

April 2020

# Vitality

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

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during coronavirus  
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Virtual connections  
have never been more  
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**On the cover:** There are several grocery delivery options available to seniors, who are encouraged to stay in their homes due to the risk of contracting the COVID-19 coronavirus.

JACQUELYN MARTIN — THE ASSOCIATED PRESS

## VITALITY

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## SENIOR LIVING

### MACOMB COUNTY

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

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

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

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

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

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

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

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

**Heritage Senior Place:** 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



## MONEY &amp; SECURITY

# When must you disclose a death in a home when selling and other real estate questions answered

**Q**: This past year I got married, sold my house and bought another house with my spouse. What kind of tax liabilities could I have or deductions can I take, if any? I have always done my own tax returns, but am not sure what I should do on my/our return this year. Can you please let me know how I should prepare our tax return?



**Steve Meyers**  
Columnist

**A**: The best advice I can give is for you to consult a professional tax preparer. The reason is that the tax laws constantly change. You may have deductions for interest and property taxes paid as well as deductions for certain closing costs incurred during the sale of your old home and the purchase of your new home. Other things may also affect your return, like getting married. Did you use any part of your home for business use? Did you make improvements? How long did you live in your last home; will there be capital gains? Did you sell at a loss? Can you use PMI (private mortgage insurance) as a tax deduction? Did you pay property tax proration on the replacement house? Were there mortgage closing costs? ...Whew! And that is only the tip of the iceberg. I recommend contacting a true tax professional such as a CPA, Accountant or an Enrolled Agent. I know that some people do not like to spend money for tax preparation, but what if there are deductions that you didn't know even existed? What if you pay more taxes than you have too?

**Q**: We are getting our parents' house ready to sell. Both of our parents are deceased. Our question is do we have to disclose that our dad died in the house?

**A**: This is a question that is asked often. What you are technically asking is if this is considered a stigmatized property? The National As-

sociation of Realtors defines a stigmatized property as a property that has been psychologically impacted by an event which occurred or was suspected to have occurred on the property, such event being one that has no physical impact of any kind. Included in this definition are murder scenes, sites of suicides, deaths and infectious disease related illnesses. While some states have enacted laws governing these issues, to the best of my knowledge, Michigan has not. According to the Seller Disclosure Act and common law of Michigan, a seller of residential real property has no duty to disclose non-physical defects associated with a property. As always, I suggest you contact an attorney regarding these matters.

▪ **Market Update:** February's market update for Macomb County and Oakland County's housing market is as follows. In Macomb County prices were up by more than 6% and Oakland County prices were up by almost 6% for the month. Residential home/condo on market inventory was down again. Macomb County's on market inventory was down by almost 10% and Oakland County's on market inventory was down by more than 17%. Average days on market have remained steady; Macomb County average days on market was 50 days and Oakland County average days on market was 50 days. Typically, the days on market are higher this time of year. Closed sales in Macomb County were down by more than 3% and closed sales in Oakland County were down by 11%. Low inventory is still an issue. (All comparisons are month to month, year to year.)

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



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

**LTC COVERAGE:** Should you buy long-term care insurance? Maybe... or maybe not. I can inform you of ALL the options available to set aside funds for your own care, and help you make an informed decision on which method is best for you.

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## MONEY &amp; SECURITY

# Ask the Financial Doctor: Are transportation expenses for medical reasons deductible?

**Q**: When is the due date for filing my federal 2019 income tax?



**Richard Rysiewski**  
Columnist

**A**: The due date is July 15 for the federal 1040 form. If you owe taxes then you have to pay by July 15 otherwise you will owe interest.

**Q**: I received an email from the IRS asking for personal information. Can the IRS contact me via email?

**A**: The answer is no. The IRS will never

ask for personal information using email or the internet. These solicitations are bogus and fraudulent.

**Q**: In 2016, Congress changed the rules for Social Security. Did the rules change for survivor benefits?

**A**: No, the rules are the same. Surviving spouses are entitled to both retirement benefits and can still choose to claim survivor benefits first and switch to their own retirement benefits

later, or vice versa. If you are a widow or widower and are entitled to survivor benefits, you can allow your own benefits, based on your work record to grow until age 70. Many widows and widowers who filed for their survivor benefits and retirement benefits simultaneously, make a costly mistake. Survivor benefits and own benefits are distinct and should be separated.

**Q**: I have five IRAs and was 70 ½ years old last year. When do I have to take my first distribution? Do I have to take a

distribution from each IRA?

**A**: Your first required minimum distribution (RMD) must be made by 4/1½020 and the second RMD must be completed by 12/3½020. Optionally, you could have taken your first RMD last year. The RMD can be taken from a single IRA or any combination of IRAs. Each IRA trustee will contact you about the RMD. You need to aggregate your IRAs to determine your annual RMD. If you have decedent IRA you need to treat that IRA separately.

**Q**: The IRS sent me some forms for estimated taxes. Do I have to mail these forms every quarter?

**A**: The IRS wants to receive their money on a regular basis. If a person owes the IRS more than \$1,000 when filing the 1040 form, the IRS will send them 1040-ES forms for quarterly estimated taxes. You do not

have to send the 1040-ES forms if your withholding taxes will be at least 90% of your 2020 tax liability or 100% of your 2019 tax liability. If your adjusted gross income in 2019 was greater than \$150,000 (for married filing jointly), the percentage increases to 110% of your 2019 tax liability.

**Q**: Somebody stole my social security number and filed a 1040 income tax return before I did. On average how long will it take to resolve?

**A**: The IRS routinely tells taxpayers that they can expect resolution within 180 days but it is averaging about 270 days. If you become a victim of income tax identity theft, you should send the IRS a paper tax return with an attached form 14039, Identity Theft Affidavit. Your case will be assigned to an IRS employee to assist you with clearing your name and getting your refund. As a victim of identity theft, you also are eligible to re-

ceive an Identity Protection Personal Identification Number (IP PIN) to use for future income tax returns.

**Q**: Are transportation expenses for medical reasons deductible?

**A**: Any unreimbursed transportation expenses incurred for medical purposes are deductible. The cost of traveling to another city, whether by air or car, for medical reasons is deductible. Lodging in connection with medical treatment is deductible but is limited to \$50 a day per person. Meals are not deductible. You must itemize on schedule A and overcome the threshold of 7.5% in 2019 and 10% in 2020.

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

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## MONEY &amp; SECURITY

# Navigating investments during the coronavirus crisis

By **Debra Kaszubski**

For *MediaNews Group*

The market is not immune to the COVID-19 crisis and as the pandemic continues, the odds of a recession rise daily. What should people do with their money when the economy is slowing or nearing a recession, which often causes riskier assets like stocks to decline?

“Do I find investors tend to panic? Yes, I do, but that’s for good merit. We don’t know what is going to happen with the market moving forward,” said Eric Seger, Certified Financial Planner and principal partner at Integrated Capital Management in Bloomfield Hills. Although there is cause for alarm, experts such as Seger say it’s al-

ways better to stick to a long-term plan and ignore the day-to-day market fluctuations, however terrifying they may be.

“When it comes time to managing your money and making irrational decisions based on numbers of the day, you could have serious consequences if you make those types of decisions versus setting everything aside and thinking about things collectively or more objectively and looking at the long term,” Seger added.

While those with a solid investment plan in place should stick to it and ignore the noise, those without a goal may wish to meet with an advisor to plan a clear, measurable objective. “Do they know based on probability and



PHOTO COURTESY OF METRO CREATIVE CONNECTION

According to financial experts, it’s always better to stick to a long-term plan and ignore the day-to-day market fluctuations, however terrifying they may be.

statistics that they will not run out of money now that they have 20% less before they hit the finish line?” Seger asked.

Investors should also

assess how much risk they’re willing to take on. Those who are nearing retirement should have a smaller share of risky assets in their portfolio. A

diversified portfolio is the best option. Riskier assets like stocks compensate for that risk by offering higher expected returns. At the same time, safer assets such as bonds tend to go up when things are bad but offer much lower gains.

Furthermore, investors shouldn’t pick individual stocks, try to identify the best-performing mutual funds or time the stock market. Instead, stick to a diversified portfolio of passively managed stock and bond funds (such as index funds, which track broad market indices).

Although future returns are uncertain, investment costs will certainly take a toll on an investor’s portfolio. To keep costs down, invest in index funds whenever possible. These funds

tend to have low fees yet produce higher returns than most actively managed funds.

If possible, continue to make regular contributions to your investments, even during a recession. “The priorities are to take care of your health and your loved ones, but if you do still have funds available to deploy or to invest, you will not find a more opportunistic time to invest, maybe not tomorrow or today, but maybe in the upcoming months. Things are on the clearance rack right now, so this could prove to be a very opportunist time to invest if you have a long-term perspective in mind,” Seger said.

*Next Avenue contributed to this report*



**Douglas G. Paulk, D.O. • James H McQuiston, D.O.**

**Michael J D'Almeida, D.O.**

**Roy E. Hanks II, D.O. • Corie L. Seelbach, D.O.**

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From left to right, Dr. Hanks, Dr. Paulk, Dr. McQuiston, Dr. Seelbach, Dr. D'Almeida

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## HEALTH &amp; FITNESS



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Keeping the mind engaged is just as important as physical work during this period of isolation.

## How to stay active physically and mentally while sheltering-in-place

**By Joey Yashinsky**

*For MediaNews Group*

With much of the country in lockdown-mode to help slow the spread of coronavirus, many Americans' normal health routines have been thrown for a loop, which for many, means a drastic change to physical and mental activity.

It can seem especially difficult for isolated seniors to find ways to keep their mind and body sharp during this difficult time, but the reality is there are many ways for older adults to stay mentally and physically fit while sheltering in place.


"It is very important to maintain some type of physical fitness during this time," said Paul Margolis, a certified personal trainer at The Sports Club of West Bloomfield. "Exercise can help prevent disease. It also aids in keep-

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ing cognitive abilities sharp which results in a lower risk of developing dementia.”

With so much more time now spent pacing around the house, Margolis notes how staying active physically can lead to a safer overall environment.

