

Vitality

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

May 2020

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SENIOR LIVING

MACOMB COUNTY

Centerline Towers: 803310 Mile, Centerline, 48015

Chesterfield Library: 50560 Patricia, Chesterfield, 48047

Chesterfield Senior Center: 47275 Sugarbush, Chesterfield, 48047

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

Macomb County Seniors: 21885 Dunham, Clinton Twp, 48036

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

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

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

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

Eastpointe City Rec: 164358 Mile, Eastpointe, 48021

Fraser Senior Center: 34935 Hidden Pine, Fraser, 48026

Tucker Senior Center 26980 Ballard, Harrison Twp, 48045

Macomb Senior Center: 1992523 Mile, Macomb Twp, 48042

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

New Baltimore Library: 36480 Main, New Baltimore, 48047

Romeo Park and Rec: 361 Morton, Romeo, 48065

Roseville Senior Center: 18185 Sycamore, Roseville, 48066

Roseville Library: 29777 Gratiot/Common, Roseville, 48066

Shelby Senior Center: 51670 Van Dyke, Shelby, 48316

Sunrise Assisted Living: 46471 Hayes, Shelby, 48315

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

St Clair Shores Library: 2250011 Mile, St. Clair Shores, 48081

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

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

Henry Ford Medical: 350015 Mile Rd/ Ryan Rd, Sterling Heights 48310

Andreas Rest: 12/Bunert, Warren 48088

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

Warren Community Center: 5460 Arden, Warren, 48092

OAKLAND COUNTY

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

Orion Center: 1335 Joslyn Road, Lake Orion, 48360

OPC Rochester: Letica Rd, Rochester, 48307

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



On the cover: People cultivate their own fruits and vegetables for a variety of reasons, but with the COVID-19 pandemic keeping people at home and possibly creating disruptions in the food supply chain, it seems like interest in gardening this year is growing.

PHOTO COURTESY OF METRO CREATIVE CONNECTION

VITALITY

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MONEY & SECURITY

COVID-19 real estate updates and other questions answered

As of May 7, 2020, Michigan Realtors may once again conduct in-person listing appointments and showings. However, this does not of course, mean business as usual. Here are some of the requirements of the Executive Order:

1. All in-person meetings with sellers and showings must be done by appointment.

2. No more than four persons may be at a property at one time. No in-person open houses are permitted.

3. All persons must maintain a 6-foot social distance at all times.

4. Landlords/property managers may not arrange in-person showings of a rental unit until after the current tenant has vacated.

Additional mitigation measures to be considered from the Michigan Association of Realtors: Limiting in-person showings to potential buyers who have been pre-approved for financing. Use photographs, virtual showings to help buyer clients narrow down their housing needs and wants prior to any in-person showings. Avoid consecutive multiple showings in order to avoid overlapping appointments. Encourage sellers not to be present during the showing. Ask sellers to turn on all of the lights and leave interior doors, drapes and blinds open; This will ensure that anyone entering the home will not need to touch the light switches and doorknobs throughout the home. Ask sellers to clean and disinfect all frequently touched surfaces prior to and after the showing. Discourage anyone who does not need to view the home from attending a showing. Encourage the use of masks and gloves while viewing a home (I will be requiring my clients to wear a mask). Ask buyers to refrain from touching any surfaces in a home (including light switches and interior doorknobs).

We are committed to opening business back up in a smart and safe way. If you have any questions please let me know.

Q: We have our listed house for sale. A buyer wants to know if we'll accept an offer contingent upon them selling their house. Is it OK to do this?

A: In today's market, if your home is saleable (no issues and desirable), I would not do it. If the offer was subject to the closing of the sale of their current home then that's a whole new ballgame. Here's



Steve Meyers
Columnist

some of the negatives of accepting an offer that's contingent on the sale of a buyer's home: If a contingent offer is accepted it could deter other potential buyers and agents away because the contingent offer would have to be disclosed in the multiple listing; listing would show contingent instead of active. When they do accept an offer more than likely it's going to be contingent on a satisfactory home inspection, mortgage financing and an appraisal; unless it's a cash offer. If there's a bad inspection then their deal is dead. If there is an issue with the appraisal that can't be resolved then their deal is dead. In the meantime, other willing and able buyers who can close the sale have passed up your home because it's marked as contingent. Now if the offer is subject only to the closing of their current home, then as I said, that's a whole new ballgame. It's no longer subject to them having to find a buyer. Now there are different levels of this type of offer. Has the home inspection already been completed? Has the appraisal already been completed? There are more items involved with accepting a contingent offer, but I do not have the space to cover it all.

Market Update: March's market update for Macomb County and Oakland County's housing market is as follows. In Macomb County prices were up by more than 4% and Oakland County prices were up by more than 6% for the month. Residential home/condo on market inventory was down again. Macomb County's on market inventory was down by almost 15% and Oakland County's on market inventory was down by almost 19%. Average days on market have remained steady. Closed sales in Macomb County were down by more than 16% and closed sales in Oakland County were down by more than 8%. Low inventory remains an issue. (All comparisons are month to month, year to year.) March was the first month that was impacted by COVID-19 which contributed to the on-market inventory and closings to be lower than expected. For certain April will be impacted heavily and May will start to show some signs of improvement since real estate activity was able to start back up again on May 7th since being shut down in March.

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



Brian J. Kurtz

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Brian J. Kurtz is a licensed insurance agent in the States of Michigan, Arizona and South Carolina.



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MONEY & SECURITY

Ask the Financial Doctor: Why haven't I received my stimulus check?

Q : I have not received my stimulus check. What can I do?



Richard Rysiewski
Columnist

A : Go to the site, IRS.GOV, to check the status of your stimulus check. If the IRS has your bank information, it will be automatically deposited, otherwise, you will receive a check in the mail that could take as long as 3 months. Some taxpayers with high income will not receive any stimulus money.

Q : I am counting on the \$1,200 stimulus check but have not received it. What are some

reasons why I have not received it?

A : The most common reason is the IRS does not have your banking information. If you closed your banking account or changed banks, you will not receive an automatic deposit. The IRS will send you the \$1,200 by regular mail but that could take up to 3 months. If you go to IRS.GOV, you can enter your banking information.

Q : Will my stimulus check be reduced due to my delinquent child support payments?

A : Yes, your stimulus check will be garnished to satisfy any delinquency.

Q : For 2020, my friend mentioned that Congress changed the rules for required minimum distributions (RMDs). Can I skip taking my RMD from my traditional IRA?

A : Yes, for the year 2020, you do not have to take an RMD from your IRAs, Simple Plans, 401(k)s, Inherited IRAs and ROTH 401(k)s. Some exceptions apply, Inherited ROTH IRAs and the employer contribution into a ROTH 401(k).

Q : What are the due dates for the federal tax return and the estimated taxes?

A : The federal tax return as well as the MI tax return is due July

15, 2020. If you owe taxes, wait till the due date. If you are getting a refund, send your tax return as soon as possible. The quarterly estimated taxes for the federal and MI are due on June 15, July 15, September 15 and January 15, 2020.

Q : For the 2019 tax year I will owe money to the IRS and MI. What is the latest date to pay before incurring a penalty and interest charge?

A : If you owe money to the IRS and MI, you have till July 15, 2020 to pay. If you can't pay by July 15, pay as much as you can and the IRS and MI will contact you to work out a payment plan.

