

November 2020

Vitality

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

ON THE MOVE

Plenty of ways to stay
active this winter

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What to expect from a
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CAREER & EDUCATION

Local author shares
historic trailblazers
of Macomb County

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VITALITY

6250 Metropolitan
Parkway, Dock D
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586-731-1809

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A 21st Century Media
publication managed by
MediaNews Group



On the cover:

Whether exercising outdoors alone or socially-distanced with friends, or whether you're Zooming in to group fitness classes or utilizing another at-home fitness routine, there are plenty of ways to stay active this winter, despite the pandemic.

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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

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

Warren Community Center: 5460 Arden, Warren, 48092

OAKLAND COUNTY

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Orion Center: 1335 Joslyn Road, Lake Orion, 48360

OPC Rochester: Leticia Rd, Rochester, 48307

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

MONEY & SECURITY

What is a 'Reserve Fund' and other real estate questions answered

Q: Our daughter and son-in-law are buying a house. Our son-in-law's grandmother, who is helping them financially to buy a house, says that she doesn't want them to buy a house that has easements on it. They are looking at subdivisions in Macomb Twp. Don't all house properties have some type of easement?



Steve Meyers
Columnist

A: This question comes up once in a blue moon. As far as I know, all subdivisions in Macomb Twp. are going to have some type of easement on the property (unless there's one hiding that I don't know about). The definition of an easement is; the right, privilege, or interest that one party has in the land of another. The most common easement on a property is a utility easement. This is usually in the back of a property or it could also be in the front, down one side or both. This is where the Electric Company, Gas Company, Telephone Company or Cable Company would run their lines. There are also storm and sanitary sewer easements. The utility company has the right to maintain and service their lines that run through your property. Normally in these areas you would not want to plant any trees or shrubs that could interfere with the access and you definitely would not want to put a structure such as a shed, swimming pool, patio or deck in an easement. It is always a good idea to check out the easements on a property if you are going to be putting a structure or pool on the property. (Always check the association by-laws and city building and zoning departments before constructing anything.) Another type of easement is a landscape or common area easement that a subdivision can have on your property for the benefit of the whole subdivision. Outside of a subdivision (besides the normal utility easements) you could have an easement by necessity. That is the right of an owner to cross over another's property for a special purpose. An example would be if your land surrounded your neighbor's land, they would have an easement

more than likely in the form of a road or driveway to access their land. And still another type of easement is for oil and gas pipelines; non-utility. As you can see there are many different types of easements, some that I have not mentioned and you should always be sure as to what type the property has and how it will affect the use of the property.

Q: We are buying a condo for the first time. One of the forms we signed was a Condominium Addendum and it listed a Reserve Fund. What is that?

A: It's been a couple of years since I addressed this but it is always good information for those new to the condominium buying process. A Reserve Fund is also known as Condominium Association Funds and referred to as the following; reserve account, capital expenditure reserve, working capital deposit, initial operating deposit, seller's equity in Condominium Association Funds, rainy day fund, or any other funds collected in excess of the monthly association dues. I know that it sounds like a lot, but here is the easy to understand explanation. A Reserve Fund is an account maintained to provide funds for anticipated expenditures required to maintain a building or property. A Replacement Reserve may be maintained to provide for replacement cost of short-lived maintenance items; such as roofs, roads, exterior painting etc... So, let's say that the monthly association fee is \$240. After grass cutting, fertilization, snow removal, trash pick-up, insurance etc. is paid each and every month there may be \$35 left over each month per owner that goes into the reserve fund for future maintenance expenses. (This is given as an example only; your association may have a minimum amount that must be maintained in the reserve fund).

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



Brian J. Kurtz

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HEALTH & FITNESS

What can we expect from a COVID-19 vaccine?

By **Steven N. Austad**

For *Next Avenue*

As I write this, there are 42 COVID-19 vaccines in various stages of human trials. Eleven of these are in large, late-stage trials. More than 100 others are under development.

