August 2020

BUILDING BUILDING

'THE HAMMER'

Royal Oak man breaks 16th Guinness World Record PAGE 16

> SOCIAL & WELL-BEING Review these safety tips as you prepare to pack your bags

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

> HEALTH & WELLNESS Older adults keep fit through outdoor classes PAGE 18

PAGE 8

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- WB Romeo

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HEALTH & FITNESS

COVID-10: Coronavirus sickens seniors differently. Here's why **PAGE 4**

COVID-19: 5 ways to keep cool and dry while wearing a mask **PAGE 10**

MONEY & SECURITY

Ask the Financial Doctor: Tax refunds, air miles, IRA rollover and more advice PAGE 14

Real Estate: How long for home inspection; condo association dues **PAGE 20**

CALENDAR

Upcoming travel and events listings PAGE 26



On the cover: During his recent world record attempt in Royal Oak, Sarchian helped raise nearly \$2,000 for the Front Line Appreciation Group of metro Detroit.

DEAN POTTER - FOR MEDIANEWS GROUP

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SENIOR LIVING

MACOMB COUNTY

Centerline Towers: 803310 Mile, Centerline, 48015 Chesterfield Library: 50560 Patri-

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

Macomb Daily Building: 19176Hall 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: 35891S. 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:

40200Utica, Sterling Heights, 48313 Henry Ford Medical: 350015Mile

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 Livernois, Troy, 48084





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HEALTH & FITNESS

COVID-19 sickens seniors differently. Here's why.

By John W. Rowe Special to The Washington Post

The past three months have been a stark reminder that the United States is an aging society. Americans older than 60 outnumber those younger than 15. And this rapidly expanding older population is being devastated by the novel coronavirus.

But we have also learned a great deal since March about why seniors are so susceptible to this virus - and which symptoms to look for when they present themselves at clinics and hospitals looking for help.

First, a few things to remember. About 80% of COVID-19-related deaths are in individuals older than 65. In New York City, for hospitalized patients the death rate from COVID-19 rises from less than 1% for those 18 to 44 years old to more than 30% for those older than 75.

These findings reflect what we already knew about how the body's response to infection changes with age.

With normal aging, we see progressive deleterious changes in our immune systems.



About 80% of COVID-19-related deaths are in individuals older than 65.

One component, inflammation, is exaggerated with advancing age - a finding termed " inflamm-aging" - which can worsen infections when we get them. Other components of our immune systems weaken with age because the cells that fight off invading organisms directly, or through release of antibodies, become less effective in old age. That's

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will be on

THURSDAY

SEPTEMBER 10, 2020

why older people need stronger doses of the flu vaccine to elicit a protective response.

Another reason that aging complicates matters is that many diseases, and pneumonia in particular, have very different symptoms in the elderly than they do in the middle-aged. Many older COVID-19 patients did not present the "classic" symptoms so common in younger patients - fever, cough and shortness of breath. Seniors who came to hospitals or called their physicians were typically asked whether they had those symptoms and often replied that they did not.

MEDIANEWS GROUP FILE PHOTO

But many did complain of delirium, fainting or gastrointestinal symptoms. Because they did not have the symptoms that were required to be eligible for coronavirus testing, their infections often went undetected and were left to worsen without appropriate attention.

These age-related differences are aggravated by the increased risk associated with severe underlying illnesses, such as diabetes; heart failure; lung, kidney or liver diseases; or cancer, especially those on treatments that might impair immune function. While it is likely a healthy 75-year-old is at less risk than a 60-yearold with a chronic disease, a 75-year-old with a chronic disease is at special risk.

In addition, many elderly people share the same disadvantageous social determinants of health that contribute to the special risks of populations, including the poor, who might have substandard housing, nutrition and access to health care.

Beyond these factors, several additional risk factors for severe covid-19 have been identified, and more are sure to come:

• Men are more susceptible than women.

• Obesity increases risk, at least in young and middle-aged adults (though not so much in seniors).

• Having Type-A blood carries a 50% greater risk of requiring respiratory support (such as a ventilator) when infected, while Type-O blood lessens that risk. (If you don't know your blood type - and many do not - it is time to find out.)

• And a genetic marker, called ApoE4, which increases the risk of Alzheimer's, also increases the risk of severe COVID-19. This makes individuals with dementia an ultra-high-risk group, especially given their difficulty in following guidelines such as social distancing and frequent hand-washing.

Understanding an individual's risk profile might become useful in allocating a vaccine when it becomes available. One can imagine the competing interests of health-care providers, chronically ill elderly people, and public health and public safety officers when the initial batches of vaccine become available.

What can we do to protect older people, especially those at greatest risk?

We must heighten our detection of coronavirus infection through increased testing and education of health-care providers, particularly at nursing homes, regarding the signs and symptoms older patients might display.

All older people must receive the flu vaccine this fall, for if COVID-19 returns during a strong flu season, the effects might be devastating.

While we enhance nursing home safety, disinfection and protection of staff - all of which have been accomplished successfully at many facilities - the time has come to rethink how we deliver and fund longterm care in the United States. And we must fix our public health system, which has never been retooled to meet the needs of an aging society and is displaying deficiencies in pandemic preparedness.

Neither our current long-term-care nor our public health system can adequately support the needs of a dramatically growing older population or meet the special challenges presented by this, and the next, pandemic.

Rowe is a professor of health policy and aging at Columbia University and president of the International Association of Gerontology and Geriatrics. AUGUST 2020



HEALTH & WELLNESS

Disk replacement is alternative to spinal fusion for active adults

Spine issues are common among older adults, and many people are looking for the best treatment options that will allow them to stay active comfortably for years to come.

When seeing a spine surgeon, one fear many people have is being told they will need a spinal fusion. Cervical spinal fusion – which connects two or more vertebrae in your spine to increase stability, corrects deformities or reduces pain – is a time-tested

technique that can be extremely effective in restoring spinal alignment and helping with arm pain from a pinched disk, but the major drawback is



it usually permanently affects range of motion in the

Additionally, there is evidence that fusing a normally mobile segment of the spine can put stress on Jagannathan levels above and

> below the fusion, resulting in arthritis over time, leading to what is called "adjacent level disease".

This is particularly of concern in younger patients, as adjacent level disease commonly begins to manifest between two and five years post-fusion and tends to progress as you grow older.

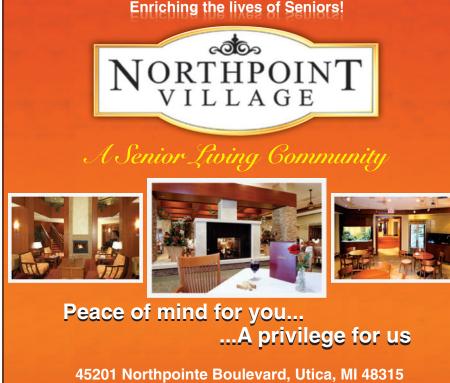
What is Cervical Artificial Disk Replacement? The concerns outlined

above led to the arrival of another option: cervical artificial disks.

In disk replacement, rather than fusing two adjacent segments of the spine, an artificial disk is placed, to mimic the motion of the normal spine. The theoretical advantage of this is that neck motion is preserved. Since mobility remains normal, this can also potentially lower the incidence of adjacent level disease.

Disk replacement is typically performed through an incision in the front of the neck. Using dissection, the neck muscles are retracted and the damaged (or degenerated) disk is removed.

