely sell out quick! \$85pp**

**586-781-6330**

**Toll Free 1-888-523-3327**