In fact, drugmaker Pfizer announced on Monday that early data from its coronavirus vaccine shows it is more than 90% effective, and the company expects to have 50 million vaccine doses available globally this year, and 1.3 billion next year, according to CNN.

Vaccines are one of the great achievements of science. They have saved hundreds of millions of lives and led to the eradication of one human disease (smallpox) and the near-eradication of another (polio). Yet no vaccine is perfect. That is, no vaccine is 100% effective, 100% safe and lasts for life.

Fortunately, they don't have to be perfect.

"Herd immunity" is reached when enough of a population is immune to a disease, either through recovery from the disease or vaccination against it, that the disease can no longer spread and dies out. Herd immunity for smallpox was achieved at about 80% immunity. It is too soon for us to be certain what the herd immunity level is for COVID-19, although early estimates put it at about 70%.

There are at least eight distinct types of COVID-19 vaccines under development, including several new technologies, but they all rely on the same thing — priming the host's immune system to activate quickly and decisively when the virus attacks. Because older adults have generally weaker immune systems,

their vaccine response is also weaker.

Sometimes there are ways to compensate. For instance, the two CDC-recommended flu vaccines for people over age 65 during this flu season have either a four times stronger vaccine dose or mix an immune booster — in this case, shark liver oil — with the vaccine to enhance the response.

How Safe and How Effective?

The key questions that we would like answered about any COVID-19 vaccine — How safe? How effective? — are of course unknown right now. The science is still in progress.

The safety issue is not trivial. The closest relative of SARS-CoV-2, the virus that causes COVID-19, is SARS-CoV, which caused the 2002-2003 SARS epidemic that infected 8,000 people and killed 800 of them. Vaccines that were being developed for SARS were never tested in humans because the disease died out, but in animal studies some of these caused worse disease. So, shortcuts on safety testing would not be wise.

How effective? Again, we don't know, but we can use what is known about flu vaccines to make a guess.

Over a five-year period between 2011 and 2016, the average effectiveness of flu vaccines was 38%, which means that 38% of those vaccinated never experienced flu symptoms. That doesn't sound like a great vaccine, but it also reduced the severity of symptoms of those who did get the flu. So over that five-year period, the vaccine prevented as many as 6.7 million illnesses, 3.1 million doctor visits, 87,000 hospitaliza-



PHOTOS COURTESY OF METRO CREATIVE CONNECTION

However effective a COVID-19 vaccine will be at protecting younger adults, it will likely be less effective at protecting more vulnerable older adults.

tions and 10,000 deaths.

What about among older adults? A number of studies have concluded that getting the flu vaccine prevents disease or reduces symptoms serious enough to need medical attention by about 60%. Since the current FDA guidelines for approving COVID-19 vaccines require at least 50% effectiveness, any approved vaccine will have a major impact on illnesses, hospitalizations and deaths, not to mention disease transmission. We can hope the effectiveness will be considerably higher as well.

Get the COVID-19 Vaccine

One thing to notice is that if the first COVID-19 vaccine is 50% effective (subsequent ones will no doubt be better) and the current rate of

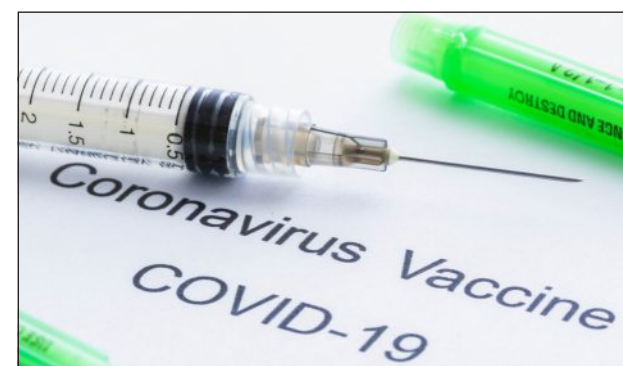
Americans with COVID-19 antibodies, meaning those who have previously been infected, is 9%, then even if everyone gets the vaccine, we will still be short of the 70% estimate for herd immunity.