“Good fitness habits and maintaining strength will help to prevent falls in and around the home.”

But without gyms or health clubs open during the current statewide Shelter-in-Place order, it can be a challenge to know exactly how to execute a regular workout.

Still, Margolis said, there are plenty of exercises that can be done at your home without equipment, or done safely outdoors during this time.

“You can take a long walk outside, especially with warmer temperatures coming; of course, while maintaining social distance. Go for a bike ride. Yoga is a great home workout that helps build muscle and maintain flexibility. Planks, bird dogs and wall-sits are good body weight resistance movements.”

Keeping the mind engaged is just as important as physical work during this period of isolation.

“Crossword puzzles provide an excellent workout for our minds,” said Dr. Richard Stober, an internal medicine physician in Farmington Hills. “The New York Times version will give you a good challenge, but there are thousands of puzzles online that can help you stay sharp. Even just a small thing like making a point of watching Jeopardy each night. It’s a short break from the news and lets you think quickly and problem solve for a 30-minute period.”

Getting additional sleep during this COVID-19 lockdown is another good idea for older adults. Research shows that during sleep our bodies work hard to clear out waste products and re-energize cells. So don’t feel bad about going to bed early or closing your eyes for a couple of hours in the afternoon; it’s one of the healthiest choices you can make during the day.

The coronavirus has affected our lives in so many ways. Many have lost jobs, family get-togethers are a thing of the past, and the near future doesn’t look a whole lot sunnier.

But by committing to a small amount of exercise each day, both physically and mentally, we can collectively come out stronger on the other side.

.....

Without gyms or health clubs open during the current statewide Shelter-in-Place order, it can be a challenge to know exactly how to execute a regular workout.

PHOTO COURTESY OF METRO CREATIVE CONNECTION





## MONEY &amp; SECURITY

## 5 things to know about Medicare, car accidents and the new No-Fault law

By Steve Gursten  
Michigan Auto Law

When people on Medicare get injured in a Michigan car accident, they often have lots of questions about who is going to pay for their accident-related medical expenses: Medicare or their No-Fault auto insurance?

It may sound like a straight-forward question, but there's nothing straight-forward about the answer in light of the recent significant changes to Michigan's No-Fault law.

Here are the top 5 things you now need to know about Medicare, car accidents and the new No-Fault law:

**1**. Under limited circumstances, Medicare may cover a person's auto accident-related medical expenses in Michigan.

**2**. If Medicare makes "conditional payments" to cover a person's accident-related medical expenses that could or should have been paid by No-Fault, then unlike No-Fault auto insurance Medicare will likely want and expect to be reimbursed for whatever money it has paid out.



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Recent changes to Michigan's No-Fault law may have some seniors confused about who will pay for accident-related medical expenses: Medicare or their No-Fault auto insurance.

**3**. Medicare will seek reimbursement for its "conditional payments" through liens on a car accident victim's settlement for pain and suffering compensation and/or for "excess" medical benefits (once the new No-Fault PIP medical benefits coverage levels become available in policies issued or renewed after July 1, 2020). Practically speaking, the effect of these Medicare liens is that victims are left with a vastly reduced set-

tlement recovery and, quite likely, nothing to compensate them for all of the pain and suffering they have endured.

**4**. Unlike No-Fault, many of the critical medical services, treatments and products that car accident victims need for their care, recovery or rehabilitation are not fully covered by Medicare. These medical services and treatments include: In-home attendant care; transportation to and from medical appointments; vehicle modifications; home modifications; case management services; residential treatment programs; long-term and custodial care; replacement services; skilled nursing facility care; long-term comprehensive rehabilitation; electric wheelchairs; occupational therapy; executive functioning therapy for post-traumatic brain injuries.

**5**. The new No-Fault law gives people on Medicare the opportunity to opt-out of No-Fault PIP medical benefits coverage altogether or to choose limited coverage levels of \$250,000 or \$500,000. These options will become available in

policies issued or renewed after July 1, 2020. Importantly, in Insurance Bulletin 2020-05-INS, issued on Feb. 10, 2020, Michigan's Insurance Commissioner stated: (1) "Medicare will pay for Medicare-covered services to enrollees who opt out of PIP medical benefits, are injured in an automobile accident, and have no other available coverage"; and (2) "The new law also allows Medicare enrollees to purchase lower than unlimited levels of PIP medical coverage: \$500,000 or \$250,000 per person per accident. If a Medicare enrollee is injured in an accident and exhausts his or her PIP medical limits, and has no other available coverage, Medicare will pay for Medicare-covered services . . ."

As important as it is to keep those points in mind, it's crucial to remember that if you have any questions about your legal rights after a car accident, don't hesitate to contact a Michigan car accident lawyer for a free consultation at Michigan Auto Law today by calling toll free (800) 777-0028.

*Steve Gursten is an attorney with Michigan Auto Law*

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## HEALTH &amp; FITNESS

# Resources for Seniors: Safe shopping, delivery during the coronavirus outbreak

**Martha Spall**

*For The Gander*

Taylor resident Marsha Johnson, 65, says the coronavirus pandemic hasn't altered her life in retirement too much.

She's at home, she says, able to eat, stay clean and with her loved ones. She's extra prayerful.

"I don't have a pantry full of paper products or water, but I think I have enough," she said.

However, Johnson, a former nurse, knows she's amongst one of the most vulnerable populations in this outbreak. Every time she mingles with the general public while shopping for supplies for her family, she risks being infected by the coronavirus.

She's not alone.

## Support for Michigan's seniors

As the coronavirus pandemic grips the nation, vulnerable Michiganders from ages 50-80 chance potentially fatal infection if they leave home and confront crowds to get basic supplies like groceries, prescriptions, toiletries, or ready-made meals from local or chain restaurants.

But there are several ways for Michigan seniors like Johnson, to sustain themselves and their families without exposing themselves to undue risk for a roll of paper towel.

Both national and local retailers and delivery services are stepping up during this outbreak to help seniors and other vulnerable populations take care of themselves safely and peacefully, whether that means providing exclusive shopping hours, non-contact delivery or more.

The Gander has gathered a list of Michigan retailers, grocers, and grocery and meal delivery services that have made special changes to normal service to support seniors during the coronavirus

outbreak.

## Senior-only shopping hours

### MEIJER

- 7 a.m. – 8 a.m. on Tuesdays and Thursdays
- Seniors and other shoppers with chronic health conditions

### KROGER

- 7 a.m. – 8 a.m. on Mondays, Wednesdays and Fridays
- Seniors, expectant mothers, first responders and those with compromised immune systems

### TARGET

- 8 a.m. – 9 a.m. on Wednesdays
- Seniors and those with underlying health concerns

### WALMART, INCLUDING PHARMACIES AND VISION CENTER

- 6 a.m. – 7 a.m. on Tuesdays
- Customers 60 and older
- Whole Foods
- 8 a.m. – 9 a.m. daily
- Customers 60 and older
- Dollar General
- 8 a.m. – 9 a.m. daily
- Seniors

### HOLLYWOOD MARKETS

- 8 a.m. – 9 a.m. Monday through Friday
- Seniors, expectant mothers and those with compromised immune systems

### NINO SALVAGGIO

- 7 a.m. – 8 a.m. daily
- Seniors, expectant mothers and those with compromised immune systems

### POLLY'S COUNTRY MARKET

- 6 a.m. – 7:30 a.m. daily
- Customers 60 and older

## Non-contact delivery services

If you have limited mobility or simply feel safer at home right now, numerous delivery services are offering non-contact transactions. You can order entire grocery hauls or just get a hot meal from your favorite local spot left right on your doorstep.

You can use these services



JACQUELYN MARTIN — THE ASSOCIATED PRESS

Groceries delivered by the nonprofit organization "We Are Family DC," sit on a welcome mat that says "hello," Saturday, March 21, in Washington. Seniors are being encouraged to stay in their homes due to the risk of the COVID-19 coronavirus.

through smartphone apps or on a desktop computer or laptop.

## Groceries

- Shipt. Requires a subscription — either \$99/year or \$14/month
- Instacart. Typically costs \$7.99 for one-hour delivery and \$5.99 for two-hour or more delivery, but the price can surge during particularly busy times. A tip is added automatically. For free two-hour delivery on orders \$35+, you can purchase a \$149 yearly membership

## Meals

- Uber Eats. Uber Eats is waiving delivery fees for more than 100,000 independent restaurants across North America during the coronavirus outbreak in an effort to support local businesses that have been limited to carry-out/delivery service during the pandemic

- DoorDash. In a spirit simi-

lar to Uber Eats', DoorDash has been offering free delivery for your first order from local restaurants while distributing supplies like hand sanitizer, gloves and wipes to delivery drivers in affected areas

- Postmates. Postmates hasn't hopped on the free delivery train quite yet, but they are offering non-contact delivery

## Other resources

You can meet your basic needs safely using the retailers and services listed above, but do you have questions about the coronavirus itself? Are you worried about your own health? Hotlines have been set up in Michigan to take your calls.

## If you have health-related questions/are seeking local resources, call:

- State of Michigan Coronavi-

rus Hotline: 888-535-6136

- Open 8 a.m. to 5 p.m. seven days a week

- For answering health-related questions about coronavirus and directing residents, providers and more to the right resources in their local communities and in other state government departments

## If you are experiencing symptoms, call:

- Beaumont Health Coronavirus Hotline: 800-592-4784
- Open 7 a.m. to 7 p.m. Monday through Friday and 10 a.m. to 6 p.m. Saturday and Sunday

- A community resource for timely, accurate information about COVID-19 symptoms and virtual screening for people who are experiencing symptoms

## If you are a Michigan Medicine patient with questions or symptoms, call:

- Michigan Medicine 24/7 COVID-19 Hotline: 734-763-6336

- Open 24/7

- For established adult Michigan Medicine patients with questions about symptoms, home management, whether medical treatment is required and what specific steps they should follow to receive care or testing

If you have general questions about coronavirus, visit:

- CDC's Coronavirus Disease 2019 Page at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)
- For the most up-to-date information about the outbreak and to get the latest answers to their Frequently Asked Questions, found at [bit.ly/CDCcovid-faq](https://bit.ly/CDCcovid-faq)

*Martha Spall is a contributing writer for The Gander, a new local news site for Michigan owned and operated by Courier Newsroom.*



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## SOCIAL &amp; WELL-BEING

# You and your sewing machine can help fight COVID-19

By Marijke Vroomen Durning  
For Next Avenue

You may have seen news reports or social media posts calling for people to sew medical masks to help protect health care professionals from contracting COVID-19.