Bone spurs or disks pushing on a nerve also are cleaned out, de-



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PHOTO COURTESY OF DR. JAY JAGANNATHAN

Dr. Jay Jagannathan performs spinal fusion.

compressing a nerve which may have been pinched. Finally, once the area has been satisfactorily decompressed, the artificial disk is placed into the disk space.

Post-operative Care and Recovery

Typically patients who undergo disk replacement are able to be mobile once they are awake from surgery, with restrictions against heavy lifting. They often go home the same day with nothing more than antibiotics.

Even better, unlike a fusion, a cervical collar is not generally worn postdisk replacement, through routine follow-ups are recommended every three months for the first year after surgery. Recovery time is one of the key differences between the two treatments. In addition to a quicker immediate boost in everyday mobility for those who choose disk replacement over spinal fusion, the overall recovery period is likely to last no longer then 3 months.

For spinal fusion, that number can grow to 6

months. For active people, that is a key difference to consider.

Choosing Disk Replacement or Fusion

Spinal fusion (aka Anterior Cervical Discectomy and Fusion) has been the long-standing treatment of choice for patients with degenerative disk disease in the neck. Numerous studies have demonstrated excellent results in terms of treating arm pain (over 80% efficacy) caused by a cervical disk, and neck pain may also be improved in some cases. But for those concerned about their neck motion and impact on adjacent disks. cervical disk replacement may be a better option to choose.

Multiple studies on disk replacement with follow-up ranging from 2-10 years have demonstrated rates of clinical improvement comparable to (and in some cases better) than cervical fusion, but it's also important to note that we don't know the truly long-term impacts of disk replacement tech-

nology yet (15-plus year

impact), so that's a risk younger patients may need to consider.

In some scenarios, fusion may be preferred over an artificial disks, such as:

 Patients with multilevel disks (disk replacement is only FDA-approved for 1- and 2-level pathology in the US currently)

 Cases of cancer or infection

 Cases of deformity where a fusion would provide better restoration of alignment.

In the end, always consult with your spine surgeon for the best option to fit your situation, but both spinal fusion and disk replacement have the ability to ease your pain and keep you active and moving comfortably, no matter your age.

Dr. Jay Jagannathan is a board-certified neurosurgeon with offices throughout the state of Michigan. including in Troy. He is President of a multispecialty neurosurgical group, Jagannathan Neurosurgery.

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SOCIAL & WELL-BEING



The ocean, the sunshine, and the beach in Hawaii.

Review these safety tips as you prepare to pack your bags

beaches and while stroll-

public spaces. However, did

you know that you are also

required to wear a mask

outdoors when the area

is crowded and you can't

If you're in doubt about

She suggests checking

As most Michiganders

By Jane Peterson For MediaNews Group

a business trip or are planning to get away with family for a few days, it can ing on the sidewalk. be overwhelming – if not downright scary – to think know, everyone, with just a about what hazards you might face while you are a mask while in enclosed away from home. Everything from car troubles and pickpockets to stomach illnesses and motion sickness. the possibilities are endless.

maintain 6 feet apart? With COVID-19, travelers have to be especially diligent about protecting their what is required in the part health and being prepared of the state or country you are visiting, good planning for restrictions at their destination that possibly may is key, said Larisa Draves, be different to what they are executive director for the used to at home.

According to the South- Convention and Visitor Buwestern Michigan Tourist reaus (MACVB). Council, vacation is no time to relax your safety efforts. the websites and Facebook to include any prescriptions

mends maintaining 6 feet are interested in visiting for

of space between you and updates. others who don't reside in

"Call the business if you your household. That's true have any questions about Whether you need to take not only in stores, but also things like if dining rooms on trails, in the water, on are open, can your small group be accommodated, are reservations needed, can you obtain a guaranteed spot with outdoor seatfew exceptions, must wear ing, etc.," said Draves in an email.

> With lodging, it's always reassuring to know what to expect before booking. She said large national chains have strict cleaning standards and their processes are often posted on their website. You also may want to inquire about the checkin process, food service restrictions and if any amenities like workout areas, Michigan Association of meeting rooms and swimming pools are impacted by executive orders.

When packing, be sure The organization recompages of the businesses you you might need as well as



TRAVEL » PAGE 9

Frave

FROM PAGE 8

over-the-counter medicines. Tuck in a first aid kit that includes bandages, antiseptic cream and an ice pack.

Don't forget a supply of disposable face masks or enough washable cloth face masks for the duration of your trip. Also, include plenty of hand sanitizer in your purse, backpack and suitcase and a supply of sanitizing wipes to quickly wipe down a picnic table, bench or outdoor dining set if you plan to eat outdoors.

Leave nothing to chance during the planning process

Check with all the attractions, restaurants, shops and hotels you plan to visit. Some may have additional restrictions, limited hours or even extra fees due to COVID-19. If you're renting a car or traveling by train, bus or airplane, ask about cleaning procedures, seating capacsuch as wearing a mask during the journey.

Remember that travel professionals can help, said Draves

"Local tourism profesrules/regulations and notices about their area. For ular region of Michigan,' example, trails are really she said. popular outdoor destina-



Sunset at the beach in Hawaii.

available, can provide in- on the MACVB website you need to eat. Many res- fore checking in. Some hoities and any new policies, sight on interactive web- at www.visitmichigan. sites and knows which org/memberInformation1. trails may have temporary closures, for example.

visitors bureau staff stays gan Pledge initiative to enupdated on local/regional sure the health and safety sionals stay current with happenings and can best assist travelers to a partic-

Draves said a list of the tions right now. The local state's convention and visvisitors bureau has maps itors bureaus can be found

html. She added that the ily well fed and ready for muffins, granola bars, fruit you're tired of fast food, State of Michigan recently the day's adventures. Be and bottled water ready for The local convention and launched their Pure Michi- prepared for these dining you to grab and go. Others of Michigan's employees, residents and visitors.

Find out more about the pledge at www.michigan. org/puremichiganpledge.

Consider dining options When you're on the go, It's best to call ahead be- but have staff serving in- it delivered to your door.

options:

 Hotel breakfasts. Many of us are used to free items like yogurt, wrapped breakfast at our hotel be- breakfast sandwiches that fore we check out. Due to can be heated in a micro-COVID-19, many hotels are wave, packaged pastries thru and head straight to modifying or eliminating and more. Still, others have this amenity altogether. a hot breakfast available,

taurants offer a variety of tels are providing bagged options to keep your fam- breakfasts with items like are offering

individually-packaged

Leave nothing to chance during the planning process. Check with all the attractions. restaurants. shops and hotels you plan to visit. Some may have additional restrictions. limited hours or even extra fees due to COVID-19.

stead of presenting it buffet style.

 Outdoor dining. Enjoy meals al fresco under the summer sun.

• Indoor service. Many restaurants have opened their dining rooms, although capacity may be limited.

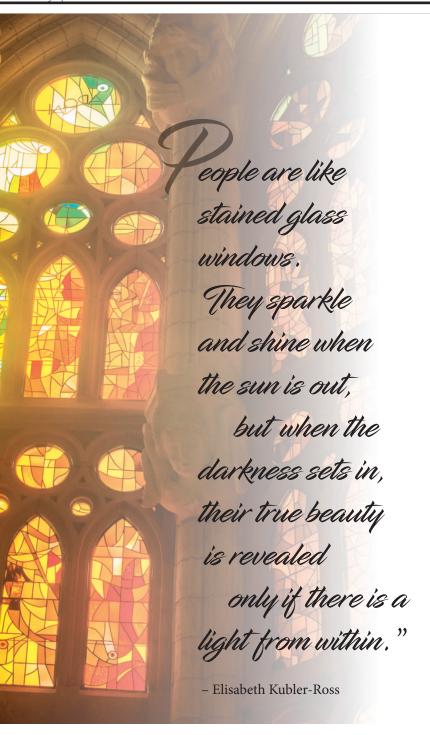
 Takeout. Order your meal and take it to a picturesque park or comfortable spot on the beach to enjoy dinner with view.