And as we know, not everyone, alas, will get the vaccine. Masks and social distancing may be with us for a while even after a vaccine is available.

What can older adults do to stay as safe as possible?

First of all, get the COVID-19 vaccine once it is available. The pharmaceutical industry is taking safety very seriously in its vaccine testing as it should.

Second, don't necessarily abandon wearing masks in public and maintaining social distancing just because you got the vaccine unless you also get an antibody test that confirms you have been



Drugmaker Pfizer announced on Monday that early data from its coronavirus vaccine shows it is more than 90% effective, CNN reported.

protected by the vaccine.

Third, practice the best health habits.

And finally, support research into how to reduce and retard weakening of the immune system, and all bodily systems, as we age. We are making great progress toward that goal. Let's keep it going.

Steven N. Austad, Ph.D., is the senior scientific director of the American Federation for Aging Research and a distinguished professor and department chair in the Department of Biology at the University of Alabama at Birmingham.

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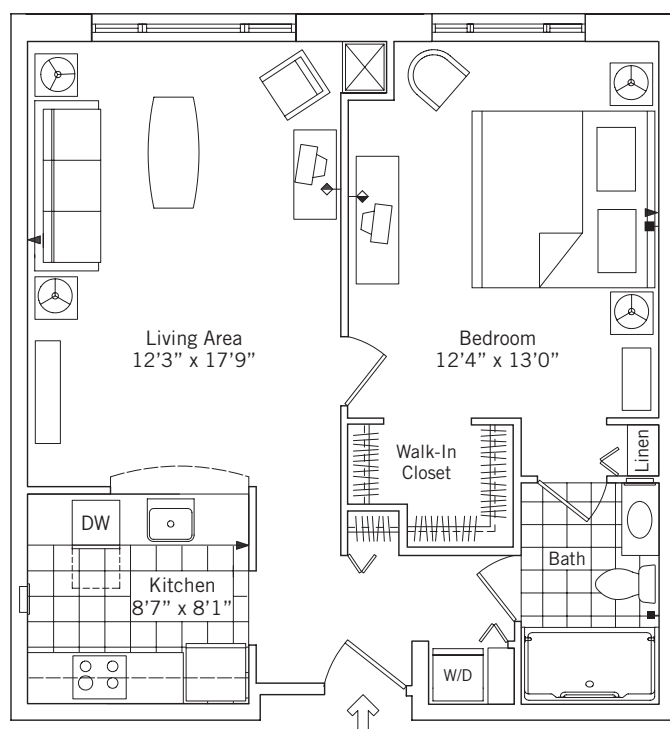
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MONEY & SECURITY

Ask the Financial Doctor: Can I enroll in Medicare before age 65?

Q: What is a split refund?

A: The IRS allows you to split your refund into three parts which can be deposited into three different U.S. financial institutions.



Richard Rysiewski
Columnist

Q: Will there be an increase in Social Security benefits in 2021?

A: Yes, each retired person will get a 1.3% cost-of-living adjustment which is about \$20 per month.

Q: I will apply for Social Security benefits in 2021 but will continue to work. How much can I earn without being penalized?

A: It depends on your age when you start receiving Social Security benefits. If you are under the full retirement age (FRA) in 2021, you can earn \$1,580 per month before \$1 in benefits are withheld for every \$2 in earnings above the threshold. If you reach FRA in 2021, you can earn \$4,210 per month before \$1 in benefits are withheld for every \$3 in earnings above the threshold. After you reach your FRA there are no penalties on your Social Security benefits.

Q: My mother passed away in April, 2020 and I was named the beneficiary of her IRA. If I take a distribution from the inherited IRA will I pay penalty since my age is 45?

A: Inherited IRAs have no 10% penalty regardless of age. The "stretch" IRA is eliminated if the original IRA owner dies on or after 1/1/2020. In your case, you must withdraw all the assets from the inherited IRA by 12/31/2031. You can withdraw a partial amount or the full amount at anytime as long as it is done before 12/31/2031.