If you've been thinking of joining the sewing brigade or organizing a mask collection effort, there are some things you should know before cutting your fabric or threading your machine.

Helping makes us feel good, but if we don't help in a way that is needed, our hard work and efforts can be for nothing.

## Who Is Asking for Homemade Masks?

People on the front lines or who directly work with COVID-19-positive patients require special masks called N95 respirators. These are firm, rounded masks that offer a higher level of protection than the standard paper or fabric surgical masks most people are familiar with. People who are at lower risk of exposure to the virus but who still need or want protection use the surgical masks.

But there's a shortage of personal protective equipment (PPE), including masks, in various parts of the country. This is why there have been appeals for homemade masks. Others asking for homemade masks are those who work at long-term care facilities or stores, as well as people who must interact with the public. And as of April 3, the CDC has made the recommendation that all individuals wear cloth masks when they go out.

"The CDC [Centers for Disease Control] has said basically if you [a health care professional] don't have anything, wear a thin bandana," said Kathryn A. Boling, a family physician with Mercy Medical Center in Baltimore. "So for people in areas where they have shortages to the point where they're considering wearing a bandana, a hand-sewn mask that fits a little bit more snugly would be a godsend to them."

For health care providers who must wear an N95, which really should only be used once, a home-sewn mask can be used over the top of the N95 and then taken home and washed. This allows the N95 respirator to be used for an extended period.

Boling emphasized, however, that these masks are only a stop-gap measure until proper supplies arrive. "At that point, no one will need the homemade masks because they just aren't going to protect you as well as those that are specifically made to protect you," she noted.

## Following Guidelines From Experts

Regardless of where the masks are to be used, it's important to verify what type of mask the receiving facility or organization needs. There are many patterns available online, but not all are appropriate or even comfortable to use.

Some patterns call for using hair elastics as earpieces, but these may be too tight for some people. Other patterns suggest inserting vacuum bag filters between the fabric, which could be bulky and uncomfortable.

"If [the masks] are not comfortable, people aren't going to wear them," said Mary Beth West, a public health nurse in Nashville. "And you put all this effort into something, and then we can't use it."

West started collecting masks for her colleagues when she heard about the shortages from friends across the country. "If people aren't sure about a pattern, I encourage them to go to a medical website for a tutorial, like this one from Vanderbilt Medical Center. I know they have a pattern and a lot of other ones do," said West. "Don't go to Pinterest. Go to the medical websites and read what they are specifically asking for."

## Sewing Masks Gives Us a Feeling of Helping Out

Quilting guilds often participate in community projects, and



PHOTO COURTESY OF MASKS FOR MICHIGAN

Among the people answering the call for face masks is Moe Lietz, who organized a group of 60 seamstresses on Facebook to make homemade masks for hospital workers.

the call for masks has spread quickly among them.

Jane Laughlin Sweeney, a small business owner in Seabrook, Texas, is a member of the Lakeview Quilters Guild, which responded to a personal request for masks for their local hospital. A former member of the guild works in the women and baby unit there, but the hospital didn't have any masks for its workers in that department since they aren't considered high risk.

The pattern the quilters received uses two layers of tightly woven cotton with a pocket so staff can insert their hospital masks inside. This would allow them to reuse the hospital mask and launder the sewn one.

"It's just snowballed since then," Laughlin Sweeney said. "Adolescent homes and nursing homes have asked for masks."

SEWING » PAGE 18

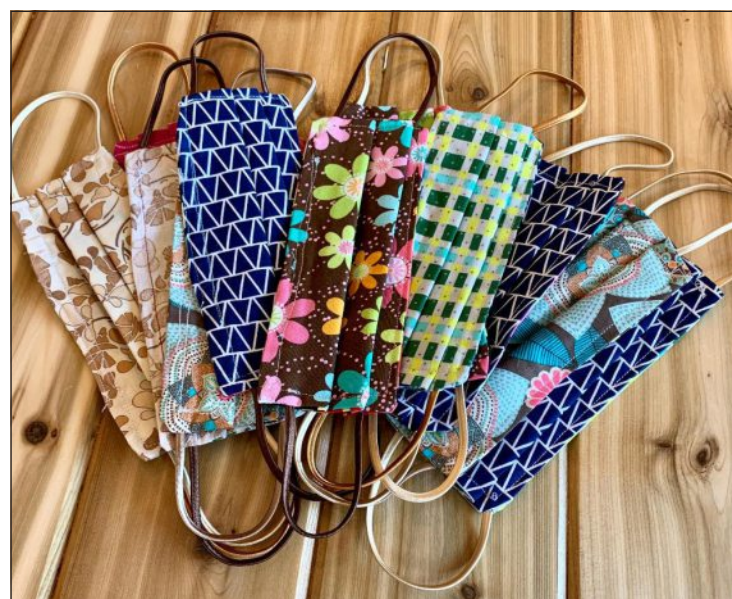


PHOTO COURTESY OF THE CLAWSON MAKERS MARKET

A sampling of the surgical masks that were sewn by members of the Clawson Makers Market to donate to hospitals.





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## SOCIAL &amp; WELL-BEING

# Granddaughters aspire to collect 100 cards for grandmother's 100th birthday



PHOTO COURTESY OF THE HARRIS FAMILY

Ilene Harris (From top left), Nancy Harris, Pat Harris-Linton, Whitney Harris-Linton. Marcia Harris (From bottom left), Gaviella HLZacks, Megan HLZacks, Jonathan HLZacks.

## Family gets creative to celebrate amid coronavirus social distancing

**By Debra Kaszubski**  
For MediaNews Group

Whitney Harris-Linton isn't going to let anything stand in the way of celebrating her grandmother's 100th birthday on April 8. Although she knows it's not possible for her and her extended family to visit due to the COVID-19 pandemic, Harris-Linton marked Harris's special day creatively.

"We are trying to get people to send at least 100 cards to her because none of us can be there," said Harris-Linton, who lives in New York City. "Within a few hours of posting this on Facebook, I had at least 45-50 people reach out saying that they were going to send her a card."

People who haven't spoken to Harris or her family for decades are reaching out, and along with cards, Harris-Linton has received photos and handmade drawings from children. "I got tears in my eyes because it's so hard for me that we are not able to see her. The fact that other people understood this and empathized with our situation and did something for our grandmother is heartwarming" said Megan HLZacks, Harris-Linton's sister.

Harris was looking forward to her party, which was set to take place at Rocky's of Northville and included guests from all over the country, including her daughter from Colorado and her 100-year-old childhood friend. A huge fan of Baskin Robbins ice

cream, she was going to serve frosty favorites at the party as well. She was also set to get her nails and hair done for the party, outings she regularly enjoyed.

"If things are back to normal, my aunt floated the idea of having the party in July, but it's just so hard to tell when things will be safe again, especially for a 100-year-old," HLZacks said. "So we wanted to make sure we had some way of marking the day of her birthday."

Along with organizing the greeting card drive, the sisters have been busy converting old film footage to digital and going through photographs.

Harris was born in Chicago and moved to Detroit when she was two years old. She graduated from Detroit Central High School in 1937 and later attended the University of Michigan. She earned a bachelor's degree in education and later taught at various elementary schools in metro Detroit. She was very proud to have earned a college degree at a time when few women went to college, Harris-Linton said.

She married William Harris in 1943 and moved to New Orleans, where he was stationed during the war. They had three daughters, Pat, Ilene, and Nancy.

She taught school in Louisiana for a short time before deciding to help her husband run his business, Ohio Paper Company in Detroit. William died young and Harris was left to man-



age the business (renamed Harris Distributing) on her own. One of the business's ongoing projects was handling the United Auto Workers union elections.

"She was one of the first people I know that had a car phone," HLZacks said. "After my grandfather died, she took over the business and she would have to be there at 4 a.m. to open the building to get the elections set up. She knew it probably wasn't safe for a single lady to be there at that hour alone, so she had the phone to make her feel safe."

A hands-on grandmother, Harris managed to work and stay involved during her two granddaughters' young lives. She paid for the girls to help with election ballots, stayed up late to help with homework, and took them on what Harris-Linton called educational vacations to California, Canada, and local places such as the Cranbrook Institute of Science.



PHOTO COURTESY OF THE HARRIS FAMILY

Marcia Harris graduated from the University of Michigan in 1941.

"We weren't beach people. We traveled the world to learn," Harris-Linton said.

An adventurer at heart, Harris loved to travel. She visited 67 countries throughout her lifetime,

including several off-the-beaten-path locations, such as Africa and China. "She had a best friend and they would travel together," Harris-Linton said.

She remained close with



PHOTO COURTESY OF MARCIA HARRIS

Dozens of people have already sent cards to West Bloomfield resident Marcia Harris to help her celebrate her 100th birthday on April 8.

her family as her granddaughters grew. She traveled to New York City at age 93 to attend HLZacks' wedding and had embraced technology as a tool to stay in touch. Recently she used FaceTime to watch her great-granddaughter, Gave HLZacks, a toddler, take a bath. After, she read her a story and sang the bedtime song.

Harris still lives independently in her West Bloomfield home. She has beaten the odds throughout her long life, having survived heart valve replacement surgery at age 80, and more recently, a bout with pneumonia.

"She's my role model and my best friend. I tell everyone I aspire to be just like her. She has definitely given

me the travel bug. She is an amazing woman that has done so much in her lifetime for the period she grew up in," Harris-Linton said.

*For more information on how to send Harris a birthday card for her 100th birthday, email Harris-Linton at [w.harrislinton@gmail.com](mailto:w.harrislinton@gmail.com).*

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## Sewing

FROM PAGE 14

They know the masks don't offer one hundred percent protection, but they do make the residents feel a little better, and it will protect them to some degree."