• Curbside delivery. If order food online from a favorite local or casual chain restaurant and pull into the designated parking spot to have your order brought out to your car.

 Delivery. Skip the drive vour hotel. After settling in, order dinner and have









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HEALTH & FITNESS



PHOTO COURTESY OF GETTY IMAGES

Keeping your face covered when venturing outside the home remains a crucial weapon in the fight against the coronavirus.

5 tips to keep cool and dry while wearing a mask

continuing to urge face-cov- cal governments. ering in public to curb the spread of COVID-19, we've ways to stay cool or, at become familiar with the least, cooler while masked to matching a surgical minor irritants of wearing up. Here are five tips from mask's efficiency in stopmasks: chafed ears, foggy experts for more comfortglasses, snapped straps. The ably keeping your respiraarrival of summer takes tory droplets in check. the potential discomfort up a notch, trapping sweat **1. Choose the right** and heat under our facial fabric sheaths.

"As physicians, when we are wearing masks for long terial like cotton will likely periods of time, for exam- keep your face cooler than ple in surgery or during a medical and N95 masks procedure, you'll notice we made from synthetic matekeep the rooms what pa- rials, and in the right contients call 'uncomfortably figuration can be effective cold," says Gregory Poland, in preventing contagion, a physician and vaccine researcher at the Mayo Clinic. by Taher Saif, a professor hind your ears. You can just "There's a reason for that."

ered when venturing out- sity of Illinois. side the home remains a crucial weapon in the fight common fabrics, from 100% against the coronavirus, cotton to polyester and silk recommended by the Cen- blends, to see which best like eczema or dermatitis, ters for Disease Control and balance comfort and drop-Prevention (CDC) and man- let-blocking impermeabil-

A light, breathable maaccording to new research of mechanical science and wrap it around your nose Keeping your face cov- engineering at the Univer-

Saif's team tested 10

With health authorities dated by some state and lo- ity. The "sweet spot," he says, is a two-layer mask Fortunately, there are made from a cotton Tshirt, which comes close ping potentially infectious droplets from coughs and sneezes and is about twice as breathable.

All-cotton tested best, but up to 40% polyester will do the job, Saif says. "I'm not a cloth expert. I just buy things from Walmart and Target," he adds with a laugh. "Our study showed that if you have these layers on top of your mouth and nose, you don't have to have an official mask where it goes with the elastic beand mouth, like a bandana."

Lighter, softer cotton coverings can also help you avoid chafing, heat rash or inflaming a skin condition says Carrie Kovarik, an as-



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Masks

FROM PAGE 10

sociate professor of dermatology at the University of Pennsylvania's Perelman School of Medicine and a member of the American Academy of Dermatology's COVID-19 task force.

"They make masks out of a lot of different material. fects of heat on health. so you want to feel it and make sure it's something that feels soft against your cially absorbent materials skin," she says. "A lot of people are making masks look nice and pretty on the cotton." Hemp also wicks or neck can help you cool face, but make sure it feels moisture well, and wash- off - just take care not to good."

2. Keep it dry

and moisture than standard medical and industrial masks, and it's more absorbent, but if it gets the heat damp due to breathing and sweating it can be less ef-

abrasive to the skin.

and vapor mixing, which can help evaporate any extra water (and also keep the rest of your skin/body feeling cooler)," says Jennifer Vanos, a biometeorologist at Arizona State University who studies the ef-

Vanos also suggests trying masks made of espelike bamboo, which "can absorb up to three times are widely available online, your face. Poland notes although like bamboo they Cotton traps less air tend to cost more than cotton face coverings.

3. Time trips to beat

fective in filtering respira- hottest parts of the day comes with a caveat – if combination of the words then wash your face in the – Story courtesy of AARP

tory particles, not to men- and for extended periods. you are "around a lot of mask and acne. tion uncomfortable and Stop at home between errands if you can, to cool off just fanning that air at masking up with your face "Try to stay in well-ven- and doff your mask. When tilated locations to keep air you do have to be out, stay well-hydrated and seek the shade.

Being cognizant of the heat is about much more than keeping your mask fresh. "We have major issues every summer with heat exhaustion and heat stroke and heat-related deaths," the Mayo Clinic's Poland says, and older adults are "definitely at increased risk."

An ice pack or damp for fashion, they want it to the amount of water as cloth applied to the head mixed with makeup or oily inoids or salicylic acid, able hemp-blend masks get your mask wet or touch other heat hacks he's observed traveling in parts of Asia where mask-wearing has long been routine.

"They more often carry Avoid going out at the fan," he says. That trick been dubbed "maskne," a to put them on at night and

people's exhalation, you're yourself" - but with suffi- clean, save perhaps for a stay comfy while still protecting yourself.

selves with an umbrella," that things like that actu- create a barrier to the frically do help."

4. Skip the makeup

skin care products makes which some older people for a gunky mess under use to diminish wrinkles your mask. "You don't have or sun damage. the ability to have sweat evaporate when you have very irritating if used unthe mask on. It all sits there der occlusion or under and collects," says Kovarik, some kind of covering. We the dermatology professor. don't want to put them That clogs pores and con- under the mask," Kovarik a hand-powered fan or tributes to the lower-face says. "If [people] are using small, battery-powered skin eruptions that have those products, it's better

Kovarik recommends cient social distancing you bit of moisturizer (prefmay be able to use a fan to erably with some SPF, if you plan to be out long). 'Creams that have dimeth-"The other thing you icone in them are a good see a lot of people doing in moisturizer but also is a Asian countries during the barrier cream, so it creates summer is shading them- some protection between your skin and the mask," Poland says. "Turns out she says. "It will actually tion."

Another change to make to your skin care regimen: Heat and perspiration Avoid products with ret-

"Those can be very,

morning."

5. Bring a spare

If you can't keep your mask from getting icky and sticky, there's no better remedy than swapping it for another. "I recommend people do that anyway," whatever the weather, Poland says. "When you're outside with the mask on, that mask has a limited lifespan."

On especially hot and humid days, pack multiple masks, recommends Vanos, the heat expert. Just make sure to follow the other CDC safety recommendations when changing masks, like avoiding crowds and washing or sanitizing your hands.

"If you really need to remove it to cool off, move away from people, cool off, maybe switch the mask to a new one, and then go back," Vanos says.





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

. Frequent air-miles Aare not taxable to em-

What is an IRA rollover?

A: You receive money in your Richard Rvsiewski name from an IRA Columnist and roll it over into another IRA within 60 days. You are allowed only one rollover in a 365 day period. The one rollover rule does not apply to rollovers coming from retirement plans or ROTH conversions. A trusteeto-trustee transfer is preferred over an IRA rollover because it is more secure and is not limited by the one rollover rule.

Can I receive a tax refund if I am currently making payments under an installment agreement

or payment plan for a prior year's federal taxes?