Q: My full retirement age (FRA) for Social Security benefits is 66. If I wait till age 67 will my benefits be higher?

A: Your benefits will be 8% higher. The FRA is 66 for workers born between 1/1/1943 and 12/31/1954. The FRA increases by 2 months per year after 1954

till the maximum FRA age of 67. The FRA is 67 for anybody born after 1959.

Q: What is the advantage if I defer taking my benefits from Social Security after age 66?

A: Assuming that your FRA is 66 then every deferred year up to age 70 will earn 8% per year for a maximum of 32%. If you were entitled to a monthly benefit of \$2,000 at 66 and deferred till age 70, the new benefit will be \$2,640 plus any cost-of-living adjustments.

Q: Can I enroll in Medicare before age 65?

A: Yes, if you have received Social Security Disability benefits for 24 months or have End Stage Renal Disease (ERSD) or Amyotrophic Lateral Disease (ALS).

Q: Can the IRS withhold my refund?

A: Yes, the IRS can use your refund if you're behind in paying federal student loans, child support, federal income taxes or state income taxes. Also, if you received too much of a government subsidy to buy health insurance on a federal or state exchange, your refund could be adjusted.

Q: I missed the October 15th deadline for filing my 1040 taxes? What should I do?

A: File your tax return as soon as possible. If you have a refund, no penalty or late fee will be added. If you owe money then you will have to pay a penalty and late fee. The failure-to-file penalty starts out at 5% for each month the tax return is not filed and can go up to a total penalty of 25% of your balance due. If both the 5% failure-to-file penalty and the 0.5% failure-to-pay penalty apply in the same month, the maximum monthly penalty will be 5%. If you can't pay your taxes, you should still file to minimize the failure-to-file penalty.

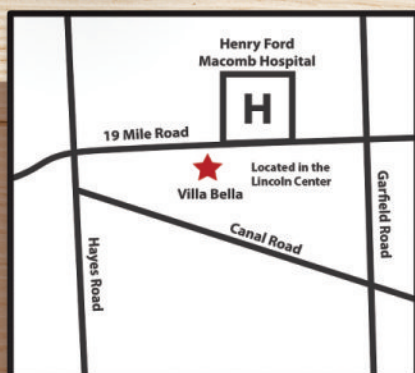
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CAREER & EDUCATION

Author shares historic trailblazers of Macomb County

When Barb Pert Templeton decided to pitch the idea of a book about interesting people in Macomb County's history, she wasn't sure how it would be received. A few conversations and a contract later, she was soon awash in research, digging up unique stories about people who called the county home over the last 200 years.

The book, "Historic Tales of Macomb County" was published by the History Press on November 2, 2020. It includes 14 chapters named for municipalities within the county and features 36 sections on people who, in many cases, set the pace for growth and prosperity in Macomb County.

Vitality caught up with

the author to pose some questions about her new book.

Vitality: What made you want to write a book about residents from Macomb County's past?

Templeton: Well, I've lived in the county since I was a second grader, have been a reporter for local newspapers for over 30 years and telling people's stories has always been my favorite kind of writing.

Vitality: How did you decide which people you should include in the book?

Templeton: That was certainly challenging because there were

so many interesting characters. I knew I really wanted to include a big variety so there are several interesting politicians, a few progressive women, celebrities like former Detroit Tiger Vic Wertz and prize fighter Joe Louis and even a circus family known as the Flying Nelsons.

Vitality: What methods did you utilize to find information about your subjects?

Templeton: Just about every avenue I could find; whether it was old newspapers, census data from the time periods, historic ledgers or in some cases I was able to seek out a relative and ask questions.

Vitality: The book includes more than 70

photos, were they hard to come by?

Templeton: In some ways gathering all the



Author Barb Pert Templeton.