Q : Can taxpayers deduct charitable contributions if they do not itemize?

A : For the 2020 tax year, taxpayers that do not itemize can deduct up to \$300 in charitable contributions. If taxpayers itemize, the charitable contributions have no limit.

Q : Will homeowners get relief with mortgages with the CARES

Act?

A : The CARES Act will give homeowners with federally backed loans some relief. Lenders cannot start foreclosure proceedings on federally backed loans for at least 60 days after March 18. Homeowners who experienced financial hardship from the pandemic can request a deferment for up to 180 days. You must contact your loan servicer. There won't be any additional fees, penalties or interest added to your account through this deferment, but regular interest will still accrue.

Q : Can I suspend my social security benefits to receive a higher benefit later and provide my wife a higher survivor benefit when I pass away?

A : Yes, you can suspend your social security benefits at anytime between your full retirement age (FRA) and 70. Each year of suspension will increase your benefits by 8%. If longevity is on your side, the higher benefits will be the better choice compared to taking your social security at FRA. Suspension of benefits requires no form, simply

ply a phone call or a letter to your social security office.

Q : I have saved my tax records for the last 14 years. The paperwork is piling up and I want to know what I can throw out. I am concerned that the IRS will ask for a document that I do not have because I trashed it. How long do I have to keep my tax records?

A : In most cases four years is adequate. The IRS has six years to challenge your return if it believes that you underreported your gross income by more than 25%. You need to keep your investment records, the purchases and reinvestments, until four years after the sale of the investments. Any records for non-deductible IRA contributions on Form 8606 should be kept indefinitely.

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

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MONEY & SECURITY

Writing a will today is more important than ever

By Debra Kaszubski

For MediaNews Group

If the coronavirus has taught us anything, it's that writing a will may be as important as hand washing and using hand sanitizer.

Writing a will lets you decide who will inherit your assets when you die and, if you have minor children, who will raise them if you die and their other parent is deceased.

If you die without a will, however, the State of Michigan will make these very important decisions for you. And by essentially creating a default will for you, what the state decides may not reflect your wishes. It could create conflict within your family and cause economic hardships for the loved ones you leave behind. Also, none of your assets will go to any charities you care about.

"A will, along with other proper estate planning, is very important because it gives you control over how your affairs are handled when you pass away, including how your assets are divided and who

will take care of your children if they are minors," said Brian Grant, an estate planning attorney with O'Reilly Rancilio in Sterling Heights.

When you do write your will, it's essential that the document is legally valid in Michigan. There's no assurance that a will you prepare without a lawyer meets the proper criteria. If the probate court fails to recognize your will, it will be as though you died without one.

"It is very important that a person seeks out a competent attorney to prepare their estate plan. If not, it is possible that the will or other estate documents you bought online might not meet the necessary requirements and you have just wasted money and your wishes might not be followed," Grant said. "This can lead to uncertainty with how your estate will be administered and can make an already difficult situation even worse for your loved ones."

An estate-planning attorney helps ensure your will meets your state's requirements, minimizes discord within your

family and prevents family members from challenging its validity in court.

Even those with a will may want to consider having this important legal document updated, especially if a beneficiary listed on the document has died, if you've sold your home and bought another, purged your possessions, your financial situation or the value of your assets have changed, your charity relationships have changed, and other reasons.

"Things change all the time, so that is why the law allows you to change your estate plan as long as you are competent. Some things that result in people wanting to change their estate plan is their kids get older and become adults, or other people that were provided for in the estate plan are no longer around. In these situations, especially when children become adults, it is necessary to make the appropriate updates if you want your children included," Grant said.

Working with an attorney will be more complicated if you aren't leaving your home or letting anyone in due to the pandemic.



PHOTO COURTESY OF METRO CREATIVE CONNECTION

There's no assurance that a will you prepare without a lawyer meets the proper criteria.

But, as a workaround, many estate lawyers are now communicating with clients via videoconference services like Zoom, rather than having face-to-face meetings. Attorneys are also arranging to have wills and other legal documents signed without clients having to come to their office.

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.

Important Covid-19 Update



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

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SOCIAL & WELL-BEING

Seniors step up to help during pandemic

By Debra Kaszubski
For MediaNews Group

People everywhere are stepping up to help their friends and neighbors during the COVID-19 pandemic, including seniors in Oakland County. Birmingham resident Jeff Reider, 68, was among a small group of older adults who shaved his head to raise money for Gleaners Food Bank, the largest service organization dedicated to alleviating hunger in south-east Michigan.

Reider went bald April 13 along with Farmington Hills resident Jean Yamamoto and Linda Seley, of West Bloomfield. Their group shave raised \$28,000 for Gleaners Food Bank.

Chuck Otis, Reider's partner, shaved Reider's head. "He told me that if I sent Gleaners \$1,500 he'd shave his head," Otis said. "Well of course I had to take him up on that offer."

Yamamoto, who knows the men through their running group, the West Bloomfield Trail Runners, hosted the shave event. She invited friend Linda Seley along. "Once word got around, we went from a goal of \$1,500 all the way to \$14,000. A local group (the Powered By Food initiative) matched what we gave and the rest is history," Otis said.

Otis, who is a longtime volunteer with Gleaners, estimates the donation will provide approximately 84,000 meals. "For a lot of

people, this was the first time they had ever heard of Gleaners, let alone donate to it," Otis said. "Maybe some of them will keep donating. Gleaners is one of the best organizations in the area, I think."

While Reider and Otis fundraise for Gleaners, another Oakland County man works hard to deliver meals to seniors who aren't able to leave their homes through the Rochester Older Persons Commission Meals on Wheels program. Timothy Boufford, of Rochester, delivers 10-14 meals per week. He has been delivering for about a year, and continues to provide meals even during the pandemic.

A former paperboy during his youth, Boufford, 74,

also worked making deliveries for a medical supply company. He said he feels like he's "come home" doing this type of volunteer work, and that the seniors need him now more than ever.

"They are all very grateful for the meal and the visit, brief as it may be. The difference in the past

few weeks is that they are a little more eager to close the door. They are definitely more hesitant to prolong the visit," Boufford said.

Although Boufford acknowledges he is giving of his time to help many, he said he feels the spotlight should shine on others instead. "The people working

in the grocery stores, the people employed in the food chain, and all the front line health care workers, police, firemen, workers in hospitals...all are doing something far more than anything I do. It is almost embarrassing to answer these questions when you look at what so many others are do-

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Chuck Otis shaves partner Jeff Reider's head.

PHOTO COURTESY OF JEAN YAMAMOTO



Linda Seley is all smiles while husband Casey shaves her head.

ing to dwarf my puny contribution," he said.

Still, volunteers are the lifeblood of the Meals on Wheels program at the OPC and elsewhere.

"They (volunteers) are amazing," said Renee Cortright, executive director of the OPC. "It doesn't matter if it's snowing, raining or we're in the middle of a pandemic, they are committed to delivering the meals to the seniors and making sure they are safe and well. We don't know what we would do without our wonderful volunteers."

Cortright mentioned that along with the Meals on Wheels program, volun-

teers are helping those affected by the pandemic in other ways. Several seniors have made cards, wrote notes, made blankets and masks, and worked the phone lines. "The telephone assurance calls have meant a lot to the seniors. Most times the calls were met with delight and gratitude knowing that someone cared," Cortright said.