. No, as a A. NO, as a condition of your installment agreement, any refund due to you in a future year will be ap-

plied against the amount that you owe. Regardless of whether you are participating in an installment agreement or payment plan with the IRS, you may not get all of your refund if you owe certain past-due amounts, such as federal tax, state tax, a student loan, or child support.

Q. Can my Social Security check be garnished by a creditor?

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curity checks but the federal government can. If there are defaults in VA or student loans or you owe money for child support or alimony then the federal government can garnish part of your Social Security check. The first \$750 per month is off limits but 15% of any amount above \$750 can be withheld until vour federal debt is repaid. If you owe money to the IRS there is no threshold of \$750 and the 15% rate applies to the entire Social

My neighbor is claim-O ing that he is a resident of heaven and does not have to file income taxes. What will happen to my neighbor?

Security benefit.

A. The IRS will win and your heavenly neighbor will lose.

. Are transportation Oexpenses for medical reasons deductible?

. Any unreimbursed Atransportation 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 medi-

A. Private creditors can-not garnish Social Se-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% AGI (adjusted gross income).

> Q. I will be 69 this No-vember and am col-lecting a widow's Social Security benefit. I will apply for my Social Security benefit based on my work record at age 70. Can I collect both benefits at age 70?

A . You cannot collect both benefits. You will get the larger of the two benefits. If your retirement benefit at age 70 is greater than your widow's benefit you will receive the higher benefit. If your retirement benefit is less than the widow's benefit there will be no increase at age 70.

. My father is con-Ocerned about estate taxes. He has about \$3 million in assets. Would he be liable for any estate taxes when he passes away?

. No, your father Awould owe no estate taxes because his assets are below the \$11.58 million asset exemption per individual for 2020. A married couple will be able to

shield \$23.16 million from federal estate taxes.

My neighbor received a letter indicating that he won \$255,000 in a lottery together with a check for \$4,600. To claim his prize, he has to call a number and send \$1,000 for a processing fee. Is this valid or is this a fraud?

A. If it sounds too good to be true, then it is. Why would anybody give your neighbor \$255,000 for free? This "lottery" scheme preys on gullible people to send money to secure a fictitious prize. The check for \$4,600 is clever and and could fog your brain to believe you can't lose. If you send \$1,000, kiss it good-bye and the check for \$4,600 will turn-out to be bogus despite looking legitimate. The check can be deposited but within 5 business days your bank will notify you that the check was bad.

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

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HEALTH & FITNESS

Royal Oak native breaks 16th Guinness World Record

By Dean Potter For MediaNews Group

Meet Ron Sarchian. Some call him "Non-Stop Ron," or "The Hammer." Others simply describe him as "World Record Ron" - for good reason too.

Sarchian, a 56-yearold Royal Oak native who now resides in Los Angeles, has 15 world records to his name. His accomplishments have spanned the two hours, punching the last 15 years and he has not bag an estimated 80,000 slowed down. He is a cer- times and kicking it more tified personal trainer and than 20,000 times within a a group fitness instructor with a background in football, boxing, kickboxing, road cycling and mountain biking.

Sarchian recently came back to Michigan to visit his mother who lives in Troy and to attempt breaking his 16th Guinness World Record.

world records pending from May that have not yet been formalized.

his way of honoring his par- great." ents, he said. His father, Archie Sarchian, was stricken and mental toughness is by testicular cancer as a unmatched and he rouyoung man and died at the age of 33. In June 2004, Ron broke his very first Guinness World Record, the "Punchbag Marathon," punching a 100-pound heavy bag for 36 hours and three minutes, and dedicated it to his dad. Growing up without a father, Sarchian learned quickly he had to fend for himself in school.

He found athletics as a great outlet. He played football at Bishop Foley High School and Northern Michigan University and relished sport.

After college, Sarchian moved to California where he worked as a stuntman, landed an acting part in the television soap opera "Gen-

eral Hospital" and became a certified personal trainer.

For his latest world record attempt - Longest Marathon Striking a Punch Bag - during which he punched and kicked a heavy bag for more than 25 consecutive hours -Sarchian teamed up with Shawn Fitzpatrick and Avery Thomas, owners of Get Fit Now! Gym in Royal Oak. He beat the world record by period of 27 hours.

After reading that you might want to add another moniker to his list of nicknames: "Sarchian the Sadistic."

"I've planned this event for over a year. Although I was totally exhausted after my attempt my efforts were well worth it," Sar-He also has two other chian said. "Not only was I thrilled at breaking the record but doing it in my hometown in front of my Breaking world records is friends and family was

> Sarchian's work ethic tinely trains for his record attempts. Three days before returning home for his latest attempt he hit the heavy bag for six hours straight. He is also extremely organized.

> For each of his world records he gathers all the paperwork Guinness Book of World Records requires. He lines up witnesses, he buys high energy food and drinks he'll consume during the attempt and he irons out details to work with a charity.

"We raised nearly \$2,000 the physical demands of the for Front Line Appreciation Group of metro Detroit. (FLAG)," said Sarchian of complishment. "They are a ing his record-breaking atgreat organization which tempt," said David Nobozny,

area restaurants and delivers these meals to front line health care workers at more than 40 hospitals throughout metro Detroit."

According to Guinness World Records' rules, he was allowed to take a five minute break between every hour of punching and kicking, during which Sarchian saw lots of support from family and friends both old and new.

"It was great watchhis latest world record ac- ing and helping Ron dur- in Royal Oak has yet to be ute (42) buys meals from Detroit a former classmate and world records include:

attendance cheering him on. "We were like a NAS-CAR Pit crew; we took his gloves off, got him to the bathroom and then to a sta- roundhouse kicks in one tionary bike, got him food and something to drink and then put his gloves back on (50 hours and 9 minutes) all under five minutes. We to meet the rule requirements.'

close friend of Sarchian's

officially ratified by Guinness. Some of his other

 Most full contact who was among those in punches in one hour (15,089)

> Most full contact kicks in one minute (68) in one hour (5,545)

 Most martial arts minute (103) minute (130)

Punch Bag Marathon

also videotaped the breaks smashed with a punch in one minute (76)

 Most watermelons split Sarchian's latest attempt by a karate chop in one min-

> • Most hits of a tire with a sledgehammer in one minute (78)

PHOTOS BY DEAN POTTER -FOR MEDIANEWS GROUP

 Most pumpkins smashed in one minute (49) Most squashes smashed in

Most hits of tire in one

In addition to his world record breaking efforts Sarchian continues helping clients get in shape, does mo- Most watermelons tivational speaking and is currently writing a book about his world record attempts and fitness journey. For more information about Sarchian, visit his website at worldrecordron. com or contact him at 818-389-2522.





In June 2004, Ron Sarchian broke his very first Guinness World **Record**, the "Punchbag Marathon." punching a 100-pound heavy bag for 36 hours and three minutes. and dedicated it to his dad.

Many friends and family members supported Ron Sarchian as he attempted to break his latest Guinness World Record in Royal Oak.

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HEALTH & WELLNESS

Older adults stay fit through outdoor classes, home routines

By Debra Kaszubski For MediaNews Group

Like many people who exercised regularly at the gym prior to the pandemic, Mary Klamo of Rochester missed working out. "I like to keep moving. I have a bad knee and back and exercise makes me feel better," she said.

handful of participants at mer months, but what about instructor Peggy Grodecki's when the weather cools off? Rise & Shine strength train- If gyms are not able to open ing and balance class at and centers such as the OPC the Rochester Older Persons Commission (OPC). The class is one of a handful of outdoor fitness classes offered on the patio of the center, said Matt Spierling, head of fitness and aquatics at the OPC. Other classes include Tai Chi, yoga, and muscular endurance. In September, on Tuesdays and Thursdays at 9:30 a.m., members can enjoy outdoor spin cycling.