Laura Laing, a writer in Baltimore, began sewing masks for her community because she felt helpless.

"Several hospitals in my area, including Johns Hopkins, are collecting homemade masks. I'm not certain what they're being used for, but they have asked for the masks," she said. "I like to sew, and I need to feel like I'm doing something. I know that my little masks are not adequate protection. But if they can be used in some settings, freeing up N95 masks for really critical situations, then I've done something worthwhile."

### Other Needs That Can Be Sewn

Masks aren't the only thing medical professionals need during the pandemic. Some facilities are asking people who sew to make gowns to be worn over clothing; others are asking for surgical caps and cotton drawstring bags. At the end of their shift, nurses and others can strip off their uniforms and place them directly into the bag — all to be thrown into the wash separate from other laundry.



PHOTO BY TONI L. SANDYS — WASHINGTON POST

If you've been thinking of joining the sewing brigade or organizing a mask collection effort, there are some things you should know before cutting your fabric or threading your machine.

Some nurses have also asked for headbands with a large button sewn on each side at ear height. They can then put the mask-ear elastics around the buttons instead behind of their ears, which are starting to get raw and sore from wearing the masks for such long periods.

### If You Want to Help

Here are some tips if you want to use your sewing or organizational skills to help out during the COVID-19 pandemic:

- If you get an appeal to make masks, make sure the facility named in the appeal really wants/needs them

- Check to see if the facility has other needs, like the gowns or headbands

- Use a recommended pattern and requested materials. This is particularly important because not all fabrics are equal. If the facility doesn't have a recommended

pattern, search for patterns that other facilities are using

- If you're organizing the drive, find out the best place for a drop off. In some communities, it may be the local fire hall or police station; in others, it may be the hospital itself

- If you try the items on yourself to check for fit, wash them before donating

- Check to see if your local fabric stores are offering fabric and elastic for making masks. They may have discounts or donations

The late Fred Rogers famously said his mother told him to watch for the helpers when something bad happened. Helpers can be anyone. They can be they first responders, firefighters, doctors or nurses, but they can also be grocery store cashiers, truck drivers and even volunteers who want to sew masks for those who need them.



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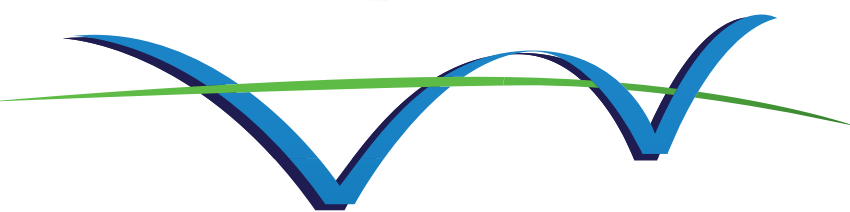
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## TECHNOLOGY

# Virtual connections have never been more popular

By Michelle V. Rafter  
For Next Avenue

Rich and Kirsten Meneghello and their daughter Lucy have dinner with Rich's mom Margaret "Marge" Meneghello, 75, every Sunday, trading off between gathering at their house in southwest Portland, Ore., and Marge's apartment a few miles away.

But they've been hunkered down in their respective residences since mid-March because of the COVID-19 pandemic. So, they had to figure out a different way to commune. Now they have a standing Zoom call every night at 7 p.m.; Zoom is a popular videoconferencing service.

Some nights they talk for a few minutes. Other nights they dial into Zoom to play Yahtzee, using separate sets of dice and adjusting their laptops so the built-in webcams show what they rolled.

"I've been using Zoom for work for a while, so for me it was a natural suggestion," Kirsten Meneghello said. "It's been lovely. Video is so much more valuable than the phone. You can see the person's energy and mood."

As people practice physical distancing in the wake of the pandemic, connecting virtually has become the next best thing to being there for staying in touch with older family members, whether they're a few miles away or across the country.

Video-calling services, connected tablets, smart-home assistants and other online devices have become lifelines for older people whose regular routines have been disrupted and for whom social isolation can lead to physical and mental health problems.

"The virus has been a way to prove that connecting virtually can decrease social isolation," said Liz

Hamburg, founder of Candoo Tech, a company that provides tech support to older adults. "It has been a testing ground to prove that this can be done."

## Activating the 'Granny Cam'

Some families were connected long before the outbreak, of course. Last year, Marian Dolan was stuck in the Philippines for a month after her mom was hospitalized unexpectedly while the two women were there to visit family. Her mom, Luz Reyes, 81, recovered, but needs kidney dialysis three times a week.

Dolan set up in her parents' house in San Francisco a connected video camera she got at Costco for \$69 that she calls "the granny cam" — to keep an electronic eye on them from her own home in Portland, 600 miles away. A mobile app connected to the device streams real-time video to Dolan's phone.

Since the outbreak, she checks in on her mom and dad, Vicente Reyes, 83, every day. "Sometimes in the middle of the night, I look at it to make sure they're okay," Dolan said.

The camera's audio channel lets her pop in to talk instead of calling on the phone, which her folks find more intrusive. "When I call, they want to get off the phone because they're in the middle of a Filipino soap opera," Dolan said.

When Brett and Elizabeth Vowles moved his 86-year-old mother into an assisted living apartment in the Seattle area last year, Brett set her up with an Amazon smart-home device with a small screen and an Alexa digital assistant so they could make video calls.

The virus outbreak has hit Seattle especially hard —



PHOTO COURTESY OF LUCY MENEGHELLO

Rich and Kirsten Meneghello on a Zoom call with Rich's mom, Margaret "Marge" Meneghello.

2,580 cases and 132 deaths as of March 25 — and people have been sheltering in place there longer than almost anywhere else in the country. "It's [the video calling] been a lifesaver on both ends through this quarantine," Elizabeth Vowles said. "She loves being able to see us and interact with us."

## Getting Tech Support

Other families saw the coronavirus outbreak as a sign to get connected. Hamburg deals with a lot of them. Candoo Tech, which is New York-based, teaches older adults how to use smartphones, tablets, computers and safety devices such as fall detection devices and home sensors. It also provides subscription-based in-person and remote tech support.

Normally, the two-year-old company's concierges make house calls across the tri-state area. That stopped in mid-March because of the outbreak. Since then, Candoo Tech ramped up on-line support for people who

need help and created free online tutorials for FaceTime and Zoom and online shopping apps for using Amazon and Seamless.

The company is fielding a lot of calls from people who now need help getting tech things set up. One woman wanted assistance learning WhatsApp, the Facebook-owned messaging service, so she could use it to talk to a son living in Europe.

Candoo also assists its partner organizations helping their members stay connected. One is a New York City synagogue that switched all its in-person adult classes to online learning. "One of our last in-person sessions was at one of their classes to teach them how to get on Zoom," Hamburg said.

## Stumbling Blocks

Despite the best intentions, however, this kind of technology doesn't always cooperate, as I can attest from personal experience.

Close to 20 family members dialed into a Zoom

party I hosted for my dad's 84th birthday on a recent Saturday night. One of my siblings gave my father and mother a quick lesson before the big day. My parents used the assigned link and access code to call in at the appointed time. But a bad Wi-Fi connection in their condo made it hard for other partygoers to see or hear them.

And establishing a solid virtual connection isn't always about the technology. Some older adults need a little coaxing — not because they're technophobes, a tired stereotype.

Carri Bugbee bought a tablet as a birthday present for her mom Connie, who turned 75 on March 22 and lives in Eugene, Ore., a two-hour drive from her daughter's home in Portland. But her mom is not convinced she needs a tablet. "She wasn't happy because she doesn't like people buying her things," Carri Bugbee said.

Connie Bugbee lives alone, doesn't have a com-

puter and cut the cord on cable TV after retiring last year. Because of the state's shelter-in-place order, she can't see her significant other. She thinks she should be able to get by with a phone, but Carri Bugbee thought it would be easier for her mother to video-chat, read e-books and watch her favorite British murder mysteries on something bigger than a smartphone screen.

So, Carri bought a Samsung tablet, added it to her own T-Mobile account and spent hours downloading apps and setting up accounts in her mother's name. Then she mailed her the device. Despite the initial misgivings, by the second day, Connie had downloaded a few more apps. "She seems more interested and receptive," Carri said. "I've realized I have to break her in slowly."

## Now Adept at Zoom

When Oregon's shelter-in-place order took effect, it curtailed an active social life for Marge Meneghello revolving around church, volunteering at a local library and after-school program, as well as seeing friends and family. With church services and volunteering now canceled, family get-togethers have become more important than ever.

Thanks to the nightly calls, Meneghello has become so adept at Zoom, she uses it to chat with church friends, Kirsten Meneghello said.

The stay-home order canceled an early April trip to Alabama that Marge had planned to see a sister whose husband died recently (not of the virus) and another sister who lives there.

Instead, the three sisters connected — how else? — through Zoom.



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## SOCIAL &amp; WELL-BEING

# Local man shares his experience taking 'bucket list' trip ahead of coronavirus chaos

Troy resident Dean Potter, 56, has dreamed of visiting the Galapagos Islands since he was a child. At just 11 years old, he watched a Jacques Cousteau documentary about the elusive and seemingly magical place, and it was then that he vowed to himself to travel there some day.

Forty-four years later, Potter was able to bring that dream to fruition. But what he didn't count on was a novel coronavirus quietly taking hold across the globe and at home around the same time as his bucket list vacation. Potter shared his story about the strange juxtaposition of taking a trip of a lifetime and returning home to a global crisis:

I left Detroit Metropolitan Airport on Feb. 28. My 19-year old daughter Kaitlyn and my 79-year-old father-in-law Leo Voet accompany me. Ecuador was only 4,200 miles away. As the Boeing 757 roared its way to the clouds so did my spirits. Kaitlyn was so excited for the trip she had her nails done. Although that may sound typical for a teenage girl, the color she picked was anything but typical — she chose a shade of blue to match the Blue-Footed Booby she was hoping to see.