Those interested in helping but not sure where to begin may contact their local senior center (many are monitoring phone lines remotely, so leave a message) or try visiting online portals such as VolunteerMatch.com and

AARP's Create the Good have hundreds of volunteer roles to support youth from home.

To capture the biggest swath of options on VolunteerMatch, enter "United States" and then "Get Started" from the homepage. Then, select "Virtual" in the upper-left section of the following page.

On Create the Good, enter your ZIP code and then select "Show Only Home/Remote Opportunities" in the upper-left section of the page. Both sites let you adjust filters by issue areas such as children and youth, education and literacy and more.



PHOTOS COURTESY OF JEAN YAMAMOTO

Yoshiki Yamamoto shaves his mother's head.



Linda Seley and her husband Casey Seley, Jeff Reider and Chuck Otis, and Jean and Yoshiki Yamamoto toast their new shaved heads. The group raised \$14,000 for Gleaners Food Bank, which was matched by the Powered by Food initiative for a total donation of \$28,000.

CAREER & EDUCATION

Mistakes to avoid when starting a part-time business in retirement

By Leslie Hunter-Gadsden

For Next Avenue

If you're thinking about starting a part-time business in retirement, you'll want to avoid the following five mistakes:

1. Not having a well-thought out plan to make the business run. "Don't make the transition on the day you retire. You need to research and make a plan" for your new business, says Philip Phan, a professor at the Johns Hopkins Carey Business School and an EIX editor. (Full disclosure: EIX, the Entrepreneur and Innovation Exchange, is part of the Richard M. Schulze Family Foundation which is a funder of Next Avenue.)

Not only is it essential to have an early estimate

of what size your business might be, expect that you may have to modify your original idea as customer needs or interests change.

"What I've learned is that you always have to think of what's next, because things change," says Lynn Zuckerman Gray, founder and CEO of Campus Scout, a New York City-based business providing strategic recruitment of college and grad school graduates for companies.

Researching your business idea also includes finding out which regulations may govern it. "Regulations and certifications of industries differ by state. For example, it might be required that production is done in a commercial kitchen if you are cooking food," to sell, says Kimberly A. Eddleston, a Northeastern University

entrepreneurship professor and a senior editor on the EIX Editorial Board.

2. Not having a devil's advocate. Once a plan is in place, the next important step is to establish some "clear-eyed advisers" who can challenge your assumptions, according to David Deeds, Schulze professor of entrepreneurship at the University of St. Thomas, and EIX executive editor.

The advisers don't need to be specialists with expertise in the field your business will be in. An adviser, Deeds says, might be a friend or neighbor who'd agree to meet with you once a month to review your business goals.

"You need an adviser who can really play devil's advocate and look at your costs and profits to see whether your business idea is work-

ing. Advisers will ask the hard questions, like, 'Is there a cheaper way to see if something can work?'"

Your devil's advocate should push you on your business goals such as product design or developing customers.

3. Not separating your business' finances and your personal finances. Keeping a clear division of the two can begin with something as simple as setting up a separate credit card for your business.

And, warns Eddleston, "be very careful about tapping into a mortgage or retirement income to start your new business."

Eddleston also suggests setting up your new company as an LLC (limited liability company) or an S Corp (which doesn't pay tax at the corporate level)

to separate your personal assets from any business assets. For more about the different legal arrangements for entrepreneurs, see the Next Avenue article, "Starting a Business in Retirement: Using a Lawyer."

4. Not being realistic about when revenue might start to materialize. "People over-leverage themselves. If you do your homework, you will have a clearer idea of how long it will take to pay investors back, for example," says Gray.

Nancy Clarke, of Ocean Grove, N.J., who provides management consulting for nonprofits through her home-based firm, Embury Consulting, says entrepreneurs shouldn't expect revenue from a new business in retirement will start immediately. "If you take the day off, that's a day you're not

marketing your company," says Clarke.

5. Not doing essential pre-market testing before making a full commitment. Don't launch until you try out your idea with friends and family, says Gray.

Notes Deeds: "You're going to get it wrong. Do small experiments and get feedback."

Eddleston says a key aspect of test marketing when establishing a concierge business providing personal errands for people is to vet your clients before going into their homes.

"Consider using an app like Life360 or something similar, so (your family or business partners) know where you are. If you are going into people's homes with your business, you need to make sure you are safe."

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HEALTH & FITNESS

A physician answers 5 questions about asymptomatic COVID-19

By Dr. William Petri

For Next Avenue

How Common Is It For People to Contract and Fight Off Viruses Without Knowing It?

Dr. William Petri: In general, having an infection without any symptoms is common. Perhaps the most infamous example was Typhoid Mary, who spread typhoid fever to other people without having any symptoms herself in the early 1900s.

My colleagues and I have found that many infections are fought off by the body without the person even knowing it. For example, when we carefully followed children for infection by the parasite *Cryptosporidia*, one of the major causes of diarrhea, almost half of those with infections showed no symptoms at all.

In the case of the flu, estimates are that anywhere from 5% to 25% of infections occur with no symptoms.

For the most part, symptoms are actually a side effect of fighting off an infection. It takes a little time for the immune system to rally that defense, so some cases are more aptly considered presymptomatic rather than asymptomatic.

How Can Someone Spread the Coronavirus if They Aren't Coughing and Sneezing?

Dr. William Petri: Everyone is on guard against the droplets that spray out from a coronavirus patient's cough or sneeze. They're a big reason public health officials have suggested everyone should wear masks.

But the virus also spreads through normal exhalations that

can carry tiny droplets containing the virus. A regular breath may spread the virus several feet or more.

Spread could also come from fomites — surfaces, such as a doorknob or a grocery cart handle, that are contaminated with the coronavirus by an infected person's touch.

What's Known About How Contagious an Asymptomatic Person Might Be?

Dr. William Petri: No matter what, if you've been exposed to someone with COVID-19, you should self-quarantine for the entire 14-day incubation period. Even if you feel fine, you're still at risk of spreading the coronavirus to others.

Most recently, it has been shown that high levels of the virus are present in respiratory secretions during the "presymptomatic" period that can last days to more than a week prior to the fever and cough characteristic of COVID-19. This ability of the virus to be transmitted by people without symptoms is a major reason for the pandemic.

After an Asymptomatic Infection, Would Someone Still Have Antibodies Against SARS-CoV-2 in Their Blood?

Dr. William Petri: Most people are developing antibodies after recovery from COVID-19, likely even those without symptoms. It is a reasonable assumption, from what scientists know about other coronaviruses, that those antibodies will offer some measure of protection from reinfection. But nothing is known for sure yet.

Recent serosurveys in New York City that check people's blood for



PHOTO COURTESY OF NEXT AVENUE

Everyone is on guard against the droplets that spray out from a coronavirus patient's cough or sneeze.

antibodies against SARS-CoV-2 (the strain of coronavirus that causes COVID-19) indicate that as many as one in five residents may have been previously infected with COVID-19. Their immune systems had fought off the coronavirus, whether they'd known they were infected or not — and many apparently didn't.

How Widespread Is Asymptomatic COVID-19 Infection?

Dr. William Petri: No one knows for sure, and for the moment, lots of the evidence is anecdotal.