Adults typically should get at least 150 minutes of moderate-intensity exercise it's different during this coronavirus pandemic, says Tamara Hew-Butler, an associate professor of exercise and sports science at Wayne State University in Detroit.

Instead, Hew-Butler recommends 20 to 45 minutes of moderate exercise three times a week. People, however, can modify that guidance according to their normal fitness routines. But exercise no more than five times a week and no exercise if you have fluadds.

Research on the response of the body's immune system to exercise shows moderate exercise is "the sweet The goal for cardiovascular intensity. spot" and inactivity or exercising too much can increase your risk of respira- sweating. Examples include to this report.

ler, an avid runner. The goal during a pandemic, she explains, is to maintain your cles): fitness level, not increase it.

How do you know if you're overdoing it? Listen to your body. Extreme neck and back. soreness, pain or fatigue are probably signs you're exercising too much.

Outdoor activities are Klamo was one of a great in the warmer sumaren't hosting outdoor exercise sessions, those looking for a workout may have to get creative at home.

Exercising at home can be challenging without equipment, an enthusiastic coach and team support. But it doesn't mean upper-body muscles, pushyou can't interact with others. Talk to your trainer or workout buddies by phone and with video chat apps. Or try an online workout such as one found on Youtube. Stay motivated and accountable by tracking a week, according to the your activity. Wear a fitness U.S. Department of Health tracker, use mobile apps to and Human Services. But track your exercise regimen or simply write down what you do (number of steps or repetitions, your heart rate) on a calendar to see your progress week to week.

> "I have been working out for years and I don't intend to stop (due to the pandemic). As soon as I was able to workout with Peggy. I did," said Regina Lawler, of Rochester.

Exercises to Try

Cardiovascular training: The National Associalike symptoms, Hew-Butler tion of Sports Medicine recommends cardiovascular training three to five times a week or one to three times a week for beginners. training is to get the heart rate up a little and to start Next Avenue contributed

tory viruses, says Hew-But- walking, running, jumping jacks, jogging, etc.

Core (abdominal mus-

Ab crunches: This provides similar benefits as situps with less strain on your

Planks: While planks focus on the core muscles of your abdomen and lower back, they really work the whole body. You can start on vour knees or place your elbows on a hassock or couch.

Trunk rotations: This exercise usually is done with a medicine ball, but you can use a household item, like a heavy book. Start with two pounds and gradually increase the weight.

Upper body:

Push-ups: In addition to ups work your core. If you can't do push-ups on your toes, start on your knees or plant your feet against a wall.

Bicep curls: You can use water bottles or jugs of laundry soap instead of barbells.

Lower body:

Squats: Squats work muscles from your feet to your butt and your core. Use a chair for support.

Lunges: This exercise also strengthens abs and improves balance and mobility. First, you may

want to become comfortable doing a single-leg stand. Later, extend vour arms toward the front or hold weights for a greater challenge.

Yoga poses for balance: Chair pose: It also strengthens the lower back

and arm and leg muscles. Tree pose: Beginners can stand near a wall for support. Extend your arms toward the ceiling for more



Tamara Tazzio works her upper and lower body using elastic bands.



At "Rise & Shine with Peggy" participants have the chance to work on their strength and balance early in the morning at the OPC.

Keeping active is important as people age.

REAL ESTATE QUESTIONS

How long for home inspection; condo association dues

management companies got in-

we started to see a fee charged

came along a third-party com-

property management compa-

the fees for a status letter usu-

ally range between \$65.00 and

home subdivisions have started

companies who also use Condo-

Certs and are experiencing the

same fees when the homeowners

\$500.00. Some single-family

using property management

sell their houses.

pany called CondoCerts that the

nies hired to do their work. Now

between \$25 and \$50. Then

volved with the associations then

Q: I am selling my home. On the purchase agreement the Buyers are asking for 12 days to do their home inspection. This seems like a long time. Shouldn't this be completed quicker?

A: In my opinion that is way too long for

a home inspection. Typically, the normal inspection period is 5 to 7 days. If there is a circumstance that the Buyer is travelling out of town or there is a major holiday during the inspection period where you would lose 2 inspection days, then I have seen 10 days maximum. 12 days is not acceptable.

Q: We are selling our condo and were told by the title company that a condo status letter had to be ordered at a cost of \$250.00. What is it and why is



Steve Meyers Columnist it so expensive? Shouldn't this be covered by the association dues?

A: This question gets asked often. The condo status letter, also known as Certification for Resale Status Letter is a document that provides financial information to the title company regarding a spe-

cific unit/property from the association. It typically discloses what the monthly association fee is and when it's due. If there are any late fees or past due balances. If there are any outstanding special assessments or any other fees due and payable. It may show the amount of reserves for the unit. It is signed by an agent on behalf of the association. Years ago, this use to be handled by an individual on the association board, usually the treasurer and was completed for free. When property The condo status letter, also known as Certification for Resale Status Letter is a document that provides financial information to the title company regarding a specific unit/property from the association.

Market Update

June's market update for Macomb County and Oakland County's housing market is as follows. In Macomb County prices were up by almost 6% and Oakland County prices were up by less than 1% for the month. Residential home/condo on market inventory was down again. Macomb County's on market inventory was down by 35% and Oakland County's on market inventory was down by almost 32%. Average days on market were still being affected by coming out of the COVID-19 lockdown for older listings. Average days on market in the past 60 days for new listings are just a fraction of these numbers. Macomb County average days on market was 41 days and Oakland County average days on market was 36 days. Closed sales in Macomb County were down by more than 29% and closed sales in Oakland County were down by almost 29%. Low inventory is an issue.

(All comparisons are month to month, year to year.)

Steve Meyers is a Real Estate Agent/Realtor at RE/MAX Metropolitan located in Shelby Twp., Michigan and is a member of the RE/MAX Hall of Fame. He can be contacted at 586-997-5480 (voicemail) or email him at Steve@ AnswersToRealEstateQuestions. com You can also visit his website: www. AnswersToRealEstateQuestions.com



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MONEY & SECURITY

What you need to know when filing for unemployment

By Jane Peterson For MediaNews Group

When your household is humming along and all the bills are being paid, it feels like all is right with the world. However, one day you go into work as usual, your supervisor calls you into her office and you hear those 11 little words no one wants to hear, "I'm sorry, but we're going to have to let you go.'

Becoming unemployed - especially unexpectedly and during a pandemic - is never easy. Overnight, unemployment can disrupt your household, generate an enormous level of stress and create a huge strain on your family's finances.

One of the first steps you'll need to take is filing for unemployment. In general throughout the pandemic, individuals who are no longer working or are working reduced hours through no fault of their own may be eligible for unemployment insurance.

While many have reported challenges in filing for unemployment using both the phone and online systems, the Department of Labor and Economic Opportunity offers some tips that may make the process go a little more smoothly.

"You should apply for unemployment as soon as you are laid off," said Erica Quealy, spokesperson anticipated childcare refor the Department of Labor and Economic Opportunity via email. "You must report the total gross earnings when you certify for guarantined, or immunobenefits. Report total gross compromised and who do earnings for the week you not have access to paid famare claiming (including severance or vacation pay), not laid off. the week in which it was received."