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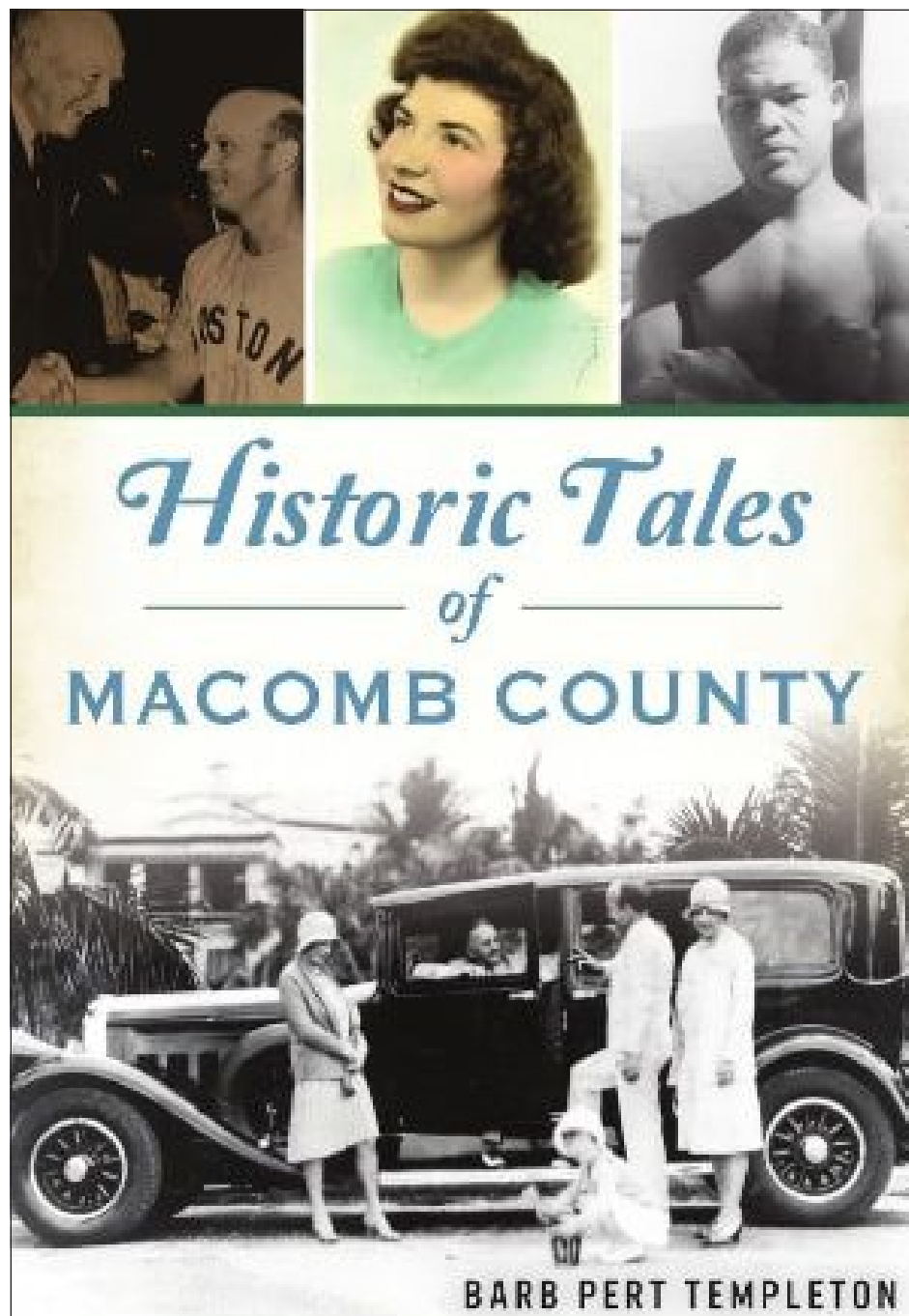
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photos, with many rejected due to poor quality, was almost harder than completing the manuscript. Fortunately, in the end, I had lots of people willing to keep digging up more photos for me that could pass the quality test.

Vitality: Is there a chapter or section in the book that you particularly enjoyed writing?