For a small example, consider the nursing home in Washington state where many residents became infected. Twenty-three

tested positive. Ten of them were already sick. Ten more eventually developed symptoms. But three people who tested positive never came down with the illness.

When doctors tested 397 people staying at a homeless shelter in Boston, 36% came up positive for COVID-19 — and none of them had complained of any symptoms.

In the case of Japanese citizens evacuated from Wuhan, China and tested for COVID-19, fully 30% of those infected were asymptomatic.

An Italian pre-print study that has not yet been peer-reviewed found that 43% of people who tested positive for COVID-19 showed no symptoms. Of concern: The researchers found no difference in how potentially contagious those with and without symptoms were,

based on how much of the virus the test found in individuals' samples.

The antibody serosurveys getting underway in different parts of the country add further evidence that a good number — possibly anywhere from around 10% to 40% of those infected — might not experience symptoms.

Asymptomatic SARS-CoV-2 infection appears to be common — and will continue to complicate efforts to get the pandemic under control.

Dr. William Petri is on the research faculty at the University of Virginia School of Medicine where he studies immunology and molecular pathogenesis of enteric infections and their consequences.

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TECHNOLOGY

SHUTTERED SENIOR CENTERS USE TECHNOLOGY TO STAY CONNECTED

By Debra Kaszubski
For MediaNews Group

Despite the pandemic forcing the closure of senior centers, the Rochester Older Persons Commission has hosted a Cinco De Mayo party, spring cleaning and organization classes, veterans connection events and more.

The OPC, which regularly offers educational, art, enrichment, fitness and other types of classes, has moved many of their popular sessions online through Zoom, Facebook Live, FaceTime and other virtual meeting platforms.

“Good News with OPC” has been very popular. It’s an opportunity for the seniors to connect with each other in a positive way - a bit of a show and tell session,” said Renee Cortright, OPC executive director. “The facilitator, Marianne McCauley, OPC program manager, coordinates special guests that include musicians and artists.”

“Good News with OPC” meets Fridays at 1 p.m.

“Dealing with Grief during a Pandemic” is a support group for those who have lost a loved one during the crisis but were not able to grieve appropriately or be with their loved one to say goodbye.

The spring cleaning and organization classes were well-attended since many people are getting tired of looking at their clutter and thinking about downsizing, Cortright said. “The upcoming gardening classes are already full of participants,” she added.

Other upcoming virtual classes include a session on Excel, Bingo, discussions



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Finding ways to connect is especially important at this time.

on political issues with an Oakland University professor, and a June 1-30 virtual 5K run/walk for the OPC Meals on Wheels program. Watercolor classes, financial presentations, “Rewired not Retired” lectures for pre- and post-retirees, virtual variety shows that include local celebrities, Detroit Institute of Arts virtual presentations, Institute of Gerontology Brainstorm

sessions, and more are also on the schedule.

To get the virtual program up and running, OPC staff educated seniors on how to navigate Zoom and other applications on their smartphone, tablet, or computer. Signup for the online sessions started slow, but continue to grow as more seniors discover how easy it is to join virtual meetings. “Many are missing their so-

cial interactions at the Center, which is the nucleus to any community, but especially senior centers,” Cortright said.

Virtual classes aren’t limited to OPC members, but were developed with those in mind, Cortright said. To register for a class, visit the OPC website at opcsenior-center.org.

Other senior centers are gearing up for virtual

classes as well, including the Sterling Heights Senior Center who will host virtual coffee hours and Bingo in the future. The Clinton Township Senior Adult Life Center has hosted Zumba and other exercise classes as well as educational sessions on their Facebook page.

Finding ways to connect is especially important at this time, according

to Jennifer Reeder, LCSW, the director of Educational and Social Services with the Alzheimer’s Foundation of America. “Covid-19 is affecting everyone’s lives, especially older adults due to the serious health implications. This is a time for people to check in on their senior relatives and neighbors who may need additional support to stay safe and remain connected,” she said.



PHOTO COURTESY OF THE ROCHESTER OLDER PERSONS COMMISSION

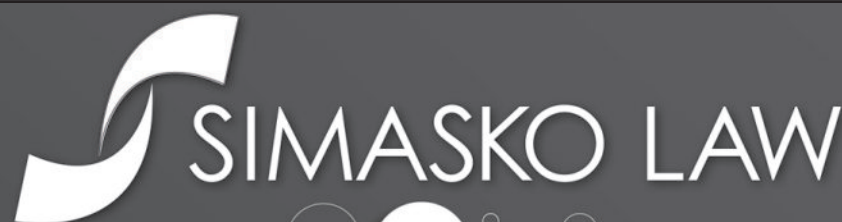
The Rochester Older Persons Commission has launched a number of virtual classes and is suggesting members send in photos and videos of how they're keeping active during quarantine.

Ways to incorporate more video chats into your life

Here are a few tips on how to see your loved ones' faces more often:

- Get familiar with the technology. If you're not sure how to use video chat, figure out the barriers and get help. Some seniors get guidance from tech-smart children or grandchildren. You also could sign up for a technology class at your local senior center or search online for tutorials. TechBoomers.com offers YouTube videos for how to use both Skype and FaceTime. Zoom offers step-by-step help for new users on their website.
- Switch it up. Daily or weekly video chats may need to be scheduled, but not every session has to be on the calendar. If your granddaughter posts a prom picture on Instagram, instead of just posting a comment, contact her on Skype to ask her about the dance. Take the initiative to add more virtual face-to-face chats to your daily life.
- Look in their eyes. During a video chat, make the effort to appear to be looking at the other person. That means you'll need to look directly into the tiny video camera at the top of the screen from time to time instead of the screen where your family member's face is. It's an important way to help build rapport during your conversation.

Information courtesy of Next Avenue



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HEALTH & FITNESS

Your brain has an immune system, and you can boost it



PHOTOS COURTESY OF METRO CREATIVE CONNECTION

Keeping your psychological health in check during these unprecedented times can prove difficult for many.



Exercise reduces stress and anxiety, and promotes a better mood — all factors that go into motivation.

By Stephen L. Antczak
For Next Avenue

You're probably familiar with your immune system — your physiological immune system, that is. It's the one that sends white blood cells to dispatch with pathogens. But what about your psychological immune system? This is an especially important idea to think about now, in the time of COVID-19 and social distancing.

The term “psychological immune system” was coined by psychologists Daniel Gilbert, who is probably best known for his book *Stumbling on Happiness*, and Timothy D. Wilson, who is known for his research on self-knowledge. But the basic concept goes back to Sigmund Freud and his ideas regarding defense mechanisms, which were elaborated on by his daughter, Anna Freud, in her book, *Ego and Mechanisms of Defense*. In fact, “ego defense” is, at least for our purposes, a mechanism to protect the self, or self-image, from whatever threatens it.

A good way to think about the psychological immune system is provided by Emily Rosenzweig, senior behavioral scientist at Ochsner Health, a nonprofit academic health care system in Louisiana: “A range of mental processes triggered by a threat to our sense of self-esteem, self-worth and self-

concept.”

What can threaten a person's self-image or self-worth? Here's an example: being referred to as a “nonessential” worker and told to stay home, losing a significant amount of income in the process.

Positive Self Talk

Here's where you can use your psychological immune system to help. You can tell yourself that you are valuable to society, the current pandemic situation is temporary and the lives of many others are diminished, even if just a little bit, by your absence.