We landed in Quito late at night. I quickly noticed many people wore masks and some donned both masks and gloves. We met our guide and drove to our hotel, the Casa Gangotena located in the heart of "Old Town" Quito. The hotel was a privately-owned mansion. It was converted to a boutique hotel and only has 44 rooms. It is



PHOTOS COURTESY OF DEAN POTTER

56-year-old Troy resident Dean Potter recently took a trip of a lifetime to the Galapagos Islands, along with his 19-year-old daughter Kaitlyn and 79-year-old father-in-law Leo Voet.

nestled in the southwest corner of the San Francisco Plaza and has great views of the mountainsides, the plaza itself and a magnificent 16th century Roman Catholic Church. The next day we toured the area with stops at a beautiful cathedral and local chocolate shop. The next morning, we were back at the airport to fly to Baltra Island. Baltra is located in the center of the Galapagos archipelago. We landed after the 45-minute flight and then had a short bus ride to a ferry. The ferry carried us across the Itabaca Channel to Santa Cruz Island. We then were taken by charter bus to the Santa Cruz Highlands to observe giant tortoises in their natural environment.

Our guide Sabina Estu-

pinan would get just as excited when we got close to a tortoise. She offered a wealth of knowledge telling us what they eat, how to tell their ages, etc. The highlands we visited were home to more than 3,000 of these living dinosaurs. Some of them were more than 200 years old!

As we wrapped up our time with the tortoises, we were off to the port of Ayora to board our ship, the La Pinta, to continue our journey to the other islands. The La Pinta is a 209-foot-long yacht that is impeccably appointed. The ship has 24 rooms and can accommodate 48 guests quite comfortably. We were delighted to learn during our welcome aboard event there were only 10 other guests. We practically had the ves-

sel to ourselves. We sailed through the night to reach Eden Islet.

After a delicious breakfast we boarded a "Panga" or zodiac craft to explore the coastline. We saw white-tipped sharks, pelicans, blue herons and some large marine iguanas. My dream was coming true. Seeing these creatures up-close was amazing. The iguanas were incredible. They huddled closely together for warmth. Their black bodies blending extremely well with the black lava rock they rested on. They were not alarmed by our presence or the waves that occasionally crashed against their bodies. Their faces were, however, almost intimidating. They have a menacing mug that has not changed for



Swimming with penguins and sea lions was a trip highlight for Potter.

thousands of years. Their backs were covered with spines that made them look like a cross between a dragon and Godzilla. We also got very close to the blue-footed booby. They have steely blue eyes and bright blue feet. They nest on the ground and mark their nest in a circle of their own feces. It doesn't sound or look pleasant but both the male and female are dedicated parents. Our first coastal excursion lasted nearly two hours. We were soon back on board and preparing for lunch. A safety briefing followed our meal which then led to our deep-water snorkeling. We boarded the pangas again and as we got closer to the island, we donned our masks and fins and went over the sides to explore the crystal-clear waters. As I put my mask down in the water a whole new world opened before my eyes. The reefs were teaming with colorful fish of all shapes and sizes. As I continued kicking slowly, I

was startled by a large Leopard Ray that had just brushed my shoulder. I remember thinking: "How cool was that!" I was soon swimming with Triggerfish, King Angelfish, Blue Parrot fish and Hogfish. I even briefly swam along with two 4-foot White-tipped sharks. The sharks quickly disappeared in the deeper water. Both the starfish and sea urchins were so numerous I lost count. Our first Galapagos snorkel lasted more than an hour. Both my daughter and I didn't want to get out of the water.

Our itinerary continued as we visited the rest of the Northern Galapagos Islands including Chinese Hat Islet, Bartolome Island, Santiago Island and Genovesa. We would do a coastal exploration and snorkel at each stop. The trip was well beyond my expectations. Getting an arm's length away to so many animals and birds was breathtaking. Seeing a male Frigate bird two feet away was stunning. An-





PHOTOS COURTESY OF DEAN POTTER

The blue-footed booby was among the many species Dean Potter was able to see on his bucket list trip to the Galapagos Islands.

other highlight had to be swimming with sea lions and penguins. Both animals are amazingly graceful in the water. They are also incredibly fast!

We reached the end of our Galapagos cruise. We ended up seeing 11 out of the BIG15 iconic species, including all three types of boobies of the archipelago: red-footed, blue-footed and Nazca; marine and Galapagos iguanas, great and magnificent frigate birds, Galapagos giant tortoises and Galapagos sea lions!

My daughter's spring break had ended, and she needed to fly back and resume her studies at the University of Michigan. My father-in-law and I would continue our trip and fly to Peru to go to Machu Picchu. We spent the next four days touring Lima, Cusco and Machu Picchu.

As a former member of television news (CNN) I would make it a habit to ignore the news while on vacation. I don't watch television and I don't read the newspapers. However, as our Peru trip went on it was getting harder to ignore the news reports. Every time we returned to

our hotel after sight-seeing, the televisions were on and the COVID-19 reports were getting grimmer. I called my wife via satellite phone and she told me people were in a panic at home. More and more people were getting sick. Store shelves were being emptied. We also learned things were getting worse in Italy and President Trump had shut down travel to Europe.

We were starting to get concerned. It seems the euphoria of my bucket list trip was quickly fading. When we first arrived in Lima and Cusco very few people were wearing masks. In just a matter of days people's attire was changing. More and more people were wearing masks. Some used scarves or bandanas to cover their mouth and faces. As we readied to leave Cusco it seemed the only people walking around were the tourists. After arriving in Lima, we checked in for our flight home. As we got a bite to eat and drinks we talked to several fellow Americans and learned many of them were cutting



their trip short because of the global epidemic. A couple from New York decided to come home four days earlier than planned. Another couple from Texas said they cut their trip by a week because they feared they might get trapped in Peru.

Our flight from Lima to Atlanta departed at 12:30 a.m. on Friday March 13. We touched down in Detroit late Friday afternoon. Two days later the Peruvian government closed their borders. We were glad to be home.

Because of the remote nature of the Galapagos, much of the wildlife found on the islands never developed a fear of humans.



During a visit to the Santa Cruz Highlands, Potter and his family were able to view massive tortoises. The highlands are home to more than 3,000 tortoises, some of them more than 200 years old.



Potter has dreamed of visiting the Galapagos Islands ever since he was 11 years old, when he watched a Jacques Cousteau documentary about the region.



During his journey to the Galapagos, Potter ended up seeing 11 out of the BIG15 iconic species of the islands.



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## CAREER &amp; EDUCATION

# Helpful tips to stay productive while working from home

By **Joey Yashinsky**

For *MediaNews Group*

With the recent outbreak of COVID-19 across the country, many American workers lucky enough to remain employed through all the chaos are trying their hand at working remotely from home — some for the first time ever.

But while the idea of spending the day in pajamas may seem like paradise to some, staying productive at home can pose quite the challenge, especially at a time of such uncertainty and high anxiety.

Here are some valuable tips to maintain a high level of output while working from home:

- Take a shower. Comb your hair. Put on appropriate work attire. These small tasks that begin each regular workday should be done just the same with a work-from-home situation. It gives the day a sense of normalcy and puts you in a good mental place to attack that morning's tasks.

- Sleep is key. Working from the confines of your own home can be looked at as a break from the office, but do not mistake

it for a vacation. Watching movies until the wee hours and hitting the sack at 3 a.m. feels like a great idea on Tuesday, but now Wednesday becomes a nightmare. Without a commute the following morning, going to bed a few minutes later than usual is understandable. But especially for night owls, it may be helpful to set a regular bedtime to avoid getting carried away watching the nightly news or too many episodes of your favorite TV show.

- Minimize distractions. It can be tempting to flip on the television at the beginning of the day and let it linger in the background while you work. But in most workplaces, there isn't a TV at your disposal, so don't add that to your list of distractions at home.

- Claim a workspace. Without a proper workspace at home in can be difficult to stay focused on work tasks and avoid distraction from pets, family members or daily household chores. It's best to find a closed off space with a door to separate you from such distractions during work hours, but if you don't have an entire room to dedicate to a home office, an organized, design-

nated workspace can go a long way in creating a more work-friendly environment.

- Give the day structure and routine. Give yourself a short break at the same time each morning. When 12:30 p.m. hits, let that be the lunch bell. When your home workdays follow a similar timeline to that of being at the office, you should also see a comparable level of production.

- Avoid the playground that is the Internet. Part of what keeps us on task at the office is the knowledge that our boss could wander over at any moment. Live with that same fear at home. Scrolling social media or video chatting with friends and family can be especially tempting at a time when social interaction is under such extreme restrictions, but it's best to save those activities for the end of your workday to help stay on track.

This unpredictable period of time in our country feels scary with so many unknowns both today and in the coming months. Controlling things such as your attire, schedule and work habits can go a long way towards keeping your job status as secure as possible during a period when



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Staying productive at home can pose quite the challenge, especially at a time of such uncertainty and high anxiety.

so many are being furloughed or laid off completely.

Those daily Zoom calls might allow your co-workers to only see you from the neck up, but pretend that is not the case.

Put on a pair of pants. Do the same thing tomorrow.

Soon, this strange reality might start to feel just a little bit more normal.

## ATTENTION

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

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**Attn: Dawn Emke**  
**19176 Hall Road, Suite 200**  
**Clinton Twp, MI 48038**

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



## CALENDAR OF ACTIVITIES, EVENTS AND TRIPS

**Editor's Note:** With the cancellations of community events due to COVID-19, The Vitality calendar listings will begin with events happening May 1. The ongoing monthly events will also be listed. Before attending an event, contact the organizer to find out if it has been cancelled.

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

### MAY

**May 1-5:** Join Travel with Nance for \$635. 4 nites DC area, 2 days guided tours of DC including the WWII Memorial, Capitol Hill, Monuments, Smithsonian, the New Museum of the Bible & 1 evening tour. Mount Vernon Estate and Gardens. Tram tour of Arlington National Cemetery. 4 breakfasts & 4 dinners. Call 313-535-2921.