Templeton: Well, I really found something interesting about all 30 plus individuals in the book, of course all for different reasons. The Memphis chapter with Eva McCall Hamilton who became the first female member of the Michigan senate in 1920 and Shirley Mason, a shy art teacher at Memphis High School who was actually the infamous multiple personality Sybil were fun to share. William Brownell, an accomplished country doctor from Utica in the late 1800's and the storied career of former Sterling Heights Mayor Richard Nottle were also great tales to tell.

Vitality: This is your first book so how long did it take from keyboard

to print?

Templeton: Well in a rookie mistake I agreed to submit the photos in five months and the manuscript in six, which I have since learned is pretty grueling. Once everything was on the publisher's desk last December, I anticipated a June publication date but COVID-19 had other plans. Things were shelved until September and edits to print was just a couple of months.

Vitality: Did you enjoy the overall experience and any plans for book number two?

Templeton: Yes, I enjoyed the research and the writing very much. As to another book, well Macomb County does have 27 municipalities, only did half this time, so there are certainly more stories to tell.

"Historic Tales of Macomb County" by Barb Pert Templeton is available for purchase now at local booksellers or can be ordered online at Amazon.com.

Left: "Historic Tales of Macomb County" was published by the History Press on Nov. 2, 2020.

Next Issue of Vitality



will be on

**THURSDAY
DECEMBER 10, 2020**

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SOCIAL & WELL-BEING

Families make adjustments to celebrate Thanksgiving amid virus pandemic

By Barb Templeton
For MediaNews Group

It's been a long, stressful year dealing with the pandemic and the restrictions it can bring so deciding what path to take to celebrate Thanksgiving is a challenge this year.

The Center for Disease Control (CDC) reports that there are several factors that contribute to the risk of getting infected or infecting others with the virus at a holiday celebration. The location and size of the venue is important; outdoor is preferred and if indoor severely limiting the num-

ber of guests. The duration of the gathering, shorter being better, must also be considered as should the location attendees are traveling from – are there lots of cases in that city or state.

For Deana Beard's family in Macomb Township an air hug will have to do this Thanksgiving.

"In our family we have given up hugging because of the virus which has been hard for everyone especially the little kids," Beard said. "Thanksgiving will be no different and it will be hard for us to not embrace during the holidays but we know it's for the best."

Normally, Beard said Thanksgiving Day includes around 10 people enjoying lunch and watching football with her boyfriend's family followed by dinner at her sister's house with 15 or so diners. This year she's suggested less traditional smaller meals, seating at smaller tables and cutting the visits short.

"My thought is the less exposure the better," Beard said. "And eating as a whole at the same large table brings risk."

She admits for some family members it's hard to let go of traditions while others understand the request

and how it can keep them all healthy.

Considering the fact that Beard had five family mem-

bers test positive for COVID-19 back in March and April, it's easy to understand her concerns.

"One actually had it twice, my grandfather who lives in a nursing home," Beard said. "Thankfully



PHOTO COURTESY OF DEANA BEARD

The Beard family will enjoy Thanksgiving dinner on a smaller scale this year due to the pandemic.

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everyone has been healthy since.”

At the Persely household in Armada it will be turkey day as usual with no special adjustments due to COVID-19.

Jean Fittzell Persely said she and her husband, Bob, will welcome their adult daughters back home with their significant others plus their granddaughter, Isabella, 21 months.

It's a cozy celebration, something the Perselys have grown accustomed to since their military careers kept them far from family during the holidays for more than two decades. Still, there were plenty of times friends filled their tables at bases across the country.

“We'd have Thanksgiving at our home every year and we opened it up to anyone who wanted a place to visit,” Persely recalled. “Some years, that was just one extra plate at the table and one year we had 47 with dozens at folding tables spread out throughout the kitchen, dining room and living

rooms. We never wanted a marine or sailor sitting in the barracks if they wanted to celebrate.”

This year the Perselys guest list may be short but they will fill their plates with all the traditional things like turkey, mashed potatoes, stuffing, veggies and of course cranberry sauce and pumpkin pie.