You should also admit to yourself that people can still live meaningful lives without you, and that's OK, too. It doesn't diminish your value as a human being.

Positive self-talk can be quite helpful. However, don't overdo it.

For example, you wouldn't want to tell yourself that without you being there, the lives of others are completely devoid of meaning and those people are just miserable. Knowing that's probably untrue would likely make you feel worse.

“There's a sweet spot,” says Rosenzweig. But, she adds, “you can't deny existing negative emotions.” If you try to completely obliterate those negative emotions, however, you'll probably wind up feeling worse as your

brain produces counterarguments that undo your attempts to make yourself feel better.

Less-Than-Ideal Coping Mechanisms

Being aware of your psychological immune system means you'll be better able to recognize when it kicks in.

Think about the coping mechanisms you use in a stressful situation or when dealing with the difficulties life throws at you. Do you feel better when you pour yourself a glass of wine or three? Do you avoid dealing with things by binge watching Netflix?

Avoidance is one of your psychological immune system's tactics, even though it may not be good for you in the long run. Like your physiological immune system, your psychological immune system can opt for the short-term fix over long-term wellness.

Not that drinking one glass of wine or watching two episodes of your favorite show are counterproductive. We all need some downtime. Both are easy to overdo, however, and that under-



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Having a goal is a good way to motivate yourself, but also a way to focus on those behaviors you need to make progress toward that goal.

mines the effectiveness of your psychological immune system.

Once Again, Exercise Is Key

So, what can you do to bolster optimal functionality of your psychological immune system?

First of all, you need to feel motivated.

Dr. John Ratey, associate clinical professor of psychiatry at Harvard Medical School and author of the bestselling book, *Spark: The Revolutionary New Science of Exercise and the Brain*, has a suggestion: Exercise.

"Exercise reduces stress and anxiety, and promotes a better

mood — all factors that go into motivation," Ratey says.

Of course, you also need to feel motivated to exercise and in the tug-of-war between staying fit and Netflix, that motivation can be hard to come by.

Ratey suggests doing something easy, like going for a walk every day, preferably outside, even if it's just a short walk.

Can't go outside? There's an app for that. Ratey suggests downloading the free 7 Minute Workout app on your phone. "It's all bodyweight exercises, and it activates all major muscle groups." There are many other workout apps you could try as well.

Developing Goal-directed Behavior

There's also something you can do to maximize the effectiveness of exercise, at least when it comes to your brain and your psychological immune system: Use exercise to help you turn goal-directed behaviors into healthier new habits while making progress towards your goals.

Having a goal is a good way to

motivate yourself, but also a way to focus on those behaviors you need to make progress towards that goal.

For example, getting out of debt and becoming financially solvent requires a series of smaller steps to achieve. A good first step in that direction is to create a household budget, which is something you can work on a bit each day while social distancing.

Here's how exercise fits in: Stress can impair your ability to undertake goal-directed behaviors by making you fall back on normal habits. If your habits are binge-watching Netflix, drinking alcohol or eating cereal late at night, stress may reinforce those less-than-ideal behaviors.

But exercise reduces stress and increases motivation. So, it's a behavior you might undertake to achieve the goal of better cardiovascular fitness, losing weight or both. In that way, it's a goal-directed behavior all by itself. But exercising will also help you stay motivated and focused on your other goal-directed behaviors, by reducing stress and increasing motivation.

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SOCIAL & WELL-BEING

You can help slow the virus if you talk about it accurately online

By Emily Falk and Molly Crockett

Special to The Washington Post

As the coronavirus pandemic tears through the United States, and as some governors move toward reopening the economy, reducing the impact of the catastrophe depends on persuading large numbers of people to continue to follow public health guidance. Government mandates in many cities and states have reduced the rate of new infections, but even in states where stay-at-home orders remain in full force, the impact of individual choices remains crucial in preventing a resurgence of the pandemic.

In this context, how can ordinary citizens amplify the most important public health information to keep more people safe while we wait for scientists to develop vaccines and treatments? Behavioral psychology and communication science offer some answers. Social norms are powerful, and ideas are contagious - meaning we each can play a role in spreading the word. This is especially important in our current situation, where misinformation is common.

Many of you reading this may already be able to recite the World Health Organization and Centers for Disease Control guidelines in your sleep: Wash hands more frequently (and for 20 seconds each time), avoid in-person social gatherings even if you don't feel sick, wear a mask if you must go out. Simply doing those things is a great start. When people see your mask and hear you warmly respond when invited to a group outing, "Let's do it on FaceTime instead," they are more likely to act in those ways themselves.

In addition to setting a good example for

others, research also suggests that sharing and repeating public health messages - in conversations, on social media and elsewhere - can help change behavior.

So, what kinds of messages should you focus on sharing with others, and what should you say when you share? You should stick to sharing clear, evidence-based messages that are consistent with guidance from expert nonpartisan sources like the WHO, CDC or state public-health offices. Such organizations may update some of their advice as new facts come to light, but information from such nonpartisan sources gives us the best consensus of scientific and health experts at any given time.

How we relate this information can matter, too. Sharing personal stories, research suggests, can sometimes be more effective than showering people with numbers and statistics; stories often generate less counter-argumentation. People also like to share content that they think presents themselves in a good light - information or narratives that indirectly highlight their own positive attributes. For example, if you call to the attention of your social network information ways that you are connecting with loved ones while physically distancing, or point to opportunities to help others in your community, your friends - in addition to finding it useful and following your example - may share it because they want to be perceived as people who connect and who care. This can have ripple effects.

What's more, there is considerable evidence that emotional messages are more likely to be shared online. High-arousal emotions like humor, inspiration, anger, fear and outrage increase message virality.

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HEALTH & FITNESS

Managing chronic lung diseases during the pandemic

By **Liz Seegert**

For *Next Avenue*

Lung diseases take an enormous toll on those who suffer from them in the best of times, let alone during a pandemic. They impact the airway, lung tissue or lung circulation and prevent the lungs from working properly.

Prior to the coronavirus, lung disease was the third leading cause of death in the United States, after heart disease and cancer. Those with lung disease are at especially high risk of complications or death from COVID-19. Among people ill enough to be hospitalized with the virus in March, roughly 35% had an underlying lung disease, according to the Centers for Disease Control (CDC).

Managing your disease properly and understanding potential triggers can help keep you healthier, and hopefully prevent complications. Here's advice for some of the most common lung disorders:

Asthma

With asthma, airways become inflamed, creating mucus and swelling and making it harder to breathe. People with moderate to severe asthma may be at higher risk of hospitalization if they get COVID-19, but preliminary data from New York state suggests asthma isn't a huge factor in COVID-19 deaths.

Reduce your risk of asthma attacks by knowing your triggers, like seasonal allergies or strenuous exercise, says Dr. John Mastronarde, a pulmonologist and asthma specialist in Portland, Ore. He advises using your inhaler and other medication consistently, even if you're feeling well.

"It's more important than ever to stick to your

regimen and make sure you don't allow yourself to get sick; prevent it as much as you can by taking your medicines," he says.

But many people with asthma underestimate their disease and its severity. And they don't use their inhaled steroid medications as regularly as they should.