**May 7:** Day Trip to Saganing & Soaring Casinos. Game

time at both casinos. Receive up to \$60 in casino money, food. \$49 per-person. Call Connie at 586-770-5899

**May 13:** Cornwell's Turkeyville & Marshall. Join Travel with Nance for \$85. Live matinee, comedy performance of 'Right Bed Wrong Husband' with Turkey Buffet Lunch, time at Gift Shop, Bakery, Deli & Fudge Shop. Narrated tour of Marshall (drive-by), Honolulu House, National Inn, Governor's Mansion & Capitol Hill School House. Call 313-535-2921.

**May 17:** Day trip to Fire-keeper's. Receive at least \$25 in casino money, food. Seafood, prime rib buffet. \$35 per-person. Call Connie at 586-770-5899.

**May 18-22:** Niagara Falls & Toronto, Canada. Join Travel with Nance for \$520. 4 nites hotel in Niagara Falls area. Guided tour of the

Falls, Hornblower Niagara Cruise, tour of Niagara-on-the-Lake, Queen Victoria Park, Floral Clock, Welland Shipping Canal. Guided tour of Toronto, visit Casa Loma. 4 breakfasts & 4 dinners. Call 313-535-2921.

**May 24-26:** Mountaineer West Virginia. 2 night stay at beautiful Mountaineer Hotel & Casino with stops at Hollywood, Toledo & the Wheeling casinos. Receive at least \$105 casino money, food. Horse racetrack & indoor pool. \$199 per-person. Call Connie at 586-770-5899.

**May 26:** Day trip to Gun Lake Casino Tuesday, May 26. Boarding at 8:30 a.m. leaving at 9 a.m. from 41761 Garfield, Clinton Twp. Departing casino at 4 p.m. Package includes \$10 freeplay, \$5 food cpn. Cost is \$45. Text or call leave message Holly Kengel at 586-630-6204 or email

hollykengel@yahoo.com.

**May 28:** Originally scheduled for March 19, this trip has been rescheduled to May 28 due to the coronavirus. Do you like mystery trips? Are you a history buff? Does the World War II era interest you? If you answered yes to one or more of these questions, then you will probably enjoy this trip. First, we'll take part in an interactive presentation on two figures from the World War II era. Afterwards, we'll enjoy lunch, followed by a question-and-answer session. Cost is \$52. Trip departs at 9:30 a.m. and returns at approximately 2:45 p.m. This trip is offered by L'Anse Creuse. L'Anse Creuse is not currently taking trip registrations due to the coronavirus. Please check our website from time to time for updates. When registrations do resume, you may register in-person

by going to the Community Education Office, 24076 F. V. Pankow Blvd., Clinton Twp. MI 48036 or by going online <http://commed.lc-ps.org>

### JUNE

**June 17:** "Fancy", a rags-to-riches country musical at Meadow Brook Theatre, was inspired by Reba McEntire's hit recording of the song "Fancy." The plot revolves around a poor young girl who is turned out of her mother's house with nothing but her guitar and the clothes on her back. Eventually, she rises to superstardom in the world of country music. The play features a score of chart-topping, crossover hits including "Mama, He's Crazy," "Before He Cheats", "I walk the Line", and many more. Before the show, we'll enjoy lunch at Downtown Rochester's Kruse & Muer restaurant. Make entrée choice at time

of registration: Raspberry Chicken Salad, Baltimore Crabmelt, Pasta Primavera, or Parmesan Encrusted Flounder. Also choose between Charley's Chowder or Coleslaw. All include Home-Baked Bread and Beverage. What's for dessert? A small Hot Fudge Sundae. This trip is being offered by L'Anse Creuse. Cost is \$83. You may register in-person by going to the Community Education Office, 24076 F. V. Pankow Blvd., Clinton Twp. MI 48036, or by going online <http://commed.lc-ps.org>

**June 22:** 62nd Annual Detroit Ford Fireworks, Windsor-June 22. Join Travel with Nance for \$113. Private room for the day and evening in St. Clair College for the Arts on Riverside Drive. Family style chicken dinner with dessert, beverage, 2 drink tickets (private

CALENDAR » PAGE 28

# B

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May 19 - Mystery Trip - \$65

May 22 - Bingo Mania in Sarnia - \$45

May 29 - Indian Village Mansion - \$78

June 4 - BAY CITY AND PINCONNING - \$85

June 6 - Military Dogs: Burial of Heroes - \$68

JUNE 7 - BOATTOUR OF FRENCH D' TROIT: On the Detroit River, REGISTRATION DEADLINE APRIL 30, 2020. \$75

June 9-13 - 2020 - Mackinac Island and Sault Sainte Marie \$585/pp/DbI occupancy

June 9 - Blues Brothers-Barvarian Inn - \$99

June 14 - Firekeepers - \$35pp

June 16 - FOODIE TOUR limit 35: \$48

JUNE 22, 2020 FIREWORKS GALORE - SOLD OUT  
RESCHEDULED June 24 Kiss Me I'm Russian \$68

June 27 - HOT AIR BALLOONS GALORE - \$75

June 30 - Wineries and Hills of Ohio - \$90

July 3 - Turkeyville-Recipe for Murder - \$\$\$ due May 15. \$88

July 8 - Best Private Garden Walks, Patios and Landscapes  
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July 10 - Lavender Festival - \$65

July 20 - Lansing Home and Garden Tour Lansing 4th  
Annual "Old Town in Bloom and Beyond - \$78

July 28 - Million Dollar Homes Estate Sale - \$45

August 3 - Put 'N Bay - \$114

August 27 - Arts, Amish, Adventure - \$85

Sept 19 - 27 - Gardens of the Gods \$975 DBL Occupancy

October 2-11, 2020 - Pharaohs of Egypt- \$3,499

Have until June 23 to register.

Dec. 2 - A BARRY "MERRY" CHRISTMAS-BARVARIAN INN- \$70

December 31, 2020 - Firekeepers-- Join us and get \$40  
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## Calendar

FROM PAGE 27

bar in-room for alcoholic and soft drinks). First floor includes reserved seating outside for fireworks. Call 313-535-2921.

**June 25-July 1:** MHL presents a trip to New York City. Seven nights, six days for only \$825 per person double occupancy. A tour of Manhattan, Central Park, Rockefeller Center Center, Times Square, the 911 Museum and Memorial and so much more. A visit to the Statue of Liberty on Liberty Island and onto to Ellis Island. A dinner party with live entertainment on one of our evenings in New York City. For more information regarding this trip or any other trips, call Mary Ann at 586-530-6936.

### July

**July 23:** The day begins with a visit to the Detroit Institute of Arts (DIA)

to tour the DIA's special exhibit—"Van Gogh in America". The exhibit will feature approximately 65 of the artist's works from museums around the world. The word is that this will be an exhibit not to be missed. Everyone will be issued a hand-held listening device while touring the exhibit. There should be some time to visit the gift shop after the tour. Next is lunch at the Rattlesnake Club, a favorite of our travelers. After lunch we'll head toward the beautiful Cullen Plaza & Pavilion to board the Diamond Queen for a narrated two-hour cruise on the sparkling blue waters of the Detroit River. Some of the sights we will see while cruising are the Detroit Yacht Club, Belle Isle Bridge, Detroit Boat Club, Dodge Fountain, Ambassador Bridge, Manooagian Mansion, Fort Wayne, and Peche Island. Make entrée choice at time of registration: Roasted Organic Chicken Breast or Pan Roasted Wild Alaskan King Salmon. Cost

is \$84. This trip is being offered by L'Anse Creuse. Trip departs at 10 a.m.; returns at approximately 6:00 p.m. You may register in-person by going to the Community Education Office, 24076 F. V. Pankow Blvd., Clinton Twp. MI 48036, or by going online <http://commed.ic-ps.org>

**July 25-31:** Montreal, Quebec City & Ottawa, Canada. Join Travel with Nance for \$829. 4 nites hotel in Montreal area, 1 in Ottawa area & 1 enroute on return. Guided tour of Montreal, Quebec City & Ottawa. Visit Notre Dame Basilica, Montreal's Underground City & Ottawa's Parliament Hill. Narrated cruise on the Saint Lawrence River. Admission to the Montreal Tower. 6 breakfast & 5 dinners. Call 313-535-2921.

### AUGUST

**Aug. 19:** Cornwell's Turkeyville & Marshall - Aug 19. Join Travel with Nance for \$85. Live matinee, musical performance of 'Honky Tonk

Angels' with turkey buffet lunch, time at gift shop, bakery, deli & fudge shop. Narrated Tour of Marshall: drive-by Honolulu House, National Inn, Governor's Mansion & Capitol Hill School House. Call 313-535-2921.

### SEPTEMBER

**Sept. or Oct.:** Originally scheduled for May 14, this trip has been rescheduled for a date in either September or October due to the coronaVirus. The exact date has not yet been determined. However, it's a trip you won't want to miss. It's an opportunity to tour the Junior League of Detroit's (JLD) 2020 Designers' Show House. This year's Show House is the Bingley Fales House, located in Detroit's historic Indian Village.

Designed and built in 1907 by Crittenden & Kottling, the 15,000 square-foot Bingley Fales House is the largest house in Indian Village, and sits on two acres of land with formal gardens, a fountain, and a Pewabic tile-lined reflecting pool.

This classic Georgian home boasts 10 bedrooms, five full baths, two half baths, and multiple fireplaces.

The Bagley Fales House is recognized in "The American Institute of Architects Guide to Detroit Architecture."

After the tour, we'll enjoy lunch (catered by Grosse Pointe's City Kitchen) in the JLD's Show House Café. After lunch there will be time to stroll the mansion's grounds and do some shopping in the JLD's new MarketPlace. Make entrée selection at time of registration: Maurice Salad, Blackened Salmon Caesar Wedge, Fattoush Salad, Grilled Veggie Wrap, Grilled Chicken Wrap or Turkey BLT Wrap. PLEASE NOTE: The Bingley Fales House is NOT handicapped accessible. This trip is being offered by L'Anse Creuse. Cost is \$77. Departure and return times are yet to be determined. Currently, because of the coronavirus, L'Anse Creuse is not taking registrations



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**62<sup>nd</sup> Annual Detroit Ford Fireworks, Windsor - June 22 - \$113.** Private room for the day and evening in St. Clair College for the Arts on Riverside Drive. Dinner, drinks, reserved seats.