Due to the COVID-19 crisis, the number of Michigan residents filing unemployment claims surged in governor also signed an tion, like a wrong Social Se-

Michigan is ranked third highest in unemployment rates due in part to the shutdown of the automotive industry caused by the COVID-19 pandemic. Shown in this file photo are Chrysler employees heading back to work.

recent months, leading Gov. agreement with the fed-Gretchen Whitmer in several executive orders to expand eligibility and access, making unemployment easier for workers to receive benefits, she said. Unemployment benefits are available to:

 Workers who have unsponsibilities, or those who are forced to care for loved ones who become ill.

• Workers who are sick, ily and medical leave or are

• Those who quit a job to accept another one but could not start it because of COVID

According to Quealy, the

eral government under the CARES Act to increase and expand unemployment benefits for workers affected by COVID-19, including self-employed workers, gig workers, 1099-independent contractors and low-wage workers and workers with little to no work history.

If you've never applied for unemployment before, the easiest way to do so is online. The Michigan Web Account Manager (MiWAM) is the UIA's system for filing your unemployment insurance claim and managing your UIA account online. The step-by-step process is fairly easy to navigate, but you'll want to be sure to avoid common mistakes like entering incorrect informa-

bank routing number for bank. Be direct with your responses, including the correct reason you were sep-Quealy. For example, don't if you were laid off or furloughed.

when filing or certifying, contact UIA by sending a message through your Mi-WAM account or by calling 866-500-0017," she said.

Here are some additional tips:

• File during the offpeak period from 8 p.m.-8 a.m. The site operates faster when fewer people are online.

• If you need to stop in the middle of filing, the system should save all infor-

curity Number or incorrect mation entered on previous pages, so when you log back in, you can pick back up where you left off.

• To lower the numarated from your job, said ber of people online at any one time, the UIA implereply that you were fired mented an alphabetical system where people with the last names beginning with 'If you make a mistake A-L file claims on Monday, Wednesday and Friday and those whose names begin with M-Z file on Sunday, Tuesday and Thursday. Saturday is for those who missed their day.

After you file, you will receive a letter, called a Form 1575C, Monetary Determination, which details information on whether or not you are eligible for unemployment benefits, your weekly benefit amount, when to begin certifying national.

and other requirements and information about their claim, including what to do if you want to file an appeal.

"If a claimant is eligible and with no issues, their payment is typically received within 2-3 business days after they certify. The first certification is done during the third week of unemployment," said Quealy via email.

While receiving unemployment or waiting for the Monetary Determination letter, you should check your MiWAM account regularly for information about your claim as correspondence and determinations are often available there.

Filing for unemployment

Filing for unemployment should take approximately 25 minutes or so. Before you sit down to file a claim, gather together the following information:

 Social Security number. Driver's license or state ID card number.

 Your PIN if you have previously filed for unemployment.

 Names and addresses of employers you have worked for during the past 18 months.

 Your quarterly gross earnings.

 Your first and last date of employment with each employer.

 The Federal Employer ID number (FEIN) and **Employer Account Number** (EAN) for your most recent employer. The employer's Federal ID number appears on your annual W-2 form.

Providing the account number may speed up the processing of your claim.

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MONEY & SECURITY What seniors need to know about no-fault

By Steven Gursten For MediaNews Group

Michigan's new auto No-Fault insurance law could leave older drivers without access to needed medical care after a car accident. If they choose the Medicare/ opt-out option for auto insurance for seniors, they will lose medical coverage for vital services. Auto No-Fault insurance will not pay for medical bills.

New changes to Michigan's No-Fault law took effect on July 2, 2020, leaving many older drivers asking anxious questions about auto insurance for seniors in Michigan.

Specifically, older drivers want to know about the Medicare/opt-out option which allows drivers on Medicare to opt-out of No-Fault PIP medical benefits coverage altogether.

The interest in this Medicare/opt-out option is understandable, driven as it is by politicians' promises of savings.

But those promises of savings on auto insurance for seniors in Michigan come with some very ominous dangers. The reality is that older drivers who choose the Medicare/optout option will jeopardize their own and their families' ability to get necessary medical care and treatment after a car accident.

Why? Older drivers choosing the Medicare/ opt-out option will have forfeited their rights to No-Fault insurance medical coverage. The coverage they will have instead through Medicare or private health insurance will not pay for some of the most important and critically necessary medical services available through No-Fault.

Yes, with the new No-Fault law there will be savings on auto insurance for seniors in Michigan who choose the Medicare/optout options (see below), but these savings will come at a real cost if an older driver is involved in a serious car crash.

Finally, depending on how the federal Medicare Secondary Payer Rule is interpreted and applied to Michigan's Medicare/optout (as well as to the other No-Fault PIP medical benefits coverage levels available after July 1 2020), drivers who choose the Medicare/opt-out could end up actually paying for much or all of their own car accident-related medical bills.

Recommendations for auto insurance for seniors in Michigan

When it comes to auto insurance for seniors in Michigan, our auto attorneys make these recommendations for coverage under the new auto No-Fault law that took effect July 2, 2020.

We believe that all drivers – whether they're firsttimers who just got their driver's license or elderly drivers who've been driving for decades – should choose the No-Fault PIP option with unlimited medical benefits (and no Managed Care Option).

What are the options for older drivers in Michigan?

The auto insurance options for seniors in Michigan for medical coverage after a car accident are the same that all drivers have under Michigan's No-Fault law.

Specifically, in policies issued or renewed after July 1, 2020, driver will choose one of the following No-Fault PIP medical benefits coverage levels which determine how much medical care will be covered after a car accident: \$50,000 for drivers on Medicaid; \$250,000; \$500,000; unlimited; and an opt-out for drivers on Medicare.

How does Michigan auto insurance for seniors apply to the Medicare/opt-out? If a driver has Medi-

care, he or she can opt out of No-Fault PIP benefits by "elect[ing] to not maintain coverage for personal protection insurance benefits" to cover medical bills after a car accident. (MCL 500.3107d(1))

In doing so, the driver is choosing to give up his or her rights to No-Fault medical coverage of car accident-related medical bills and presumably will rely on Medicare (or another payment source) for medical coverage.

Importantly, a driver can choose the Medicare/optout only if the following conditions exist:

• The driver has Medicare Parts A and B (MCL 500.3107d(1) and (7)(b)(ii) and (7)(c))

• The driver's spouse or family member living with the driver has "qualified health coverage" (in the form of coverage for car accident-related medical care through a private plan or Medicare) or have his or her own No-Fault policy. (MCL 500.3107d(1))

Importantly, to qualify as "qualified health coverage," a person's "health or accident coverage" must be such that it "does not exclude or limit coverage for injuries related to motor vehicle accidents" and its "annual deductible for coverage" must be "\$6,000 or less per individual." (MCL 500.3107d(7)(b)(i))

What does Michigan auto insurance for seniors cover?

In regards to auto insurance for seniors in Michigan it is important for older drivers to understand the difference between what No-Fault medical coverage and Medicare will cover for people who have been injured in a car accident.