If you have asthma:

- Have a written plan of action for worsening asthma symptoms and know when to call your doctor. Sooner is better than later, says Mastronarde, even if it's just a check in to keep tabs on any exacerbations. Many COVID-19 symptoms are similar to asthma symptoms, including cough, sneezing and shortness of breath.

- Talk to your health care provider, insurer and pharmacist about getting a 30- to 90-day emergency supply of prescription medications, including inhalers. Have at least 30 days of non-prescription medications and supplies on hand, too.

- Paradoxically, exercise can actually help with lung function. Exercise as you're able to, even if it's just taking a walk.

- If you use a nebulizer, do so in a room without anyone around so you don't expose others to aerosol droplets.

- Try to minimize stress and anxiety, which can trigger or worsen symptoms. Take a walk, meditate or do breathing exercises. Turn off the news or find something fun to watch instead.

Chronic Obstructive Pulmonary Disease

Chronic Obstructive Pulmonary Disease (COPD) is an inflammatory lung disease that obstructs airflow from the lungs. Air tends to get trapped in your lungs, and it's a lot harder for you



FILE PHOTO — MEDIANEWS GROUP

Lung diseases impact the airway, lung tissue or lung circulation and prevent the lungs from working properly.

to blow it out. If you can't get all the air out, it's a lot harder to get the next breath in, according to Dr. Matthew Exline, a pulmonologist and critical care physician, in Columbus, Ohio.

COPD is comprised mainly of two types of lung diseases: chronic bronchitis and emphysema.

Chronic bronchitis is long-term inflammation of the bronchi, the breathing tubes in the lungs. It's commonly caused by smoking, although air pollution and environmental factors may play a role. Symptoms include a cough (smoker's cough), coughing up mucus, wheezing and chest discomfort. Lung infections are common.

Emphysema involves loss of elasticity and damage to

the air sacs in the lung, which reduces the amount of oxygen in your blood. It causes shortness of breath, and usually begins gradually. So, you can have emphysema for many years before it starts interfering with daily living. Eventually, you'll be short of breath even while at rest.

"Your lung normally is like a rubber band that stretches out when you take a breath in. And then when you exhale, that rubber band contracts, pushes the air out," explains Exline, who directs the Medical Intensive Care Unit at Ohio State University Medical Center. "When you have COPD, that rubber band doesn't quite have that elasticity anymore."

Most people with COPD develop it from smoking,

although there are other causes.

People with COPD have about a two-and-a-half times higher risk of serious complications or death if they get COVID-19, says Dr. Frank Scirba, associate professor of medicine at the University of Pittsburgh School of Medicine and medical director of the Pulmonary Physiology Laboratory at the University of Pittsburgh Medical Center.

If you have COPD, here's how to be extra vigilant now:

- Don't go into stores if at all possible; try to have food and pharmacy items delivered.

- If you must venture into public spaces, try to limit the number of trips. Always wear a mask.

- Try not to gain weight;

being overweight or obese can make lung problems worse.

- Listen to doctors and reliable media sources; take advice of health experts when it comes to guidelines, precautions, testing and social distancing.

- Use a spirometer (a device that measures lung function), do pursed lip breathing or get up and move around frequently to improve oxygen absorption. It keeps the blood moving and helps keep your lungs more open. Exercise is also good for mental health; people with COPD frequently suffer from depression and loneliness.

- Don't let your situation deteriorate. If you start coughing more or feeling like you're struggling more to breathe, call your doctor. While hesitation to call 911 or go to the hospital is understandable, Scirba says, you don't want to wait until your situation becomes so grave that you risk dying at home.

Sleep Apnea

Sleep apnea is not actually a breathing disorder of the lungs, but rather an obstructive disorder of the upper airway — the muscles just don't work at night and the airway collapses.

The American Academy of Sleep Medicine says there is no evidence linking sleep apnea with coronavirus risk. However, "the biggest concern is the C-PAP equipment (a breathing machine used by people with sleep apnea) and making sure it stays clean and that there's no chance of exposure to anyone with virus coughing on your machine," says Mastronarde, who is also a sleep medicine specialist. Clean and disinfect your C-PAP equipment regularly according to the manufacturer's instructions.

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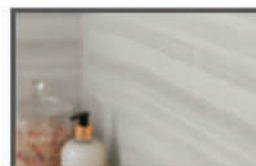
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SOCIAL & WELL-BEING

Thinking of planting a VICTORY GARDEN?

Here's how to get started

By Jane Peterson
For MediaNews Group

With spring in the air and warmer weather on its way, gardeners are revving up for a busy season. People cultivate their own fruits and vegetables for a variety of reasons, but with the COVID-19 pandemic keeping people at home and possibly creating disruptions in the food supply chain, it seems like interest in gardening this year is, well, growing.

It's been extremely busy at English Gardens, reports Frank Janosz, vice president, live goods. As customers don face masks and carefully observe social distancing, they are rewarded with shelves stocked with colorful plants, shiny gardening tools, vibrant pottery and planters and a full slate of supplies.

Among the sea of flowers and soil are lush green vegetable starter plants and seeds, which are getting some extra attention this spring thanks to the resurgence of victory gardens.

Victory gardens rose to prominence during World War I as Americans were encouraged to cultivate any space they could to grow vegetables in order to help alleviate food rationing. Today, people often enjoy the calmness that comes from digging in the dirt and tending to plants as well as peace of mind knowing where their food comes from and how it is



PHOTO COURTESY OF METRO CREATIVE CONNECTION

People cultivate their own fruits and vegetables for a variety of reasons, but with the COVID-19 pandemic keeping people at home and possibly creating disruptions in the food supply chain, it seems like interest in gardening this year is, well, growing.

grown. As self-sufficiency once again takes center stage, it's no surprise that gardening stores and nurseries are seeing an increase in foot traffic.

Plus, said Janosz, people appreciate fresh ingredients and with many people at home cooking more, they want convenient access to herbs and produce

they can pick and then use immediately. Patio planters are a good way to keep a close eye on growth and are handy when you need a handful of fresh basil, a ripe tomato or a sprig of parsley to complete your home cooked meal.

The most popular home-grown vegetables continue to be the staples – toma-

atoes, peppers, cucumbers and zucchini. One trend is hot peppers. Janosz said there are many varieties to try and some are intrigued by the idea of getting the hottest pepper available. Even so, each variety of pepper has its own flavor profile, so adding them to your dishes will spice up an ordinary meal.

Many home gardeners also prefer a variety of tomato plants. There are dozens of different kinds available in the store, so make sure you read the tags so you know what you're buying. Some tomatoes are designed for early harvest, others are ready mid-season and some prefer to be picked late. Many garden-

ers select a mix, so they always have a nice selection in their garden to choose from, said Janosz. Others like tomatoes for specific purposes. There are varieties of seedless tomatoes as well as low-acid tomatoes. Others, like heirloom tomatoes, bring a unique taste to the table.

If you are looking for a

COOL WEATHER CROPS

The rule in Michigan is to never plant before Memorial Day. That's because generally Memorial Day marks the end of freezing temperatures and having to worry about frost overnight. Frost is deadly to most garden plants.

However, there are quite a few hearty vegetable plants that can survive – and even thrive – in cooler weather. Here's a list of vegetables you can consider planting now, said Frank Janosz, vice president, live goods for English Gardens:

- Broccoli
- Brussel sprouts
- Cabbage
- Chives
- Collard greens
- Lettuce
- Parsley
- Swiss chard

specific variety and see it in the store, go ahead and buy it, he said. You can always grow it on a windowsill until it is ready to be planted outside.