**Montreal, Quebec City & Ottawa, Canada - July 25-31, \$829.** 4 nites hotel in Montreal area, 1 in Ottawa area & 1 enroute on return. Guided tour of Montreal, Quebec City & Ottawa. Visit Notre Dame Basilica, Underground City, Parliament Hill & Montreal Tower. Narrated cruise on St. Lawrence River. 6 brkfs & 5 dinners.

**Cornwell, Turkeyville Dinner Theatre & Marshall - Aug 19, \$85.** "Honky Tonk Angels". Musical, matinee with turkey buffet lunch. Gift Shop & Bakery. Narrated Tour of Marshall.

**63<sup>rd</sup> Annual Labor Day Bridge Walk - Sept 5-7, \$335.** 2 nites in St. Ignace in the U.P. Round-trip ferry to Mackinac Island, 2 breakfasts, shopping time in Mackinaw City. Bridge Walk optional.

**Uncle John's Cider Mill, Sept 19, \$68.** 39<sup>th</sup> Annual Arts & Crafts Fair, Live Music and a free glass of cider and a donut. Buffet Lunch at Historic Coral Gables Restaurant in Lansing.

**Mt. Rushmore, Sept 12-20, \$949.** 4 nites in South Dakota, 2 nites enroute each way. See Mount Rushmore Memorial, Badlands, Custer State Park, Crazy Horse Memorial, Deadwood, Journey Museum, High Plains Western Museum, Corn Palace & Wall Drug. 8 breakfasts & 6 dinners.

**Cape Cod-Boston-Salem-Gloucester, MA, Oct 4-10, \$979.** 4 nites Commodore In on Cape Cod. Dune buggy tour of Provincetown area. Cape Cod National Seashore, Tour Salem & House of Seven Gables. Tour Plymouth, see Plymouth Rock. Lobstering Cruise. Tour Boston, Fanuil Hall and Quincy Market, Beacon Hill, 'Cheers Bar'. Tour Hyannis, JFK Memorial, St. Francis Xavier Church & Daniel Webster Inn Mansion (private dinner here). Niagara Falls & Niagara-on-the-Lake. 8 meals.

**New York City, Sept 24-30, \$829. Vermont, Oct 19-24, \$765. Branson, Nov 9-14, \$679. Cornwell Turkeyville Dinner Theatre & Marshall - Nov 18, \$85. Detroit Churches, Dec 4, \$60.**



for trips. Please check our website from time to time for updates. When trip registration resumes, you may register in-person by going to the Community Education Office, 24076 F. V. Pankow Blvd., Clinton Twp. MI 48036 or by going online <http://commed.lc-ps.org>

**Sept. 5-7:** Labor Day Bridge Walk. Join Travel with Nance for \$335. 2 nites K Royale Motel in St. Ignace (Upper Peninsula). Round trip ferry to Mackinac Island for the day. Shopping time in Mackinaw City. 2 nites gaming time at Kewadin Shores Casino with incentives: \$20 Free Play & \$10 Food Coupon. Labor Day Bridgewalk (full bridge, 1way), two continental breakfasts. Call 313-535-2921.

### MONTHLY EVENTS

▪ **Weekly Euchre Tournament:** Every Thursday at New Baltimore Civic Club, 36551 Main St. (corner of Blackwell), New Baltimore.

\$8 to play and quarters for each euchre. Sign in at 6:30 p.m., play starts at 7 p.m. Coffee, pop and snacks provided.

▪ **Confident Communicators Club:** Meets monthly for people that need self improvement skills in public speaking and confidence with leading people confidently, in any clubs, schools, travel, families, churches and it is a free non profit club the first three visits. The group meets at Washington townships senior center 57900 Van Dyke upstairs level on the 1st, 2nd and 3rd Wednesday of each month from 8-9:30 a.m.

▪ **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.

▪ **Euchre parties:** Disabled American Veterans 129 and Operation Yellow Ribbon hold euchre parties from 4 to 6 p.m. on the second Sundays and 7 to 9 p.m. on the fourth Thursdays of every month at 47326 Dequindre Road in Shelby Township. The cost is \$7 (plus quarters for euchre). Refreshments will be available. Reservations are needed one day in advance. Call 248-425-2722 or 248-953-4901 to register or for more information.

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



# Vitality

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

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.

Each monthly issue will be mailed **\$24** PER YEAR directly to your home for only

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# Poetry Corner

## Friend

A friend is someone  
 who's there thru thick and thin.  
 Who's there, whether you lose, or you win.  
 Who loves and supports unconditionally.  
 Who is there when others can't be,  
 Who acknowledges the beauty in me.  
 Who always sees you at your best,  
 Who is way ahead of all the rest.  
 Who encourages you when you're down.  
 Who is your three-ring circus and your clown.  
 Who has joy from inspiring me.  
 Who often says, "with you is where I want to be."  
 Who never says I can't or I won't.  
 Who loves me, even when I don't.  
 The greatest miracle there can be,  
 is the day I realized,  
 the FRIEND IN ME.

By Jim Andrasko of Harrison Twp, MI

## The Things Unsaid

There's many times we didn't  
 say the things we should.  
 There's many times we shouldn't  
 have said the things we did.  
 There's many words unspoken  
 that someone should have heard.  
 There's many words we've still to say  
 to those we love so dear.  
 There's many words inside our heart  
 we feel they should already know.  
 There's many words they'd love to hear  
 if only we'd let them go.  
 Be not afraid to say the words  
 whenever the chance arises.  
 They may be words you've said before  
 or they may be words of surprises.  
 Just say the words before it's too late;  
 before they can no longer be said.  
 Just say the words that will mean so much;  
 those words echoing around in your head.

By Karen Cooper of Chesterfield, MI

## One Innocent Night

Years ago, one innocent night  
 on a doorstep we first met.  
 The sight of you took my breath  
 with a feeling I can't forget.  
 It was as if I could look beyond,  
 the future was mine to see.  
 And I could predict the happiness  
 in store for you and me.  
 The years have passed since that time,  
 but my dream still holds true.  
 For the best years of my life  
 have been the ones I've spent with you.  
 And even now when our eyes meet  
 I know everything is all right,  
 'cause I still see that beautiful girl  
 that left me breathless one innocent night.

By Marvin Teeples of Farmington, 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 May 14, 2020.

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

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

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

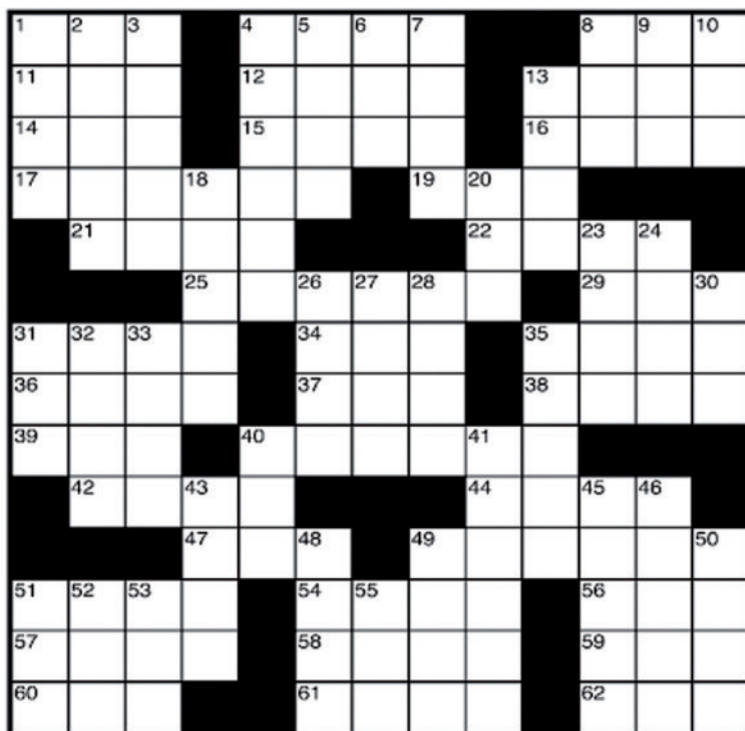
MAIL TO: Vitality Poetry Corner  
 Dawn Emke  
 19176 Hall Rd, Suite 200  
 Clinton Twp, MI 48038

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: order: demke@medianewsgroup.com

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





### CROSSWORD PUZZLER

#### ACROSS

- 1 Pocket watch chain  
4 Biblical pronoun  
8 Raven's cell  
11 Mauna —  
12 Bad — day  
13 Tempo  
14 Codgers' queries  
15 "— cost you"  
16 Festive nights  
17 Condescends  
19 Army address  
21 Wheel and —  
22 Boring  
25 Wildcats  
29 Dawn goddess  
31 Long river  
34 Fuse word  
35 Green stone  
36 Elevator guy  
37 Bom as  
38 From the top  
39 Itty-bitty  
40 Solitude  
enjoyers  
42 Ruminates  
44 Leak  
47 Employ  
49 More wacky  
51 Zen riddle

#### DOWN

- 54 Motel vacancy  
56 Season opener?  
57 Charity  
58 Vanished  
59 ATM code  
60 Pro vote  
61 Raced  
62 So far
- 1 Flew the coop  
2 — and aahed  
3 Bandleader  
Count —  
4 Sparsely  
5 Caps  
6 Lubricate  
7 WWW  
addresses  
8 Cleveland cager  
9 King beater  
10 "Scream" director  
— Craven  
13 Where Cuzco is  
18 Squalls  
20 Visa and passport  
23 Rangy  
24 Mine find  
26 Billionth,  
in combos

#### ACROSS

- 27 Comic-book heroes (hyph.)  
28 Dueler's sword  
30 Replace a button  
31 This minute  
32 Big-ticket —  
33 "Instead of" word  
35 Golden Fleece thief  
40 Guitarist — Paul  
41 Wandered  
43 Basks on the beach  
45 Energetic  
46 Spooky  
48 Joule  
fractions  
49 District  
50 Lease  
51 Jay follower  
52 Pamplona yell  
53 GP group  
55 Dinny's rider