Subject to the No-Fault PIP medical benefits coverage levels in the policy through which a car accident victim is claiming medical coverage, PIP benefits will cover all car accident-related medical care that is "reasonably necessary" to a victim's care, recovery or rehabilitation. (MCL 500.3107(1)(a))

By contrast, the following medical services that are vital to a victim's recovery are either not covered or subject to very restrictive coverage limitations by Medicare:

• In-home attendant care

 In-home, family-provided attendant care
 Post-acute care/subacute rehabilitation

 Long-term comprehensive rehabilitation

Residential treatment
 programs

• Case management services

 Transportation to and from medical appointments

Vehicle modifications

Home modifications

Physical therapy

Occupational therapy

Durable medical equipment
 Electric wheelchairs

• Specialty assistive devices

Pain management

• Executive functioning therapy for post-traumatic brain injuries. How will Medicare liens

affect Michigan auto insurance for seniors?

When it comes to auto insurance for seniors there is the very real possibility that a driver will have to reimburse Medicare if Medicare pays for car accident-related medical bills.

Unfortunately, for most elderly drivers, this reimbursement will come out of the driver's car accident injury settlement or jury verdict against the atfault driver who caused car crash for pain and suffering compensation.

Medicare would presumably secure this reimbursement by filing a Medicare lien against any settlement or judgment the car accident victim might obtain (as they do now).

Medicare has the legal right to do this under the federal Medicare Secondary Payer rule which says that Medicare cannot be made the primary payer on car accident-related medical bills when payment "can reasonably be expected to be made . . . under an automobile . . . insurance policy . . . or under no fault insurance." (42 U.S. Code § 1395y(b)(2)(A)(ii); 42 CFR Part 411.50(c)(1))

In practical terms, what that means is that whatever money Medicare pays for a car accident victim's medical bills, the victim pays Medicare back with any money he or she collects through a lawsuit. In other words, the victim ends up paying for his or her own medical bills.

I know Michigan's Insurance Commissioner in Bulletin 2020-05-INS has assured us that "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."

But as an auto accident attorney who has dealt with many Medicare liens over the last two decades, I also know that Medicare takes its Congressionallyenacted "Medicare Secondary Payer" powers very seriously and that Medicare has always aggressively sought reimbursement for "conditional payments" made when No-Fault coverage should have been paying.

Are there savings from Michigan auto insurance for seniors?

If a driver chooses the Medicare/opt-out, he or she will no longer have to pay for No-Fault medical coverage or the full Michigan Catastrophic Claims Association assessment. (MCL 500.2111f(3); 500.3104(7)(d))

So, the short answer is yes, there are savings from Michigan's auto insurance for seniors.

However, any older driver who chooses Medicare/opt-out for savings should keep these warnings in mind:

• In return for giving up all No-Fault medical coverage and catastrophic injury coverage to protect themselves or their families if they're injured in a car accident, drivers would only see savings on the 35% of their bill that applies to No-Fault personal protection insurance.

• Reductions in No-Fault medical premiums may be offset by increasing in premiums for bodily injury liability insurance.

• Reductions in No-Fault medical premiums may be offset by overall increases in premiums based on a company's use of "territories" and credit-based information in its rate-setting process.

• Any savings now due to reductions in No-Fault medical premiums are offset later by Medicare liens that take money out of a car accident victim's settlement for pain and suffering compensation and/or "excess" medical bills.

What about wage loss under Michigan auto insurance for seniors?

If you are over 60 years of age and retired or otherwise not working and, thus, not eligible for No-Fault wage loss benefits if you're injured in a car accident, then you can "waive coverage for work loss benefits. (MCL 500.3107(2)(a))

In return for your waiver of No-Fault wage loss coverage, your company "shall offer" you "a reduced premium rate."

Steven Gursten is an attorney and president of Michigan Auto Law. For more information, visit www.michiganautolaw.com



Explore our **ASSISTED LIVING**

When managing your home or day-to-day life becomes too challenging, our assisted living option can offer the support you need to lead a life you'll love. Our thoughtfully composed care plan, delivered by a compassionate care team, can make a remarkable impact in you and your loved one's life.

Explore our **MEMORY CARE**

At Anthology Senior Living, we go above and beyond to provide comprehensive care in a safe, nurturing environment. From top of the line services and amenities to the newest advancements in wellness and dementia programming, you can feel comforted knowing your loved one is being cared for the way that they deserve.

Explore the New Standard in Senior Living.

CALL: 248-282-6009 ANTHOLOGY OF TROY

3400 Livernois / Troy, MI 48083 AnthologySeniorLiving.com

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 beginning in August. 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.

AUGUST

Aug: New groups forming in the Chesterfield area: Widowers and Widows On With Life. Duplicate, Party and Rubber Bridge. Euchre, Pinochle and Hand & Foot. To be placed on the Contact List call Jackie 586-646-5636 after Aug. 1. 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 & Kotting, 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 vet 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. Pankow Blvd., Clinton Twp. MI 48036 or by going online http://commed.lc-ps.org Sept. 28: join MHL on this wonderful trip to Nashville. We are leaving on a Thursday, Sept. 28 and we return on Saturday, Oct. 3. Our trip is five nights including three consecutive nights in the Nashville area. We will have eight breakfasts.three dinners, two great shows. We are going to visit the Grand Ole Opry Theater, Nashville Nightlife Dinner Theater,

we're going to go on great quided tours of Nashville and Belle Meade Plantation, admission to Country Music Hall of Fame and the Grand Ole Opry Behind The Scenes Tour. We will also enjoy a ride on the Delta Flatboats inside the Opryland hotel. The price is only \$709 per person with double occupancy. If you would like more information or would like more details, call me Marv Ann, at 586-530-6936.

OCTOBER

Oct. 6: Fall Fling in Northville. Plans for this trip are tentative due to the coronavirus. However, if it does take place as scheduled, this trip should prove to be a fun day. First on the agenda is a visit to Parmenter's Cider Mill where we will enjoy some apple cider and a donut. Next, we're off to Genitti's Holein-the-Wall for their famous seven-course Italian lunch, served family-style. Lunch includes Italian wedding soup, antipasto salad, pasta, baked chicken. Italian steak with oven-roasted potatoes, Italian sausage, and a cannoli for dessert. After lunch, we'll enjoy an interactive Murder Mystery entitled "Till Death Do Us Part—Las Vegas" in Genitti's theatre. Before heading home, there will be time to visit some of Downtown Northville's unique shops. Cost would be \$77. Departure time would be 9:30 a.m. Approximate return time would be 4 p.m. This trip is being offered by L'Anse Creuse. Currently, because of the coronavirus, L'Anse Creuse is not taking registrations for trips. Check our website for updates. When trip registrations resume, you may register inperson by going to the Community Education Office, 24076 F. V. Pankow Blvd.,

CALENDAR » PAGE 28

CHANCE TO SHOW OFF THOSE GRANDCHILDREN & **GREAT GRANDCHILDREN.**

Be a part of our photo page in Vitality. It's easy! Just fill out the form below and mail it to us along with your favorite photo. Photos will not be returned. We must receive your photo before September 1, 2020 for our September 10, 2020 issue.

WE'RE GIVING YOU A

Name(s) Of Grandchildren: _

Proud	Grandparents are	: .
Addres	SS:	

Phone:

*Any photos received after photo page is full will be held and used in future issues. Mail to: Vitality, Grandparents Brag Page, Attn: Dawn • 53239 Settimo Crt, Chesterfield, MI 48047 EMAIL FORM & PHOTO TO: demke@medianewsgroup.com

We're giving you a chance to show off those special family members. Be a part of our photo page in Vitality. It's easy! Just fill out the form below and mail it to us along with your photo. Photos will not be returned. We must receive photos by September 1, 2020 to be included in our September issue.