Vegetables are relatively easy to grow and they don't take a lot of time to produce results. Plus, you don't need a dedicated garden space to grow your own produce. Hanging baskets, raised beds and patio containers all work wonderfully for fruits, vegetables and herbs.

The key is good soil, said Janosz.

"It needs to be well-tilled soil, loose so roots can grow and go deep enough to seek water," he said. "Organic matter can help

hold moisture in the soil, but you also want your soil to drain well."

Fertilizer to replace nutrients and a good dose of daily sunshine will help plants thrive, Janosz added. He said the store staff often assists customers by helping them determine what they need. Usually this time of the year educational seminars presented by English Gardens are packed, but those have been cancelled this year due to Covid-19.

Remember, vegetables are one of the easiest and most delicious home crops and children love to nurture plants and watch them grow.

"It's a lot of wonder for them," said Janosz.



FILE PHOTOS — MEDIANEWS GROUP

You don't need a dedicated garden space to grow your own produce. Hanging baskets, raised beds and patio containers all work wonderfully for fruits, vegetables and herbs.



Vegetables are one of the easiest and most delicious home crops and children love to nurture plants and watch them grow.



Some tomatoes are designed for early harvest, others are ready mid-season and some prefer to be picked late.

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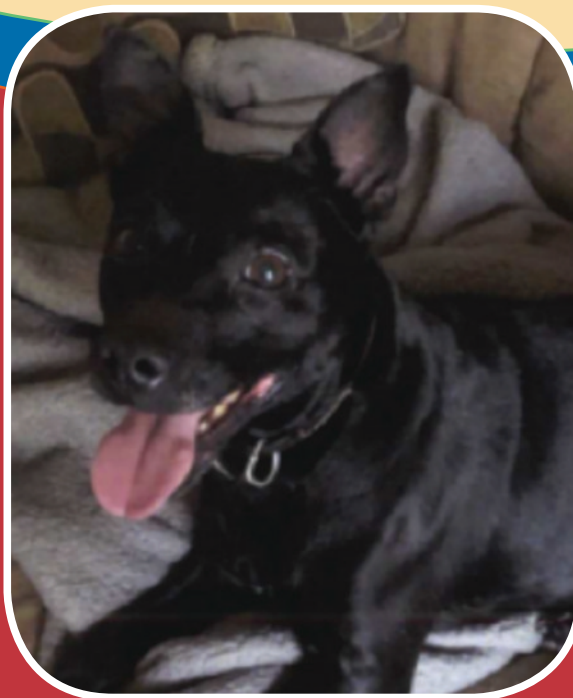
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CALENDAR OF ACTIVITIES, EVENTS AND TRIPS

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

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

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 an 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 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, 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, Manoogian 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.lc-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

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**Mail to: Vitality Pet Page
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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.

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 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.

CALENDAR » PAGE 28



PHOTO COURTESY OF METRO CREATIVE CONNECTION

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

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Fridays: Doors Open at 11:30am
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Sundays: Doors Open - 4:30pm
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July 28 - Million Dollar Homes Estate Sale – \$45
August 3 - Put 'N Bay – \$114
August 14 - FOODIE TOUR limit 35: \$48
August 27- Arts, Amish, Adventure – \$85
Sept 2 - Bingo Mania in Sarnia – \$45
Sept 4 - BAY CITY AND PINCONNING – \$85
Sept 10 - Wineries and Hills of Ohio – \$90
Sept 19 - 27 - Gardens of the Gods \$975 DBL Occupancy
Sept 29 - Indian Village Mansion – \$78
Dec. 2 - A BARRY "MERRY" CHRISTMAS-BARVARIAN INN – \$70
December 31, 2020 - Firekeepers - Join us and get \$40 back in comps. Arrive Firekeepers 12:15/30/45 am \$35pp

Looking Ahead to 2021. Plan now.

April 1 - 10, 2021 - Vietnam. Hanoi and Saigon. Visit the Cu Chi Tunnels, a byzantine maze of underground passages, chambers, rooms and body traps during the War. Afternoon visit the Reunification Palace, War Museum and Ben Thanh Market. \$2,799 from Detroit roundtrip for meals, accommodations, flights, attractions. \$2,799 ...Meals at airports not included.



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Calendar

FROM PAGE 27

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 Bridge-walk (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 up-stairs 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

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You travelers are our top priority and your safety is our main concern. We know many of you are restless and are looking forward to traveling again soon. We are also looking forward to getting the tours ready to go and when it is safe to do so, we will be there for you.

The tours listed here are still 'on the books' as of 4/29/20 and we hope to meet our minimum quota on each program and have a great fall season. The COVID-19 pandemic has been a rough time for everyone. We hope you and your loved ones stay safe and healthy.

Bless you all, Nance

62nd 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.

63rd 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. 39th 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.

New York City, Sept 24-30, \$829. 4 nites NJ & 1 each way. Sightseeing & 10 meals.

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, Faneuil 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.

Vermont, Oct 19-24, \$765. 3 nites Vermont & 1 each way. Lake Champlain cruise, 8 meals.

Branson, Nov 9-14, \$679. 3 nites Branson & 1 each way. 7 live shows, a cruise & 8 meals.

Cornwell Turkeyville Dinner Theatre & Marshall - Nov 18, \$85. Musical "Christmas is for the Birds", Turkey buffet lunch, narrated tour of Marshall.

Detroit Churches, Dec 4, \$60. Lunch/tour Trinity Lutheran + 3 more churches, Gift & Goodie Bag.

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

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

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

Stanley Hreneczko at 586-268-3656.

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

■ **Bridge:** The Older Persons Commission, 650 Letica in Rochester, offers sanctioned bridge games from 11:30 a.m. to 3:30 p.m. Saturdays. The cost is \$8 at the door, and a coffee house will be open from 5 to 8 p.m. Monday through Wednesday in the OPC lobby. Open to OPC members 50 and older. Call 248-608-0263 for

more information.

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

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

■ **Widowed men and women:** are invited for a movie and dinner on the third Sunday of each month at the AMC Forum 30 Theatre in Sterling Heights, followed by dinner at UNO Restaurant in the same

complex. To RSVP and find out movie selection and time, call 248-917-3733 or email angelway11@comcast.net.

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

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

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

■ **Widowed men and women:** are invited to meet at 10 a.m. each second Monday

at Wildflower Restaurant, 42900 Garfield in Clinton Township. For more information, call 586-264-1939.

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

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

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

■ **Widowed men and women:** are invited for an evening of cards, games and friendship 6-9 p.m. each

first Thursday at St. John and Paul, 7777 28 Mile Road, in Washington Township. For more information, call 586-781-5781.

■ **Widowed men and women:** are invited to bowl at 10 a.m. every Wednesday at 5 Star Lanes, 2666 Metropolitan Parkway in Sterling Heights. Drop-in league, pay when play, and cards are drawn to form teams. Lunch afterward is optional, and checks will be separate. For more information, call 586-755-0597 or 586-254-8199.

■ **Dance:** every Sunday afternoon away at the American Polish Cultural Center, 2975 E. Maple (15 Mile) at Dequindre in Troy. A DJ will provide music. Guests can perform the waltz, fox trot, swing and Latin dances and more. Dance lessons are available from 3 to 4 p.m., and open dance will be held from 4 to 7 p.m. For more information, call 248-778-6261.