## WORD SLEUTH

### TRIBUTARIES OF THE COLORADO RIVER

Y B Y G V R O A L I V F C Z W  
T Q N U K I F P C Z I W U R P  
M J H N E N C M A Z R X U S Q  
N L J N G E E A C R G Z Y X V  
T R L I V E D Y T R I D P N L  
F R A S E R N A U J N A S J H  
E K R O F G N I R A O R E C Y  
A E T N A L A C S E R O L O D  
Y W V T R L P G N U L K G I R  
G E C B Z X I W U L S R A P A  
O M L J I B G G E B D B E A H

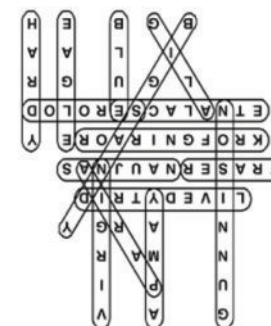
Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

Big Sandy Eagle Gunnison San Juan  
Blue Escalante Hardy Virgin  
Dirty Devil Fraser Paria Yampa  
Dolores Gila Roaring Fork

### PUZZLE ANSWERS No Cheating Crossword Answers



### ANSWERS TO THE TRIBUTARIES OF THE COLORADO RIVER







**BIG DADDY TOURS**  
 "Your Personal Touch People"  
 www.bigdaddytours.com  
 7197 Highcrest Point • Washington, Mich. 48094  
 All pick ups remain at Meijer Lot 26 & Vandyke and Wal Mart on 14 & VanDyke!

Big Daddy & Mary Ann continue to pray for all our travel family for safety & protection from the Coronavirus. All trips that are on this month's page are still planned at this time & have not been cancelled. We will continue to monitor the safety warnings from the government re any travel bans or inability to move forward with each individual trip as we get within a week or two of a scheduled departure. In the event of a cancellation without the ability to reschedule the same trip, you will be notified and issued a full refund. Credit for day trips can be applied to any trips rescheduled throughout this year or next.



**FIREKEEPERS CASINO - BATTLE CREEK**

**DAY TRIP**

Tues, June 2, 2020 & Weds, July 22, 2020  
 Weds, August 19, 2020  
 Weds, Sept 9, 2020 & Weds, October 28, 2020

**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**



**ODAWA Casino Resort**

Tues-Thurs, Sept 29 – Oct 1, 2020  
 Join us for our Fall Color Tour in Petoskey!

**Trip Includes:**

- Full Breakfast at Krysiak's, Bay City & Hot Continentals at Hotel
- \$20 Soaring Eagle Pre-Load, Plus \$5 Food
- \$45 Slot Pre-Load at Odawa Casino Petoskey (pkgs subject to change)

**Single \$369 pp Double \$279 pp**




**Opryland Resort & Shows**  
 December 6-9, 2020  
**YOUR TRIP INCLUDES:**

- 3 Nights at Gaylord Opryland Resort Nashville, TN
- General Jackson Showboat Lunch Cruise & Show
- Christmas Dinner & Show (The Oakridge Boys)
- 3 Full Breakfasts at Opryland's Cascade Restaurant
- Ticket to "Opry" at the Ryman Auditorium
- Ticket to Opryland's Famous "ICE" presentation & Treasurers Art Show
- Admission to Delta River Flatboat Ride Inside Gaylord Opryland
- Free Time Downtown Nashville
- Luxury Bus Travel w/Video Entertainment

Single (Traditional) \$1,230 Double (Traditional) \$929

**Easter Prayer**

The veil of darkness  
 Transformed to the brightest light.  
 The most dreadful end  
 Became the most beautiful beginning.  
 The depths of despair  
 Fade to reveal hope everlasting.  
 The curse of death  
 Defeated by eternal life.  
 Thank you Lord, for the wonder of Easter.




**PINK SHELL BEACH RESORT & SPA**

17th Anniversary Fun in the Sun Special  
 January 26-February 9th, 2021

*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, 30 minutes from the airport. All rooms face the Gulf!*

**YOUR TRIP INCLUDES**

- 14 Nights of luxurious beach-view accommodations
- Round Trip air travel between Detroit and Florida
- Transportation to and from all airports

**AMENITIES**  
 Full Kitchen, Washer/Dryer, Heated Lagoon Pools & Waterfall & MUCH MUCH MORE!

\$3,049 1Bdrm Double pp, \$5,099 1Bdrm Single pp  
 \$3,579 2 Bdrm Double pp, \$2,849 2 Bdrm Trip pp  
 \$2,399 2 Bedrn Quad pp



**Mackinac Island Excursion!**  
 October 12 – 15, 2020

**TRIP INCLUDES:**

- 3 Nights at the Historic Grand Hotel
- Dancing to Grand Hotel Orchestra, Feature Movies & Nightly Demitasse
- 3 Full Breakfasts, 5-Course Dinners Nightly
- Champagne Reception
- Breakfast at Krysiak's Restaurant
- Tea & Cookies Each Afternoon
- Round-Trip Ferry Boat & Horse-Drawn Taxi Rides
- Guided Carriage Tour of Mackinac Island
- Luxury Bus Travel w/Entertainment
- Planned Tournaments/Games/Activities Daily w/Prizes

Single \$1,209 Double \$915

**Smokey Mountain Grandeur!**  
**• WAIT LIST ONLY!**  
 Sunday-Thursday, Sept 13-17, 2020

**Your Trip Includes:**

- 4 Nights at Beautiful NEW Black Fox Lodge, Pigeon Forge TN
- Dinner & Exciting Show "Pirates Voyage"
- The Smokey Mountain Opry Theatre Show
- Welcome Dinner at Black Fox Lodge
- Admission to World Renowned Titanic Museum
- 3 Full Buffet Breakfasts at Black Fox Lodge
- Dinner & Show at Dixie Stamped! Live Horses
- Round Trip Luxury Bus Travel & All Luggage Transfers
- Loads of Laughs & Memories Forever!

\$979 Single  
 \$729 Double



**Four Winds & Firekeepers Casino Resort**

Tues-Weds, Nov 10-11, 2020  
**\$65 in Casino Free Plays!**



**Niagara Falls Escape**  
 Monday-Wednesday, October 6-8, 2020

**Your Trip Includes:**

- 2 Night Stay / 4 Star Hilton Fallsview Hotel
- 2 Full Deluxe Breakfasts / Hilton
- Round Trip Luxury Bus Transportation Fully Escorted
- Niagara's Best Location & Next Door to Fallsview Casino
- \$25 Pre-Loaded Seneca Niagara Casino & Resort
- Exciting Boat Ride / The Maid of The Mist
- Shopping & Free Time in Niagara Falls
- Visit Niagara on the Lake

**\$539 Single \$389 Double**



**African Lion Safari**  
 Thursday, June 25, 2020  
 Cambridge, Ontario, Canada

Drive through large game reserves in the comfort of the Safari Tour Bus and see over 1,000 animals & birds roaming freely. Featuring Lions, Tigers, Baboons, Zebras, Giraffes, Rhinos, Bison & More!

**Your Trip Includes:**

- All You Can Eat at Mombasa Market Restaurant
- Boat Cruise / Tour upon the "African Queen"
- Railway Tour upon the "Nature Boy"
- Live Animal Shows
- Live Bird Shows
- Bring Passport/Enhanced License

**\$149 Adult \$119 Child 3-12yrs**




**Church Basement Ladies**  
 Thursday, September 24, 2020

A celebration of the church basement & the women who work there. Church Basement Ladies is a musical comedy featuring four distinct characters & their relationships as they organize the food & solve the problems of a rural Minnesota church about to undergo changes. FUNNY!

**Your Trip Includes:**

- Luxury Motorcoach Travel w/Video Entertainment
- Buffet Dinner of Roast Turkey, Dressing, Potatoes, Gravy, Rolls, Vegetables, Soup, Salad & More!
- 3 Choices of Dessert
- Broadway-Style Performance

**\$89 pp**



**Amish Country of Ohio**  
 Weds-Fri, September 2-4, 2020

**Your Trip Includes:**

- 2 Nights Carliste Inn Sugarcreek
- Private Tour & Dinner at Warther Museum
- Light Lunch & Wine Tasting at Swiss Heritage Winery
- Countryside Tour w/Step-On Guide & Fun Stops Share the Amish way of life, visit Behalt Hershberger animal farm, Shop at Lehman's Hardware, Amish & Mennonite Heritage Center, Heni Cheese Haus & Bakery, Flea Markets & More!
- Dinner & Show at The Ohio Star Theatre
- Delicious Meat at Amish Home
- Roundtrip Deluxe Transportation & Luggage Handling

**\$579 Single \$449 Double**

**Trip Includes:**

- \$25 Four Winds
- \$40 Firekeepers
- Overnight Stay Four Winds Casino
- \$20 Food Credits
- Stops at Firekeepers Both Ways
- Luxury Bus Travel w/video Entertainment

**Single \$269 pp Double \$189 pp**



**Cherry Festival Celebration**  
 Tuesday – Thursday, July 7-9, 2020  
 Petoskey, Manistee & Traverse City, MI

**Trip Includes:**

- CASINO BONUS! \$55 pp Slot Play, Plus \$5 Food
- 1 Night Stay / The Odawa Casino Resort, Petoskey
- 1 Night Stay Little Rivers Casino Hotel in Manistee
- Time Spent at Cherry Festival Activities
- Breakfast at Krzyziak's Restaurant • Breakfast at Odawa Hotel
- Lunch & Tour of Castle Farms, Charlevoix
- Cherry Pie for All Passengers from Big Daddy Tours
- Round Trip Transportation

**\$519 Single \$379 Double**



**Pennsylvania Adventure**  
 Monday-Friday, May 25-29, 2020  
**WAIT LIST ONLY!**

**\$1,079 Single \$929 Double**

**586-781-6330 Toll Free 1-888-523-3327**