LET ME TELL YOU ABOUT MY SPECIAL FRIEND:
MAIL FORM & PHOTO TO:

Name(s) of Pets:		EMAIL FORM & PHOTO TO: demke@medianewsgroup.com
Member of the	Family.	Mail to: Vitality Pet Page
		Attn: Dawn Emke
Address:		53239 Settimo Crt
		Chesterfield, MI 48047
Phone:	*Any photos rec	eived after photo page is full will be held and used in future issue

G



BUDDY Member of the Weber Family of Clinton Twp, MI

Member of Jeremy & Domenica Johnston of Macomb, MI

AGE

LAYLA AND SPIKE Members of the Carpenter Family of Bloomfield Hills, MI and Rockledge, FL

Calendar

FROM PAGE 26

Clinton Twp. MI. 48036, or by going online http://commed.lc-ps.org. Oct. 21-Oct. 23: EXPLORE MICHIGAN! Due to the



October 2020 TBD -- Dining in Windsor Italian Style -- Private tour for 14 people for those who want the Italian experience.. Heavy sightseeing. No casino

December 31, 2020 - Firekeepers - Join us and get \$40 back in comps. Arrive Firekeepers 12:15/30/45 pm \$35pp

Looking Ahead to 2021. Plan now.

Our trips will be in full swing AFTER the Presidential election when I will list the costs and itineraries. Watch the website. Watch Step On Bus Tours Facebook site

England With Rose -- For those who know me, we're experiencing Britain like no other trip. I am personally hand picking each location, hotel, attraction and step on guides. 10 have signed up for this trip through FB. Keep

Las Vegas With Rose -- This trip explores Nevada. Enjoy culinary delights in Las Vegas, beautiful desert vistas, attractions that you have not seen before as we journey in the 4 directions. This is not a gambling trip but wonderful sight seeing

Mystery Trips -- Spring and Fall.

Foodie Here and There -- Includes unique tastings and even adult beverages

Montreal s'il vous plaît -- There is only one word that really captures the essence of Montreal: multifaceted. This city represents the melding of the Old and New Worlds, with 18th-century structures blending into a 21st-century skyline. Old-fashioned houses are now home to funky fusion restaurants, and the familiar sound of English is juxtaposed against the rolled "r"s of French.



Step On Bus Tours 248.619.6692

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coronavirus, plans for this charming horse-drawn cartrip may change. However, if riage ride with elk viewing, a this trip does go as planned, five-course gourmet dinner, it should prove to be a and wine tasting of Northdelightful 3-day/2-night ern Michigan wines. Trip experience. We will travel also includes guided tours to the Thunder Bay Resort, of the Great Lakes Heritage near Gaylord. Autumn color Center and Alden B. Dow's should be at its height at unique mid-20th Century this time. Trip will include a Home & Studio (a National Historic Landmark), as well as a visit to Whiting Forest's Canopy Walk (the longest canopy walk in the nation). All venues are handicap accessible. Trip includes motorcoach transportation, 2

nights lodging, 2 breakfasts, 2 lunches, 2 dinners (one with live entertainment), luggage handling, taxes and meal gratuities. On the way home, we'll stop in Frankenmuth for lunch (ON YOUR OWN) and some shopping. Plans are for the trip to depart at 8: a.m. on Oct. 21. L'Anse Creuse is offering this trip. Cost is \$513 double occupancy; \$543.00 single occupancy; \$483 triple or quad occupancy. Currently, because of the coronavirus,

L'Anse Creuse is not taking registrations for trips. Check ington townships senior our website for updates. When trip registrations resume, you may register inperson 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

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 Washcenter 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 De-Carlo'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: Vol-**CALENDAR** » PAGE 32

<u> Travel</u> with Nance, LL

18696 INKSTER • REDFORD, MI, 48240 • 313-535-2921 Email: travelwithnance@gmail.com • Web: www.travelwithnance.com

2020 Motorcoach Tours

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 8/13/20 and we hope to meet our minimum quota on each program. We also hope to rebook all cancelled tours from 2020 again for 2021.

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

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.







Lincoln High

Class of "52" School colors red and black Let's take a minute And all look back

Begin with the girls Cute as they could be O-my goodness Grandmothers now Ladies please stand up And take a bow For myself Seem to be always lost More interested in the Girl next to me With her legs cross

Teachers and the entire Staff are devoted and loyal No doubt about it Lincoln High Is a great school

> By John Cameron of Shelby Twp, MI



Sand Castles

Goin' to build a castle, down by the sea. It will be a big one for just you and me. We'll take all the pebbles and put in a door. To keep all invaders far from our shore.

> By Mildred Siedzik of Clinton Twp, MI

Parting

There's one word left for you and me. And when it's said, we'll both be free. Our time is over, love has passed. We somehow knew it couldn't last. So let's recall the joy and fun. The happy, carefree things we've done. We didn't last, but memories will. We'll think of us – our hearts will fill. Do not reconsider, and don't make me cry. Just take one long breath, then tell me goodbye!

> By Darlene L. Miller of Shelby Twp, MI

Do you have a creative side that you would like to share with your community readers? We are looking for original, unpublished poetry. This will be your time to shine in our Poetry Corner. Please keep poems and letters of appreciation to 300 words or less and print clearly. Next Issue will be September 10, 2020.

FIRST & LAST NAME: ADDRESS:		
CITY/STATE/ZIP:		
MAIL TO: Vitality Poetry And Letters of Appreciation Dawn Emke 53239 Settimo Crt	If you chose to submit your poem or letter of appreciation 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.	
Chesterfield, MI 48047	Email: order: demke@medianewsgroup.com	

POLKA DOT LAWN ~ PATCHWORK SKY

I wish the wind would make up its mind Decide to be softer, gentler please I want to sit on the porch ~ in a chair And not blow away with the breeze!

Grey clouds drift by, patches of blue in the sky It rained this morning making green grass grow Bright purple, yellow, and white Wildflower polka dots put on a show

> I think I'll go inside for now Watch the news on TV Then head to the porch again Til bed-time, night-time, calls to me

> > Sleep Well

By Elizabeth Prechtel McClellan of Warren, MI

NEWS

Some news is good; much of it bad Corruption, fires, murders, disasters all make me sad Especially news about political figures, what can I say They bad mouth each other day after day.

For me, the weather, I like to hear the report And, of course, the report on a sport I watch the news mostly on channel seven I can't stay up to catch it at eleven.

Natural disasters seem to come everyday I like to know where it happened so that I can pray People lose their homes, children, and their life Through fires, hurricanes, floods and such strife.

News will go on, if I like it or not So, I'll sit and watch it from my favorite spot I like to keep up with the events of the day It keeps me in touch, what more can I say.



By Roger R. Miller of Auburn Hill, MI

TIME OUT

Running around in circles And living a busy life Trying to figure out what comes next In a world full of stress and strife.

Running here an Running there There's always something to be done Never stopping to smell the flowers in bloom Or just relax in the summer sun.

Our days are filled with things to do Everything's all done in a hurry It seems our lives are passing by In a rush and in constant worry.

We should just take time and slow down a bit And just let nature show the way Our lives will be better for all concerned And we'll live to see another day.



By Alice M. D'Angelo of Waren, MI

Calendar

FROM PAGE 28

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

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

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

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

• 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, 1820123 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 opcseniorcenter.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, 1820123 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, 1369323 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, 3522923 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 9a.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.



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.

Check Enclosed

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