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Poetry Corner

The Tiger

The tiger in the jungle
Middle of the night
Stalking his prey
What a beautiful sight

His eyes so alert
Patience for the kill
This will take time
A stomach to fill

God has given us
These animals to
Admire and enjoy
Certainly not to be
Hunted or destroyed

To lose them
Would be a crime
What man has done
No friend of mine

By John Cameron of Shelby Twp, MI

There Is An Enemy

There is an enemy
In the form of a virus
It has found its way among us
Its stabbing us like a sharp knife
Entering our body and taking a life
We try to hide from its devastation
By keeping ourselves in isolation
How do we deal this frustration
As we keep our family in hibernation
Some of us seek help in meditation

Some of us look for joy in our

At home vacation

Others are sitting at home

Watching the news

Bringing us nothing but the blues

Can we use this time for in house

Sanitation

Don't forget to Help our children with their

At home education.

By Stephen Pankewicz of Sterling Heights, MI

A Walk through The Woods

A walk through the woods
away from the nearest town.
The sun shines brightly,
Its warm rays peek down.

The shadows of tree branches
spread out on the ground.
Peaceful surroundings,
What beauty I've found.

I scan the marvelous view
from left to the right
My feet move so slowly
As I absorb the lovely sight.

Quietness all around me,
no harsh or loud sound,
This walk through the woods,
is a wonder-around!

By Patricia Dearing of White Lake, MI

Do you have a creative side that you would like to share with your community readers? We are looking for original, unpublished poetry. This will be your time to shine in our Poetry Corner. Please keep poems to 300 words or less and print clearly. Next Issue will be June 11, 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.

Poetry Corner

After...You Can

After you've read all that you can read,
after you've cleaned all that you can
clean,
what is there left to do?

After you've played all your board
games,
and all the cards games you can stand;
after you've danced to your favorite
music,
and baked all the cookies you can,
what is there left to do?

You can go to the basement and
rummage through your stuff
and wonder where it all came from.
You can pull weeds and old plants that
were covered by an early snow.
You can call a friend or FaceTime with
family.

You can write a letter that is long
overdue.
You can rummage through old photos
reliving days gone by.

After you've done it all, you can say a
prayer of thanks
that those you love are safe
and ask for comfort for those who have
been lost.

You can hug those who are close,
let those who are not know you care.
You can believe you will once again feel
the warmth
of your loved ones' arms as they draw
you close.

You can believe...

By Karen Cooper of Chesterfield, MI

O Say ~ Can You See?

Our flag still flies over Fort McHenry
now a National Monument
from the War of 1812

On the front porch, my favorite place
Stars and Stripes ripple and snap
in strong mid-afternoon gusts

A red car across the street
white clouds drifting by
in bright *blue* skies above

They all remind me, help me
remember

AMERICA

The place where I live and breathe
free

Now the wind is chilly
So I'll go back inside
and give thanks
for this land that I love!

**By Elizabeth Prechtel McClellan
of Warren, MI**

50 Years

They said our marriage wouldn't last a year.
After 50 years we're still here.
We have a bond that can't be broken,
no true words were ever spoken.
My husband of 50 years, I love you so much.

I said I do to share your life.
I'm so proud to be your wife.
My Husband of 50 years brought me smiles,
brought me tears.
We had happy times, we had sad.

The way you hug me, the way we touch,
makes me love you oh so much.
When you asked me to be your wife,
I knew we would have a good life.

I'm glad we met, what would I do,
to go through my life without you.
The day we met you said you were sure,
you said I'm going to marry her.
You made me strong, you took care of me,
without you I wouldn't be.

When I'm sad, you're a clown,
it comforts me when you around.
I love the laughter we share,
and knowing that you're always there.
You took care of me, I took care of you,
together that's what we do.

Our laughter gets us through the day.
Closing this poem I will say,
for 50 years we had good life.
We did it together as man and wife.
50 years of loving each other,
50 years with my best friend.
A love story that lasts a life time.
A love story that has no end.
I will love you till the day I die,
even then it's never good-bye.

By Denise Lundie of Macomb, MI

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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.

Detroit Then & Now

July 14, 2020

Looking to have a great day in Detroit? Explore the latest & greatest & sightsee throughout Downtown, New Center, Midtown, Mexican Town, Belle Isle & The Riverfront.

Trip Includes:
Fun & Knowledgeable Guided Tour & Transportation. Lunch at Detroit Yacht Club. Gaming Time Greektown Casino. \$20 Play from Casino

\$79 pp



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 Stampede! Live Horses
- Round Trip Luxury Bus Travel & All Luggage Transfers
- Loads of Laughs & Memories Forever!



**\$979 Single
\$729 Double**

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

Amish Country of Ohio

Weds-Fri, September 2-4, 2020

Your Trip Includes:

- 2 Nights Carlisle Inn Sugar Creek
- 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

\$579 Single

- 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

\$449 Double

FIREKEEPERS CASINO - BATTLE CREEK



Weds, July 22, 2020

Weds, August 19, 2020

Weds, Sept 9, 2020 & Weds, October 28, 2020

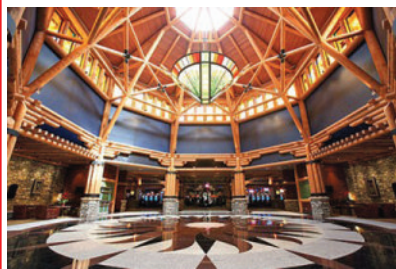
Your Trip Includes:

- 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**

Four Winds & Firekeepers Casino Resort

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



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

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

PINK SHELL BEACH RESORT & SPA

17th Anniversary Fun
in the Sun Special

January 26-February 9th, 2021

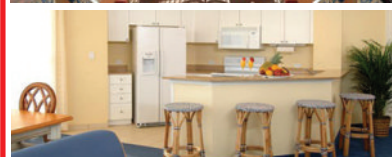
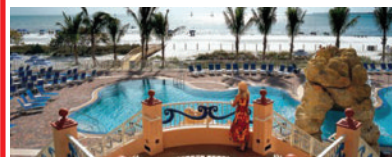
Pink Shell sets the four star standard of excellence on Florida's glorious Gulf Coast. It is located on Estero Island on Fort Myers Beach, 30 minutes from the airport. All rooms face the Gulf!

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!



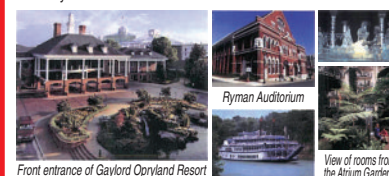
**\$3,049 1Bdrm Double pp, \$5,099 1Bdrm Single pp
\$3,579 2 Bdrm Double pp, \$2,849 2 Bdrm Trip pp
\$2,399 2 Bedrn Quad pp**

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 & Treasures Art Show
- Admission to Delta River Flatboat Ride Inside Gaylord Opryland
- Free Time Downtown Nashville
- Luxury Bus Travel w/Video Entertainment



Front entrance of Gaylord Opryland Resort

Ryman Auditorium

View of rooms from the Atrium Gardens

Single (Traditional) \$1,230

Double (Traditional) \$929

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 Kryziak'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

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