Oh, and there will also be a special dish right out of Persely's grandmother's recipe book - cottage cheese. It may sound odd but Persely said they add garlic, chives, pepper and Worcestershire Sauce to make it extra delicious, although grandma always made it best.

Dinner and dishes aside, she's simply looking forward to having her kids back under her roof for the day.

“I love being able to slow down and spend the day with family, just relaxing and doing whatever we want to do,” Persely said. “And with our children being grown and out of the house, these days with them are cherished.”



Right: Isabella Schroeder, 21 months, is looking forward to turkey and pumpkin pie at her grandma's house this Thanksgiving.

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HEALTH & FITNESS

THERE ARE PLENTY OF WAYS TO STAY ACTIVE THIS WINTER

By Debra Kaszubski

For MediaNews Group

Many people are avoiding the traditional indoor gyms and group fitness classes due to the coronavirus pandemic. Even though many senior and fitness centers have increased their health and safety protocols, including social distancing during group fitness activities, some older adults may wish to err on the side of caution and workout on their own.

Adults typically should get at least 150 minutes of moderate-intensity exercise a week, according to the U.S. Department of Health and Human Services. Older adults should combine moderate aerobic activity with balance and muscle-strengthening (at least twice a week) exercises. Balance and muscle mass deteriorate as people age.

The good news is that most people don't need a gym, expensive equipment or special clothing to get fit at home. "Now that the weather makes us stay in more, virtual workouts are more important than ever," said Lisa Chavis, a Rochester-based YouTuber who regularly posts exercise videos for ages 50 and older on her channel called Woohoo Senior. "No one wants to get mushy. The old saying rings true, use it or lose it."

Chavis offers a variety of workouts for free on YouTube, including strength and walking. There's even a lower body strength video that she filmed near Comerica Park in Detroit. Chavis offers additional balance and strength classes live through Zoom. Find her live virtual classes through the Rochester Older Persons Commission website.

Those who think they can't participate because they don't have exercise equipment need



PHOTO COURTESY OF OAKLAND COUNTY PARKS

Some may be surprised by the many different activities you can enjoy all winter long at local parks, from hiking and snowshoeing to cross-country skiing and fat tire biking.

not worry. To mirror your gym workout at home, replace your usual equipment with household items, such as canned food for barbells or a bowling ball instead of a medicine ball. "I will use items that have household substitutes," Chavis said. "For instance, I will fill a water bottle with sand instead of using hand weights."

If Zoom classes and exercise videos don't appeal to you, there are other ways to stay motivated. Wear a fitness tracker, and use mobile apps to track your exercise regimen. If you prefer a low-tech way, simply write down what you do on a calendar to see your progress from week to week.

Even though the weather is changing, the Oakland and Macomb county parks offer a wide variety of trails designed to challenge all fitness levels. "It's interesting because sometimes it is busier in the winter than in the summer

at our parks. Not only do you have your walkers, but then we have designated trails for cross-country skiing. Snowshoeing has become very popular," said Sue Wells, manager of Parks and Recreation Operation at the Oakland County Parks and Recreation.

Wells said Independence Oaks in Independence Township is an ideal park for all levels because of the variety of trails. Gravel, asphalt, and wood chip trails of varying intensity are clearly marked. This park and others in the county draws hikers, dog walkers, joggers, cyclists, and more.

"At Catalpa Oaks, we put a trail around the entire park," Wells said. "There's really something for everyone."

In Macomb County, Stony Creek Metropark recently received recognition as the top spot for hiking in metro Detroit by the travel website "Only In Your State." The survey also

noted the hiking trails at Riverbends Park in Shelby Township, and the Macomb Orchard Trail, which extends through both counties and more.

"We're fortunate in southeast Michigan, and in particular here in Macomb County, because the natural resources we have for recreation and quality of life far surpass any other state," said Macomb County Executive Mark Hackel.

Here are a few trails in Oakland and Macomb Counties you won't want to miss:

- Stony Creek Metro Park
- Macomb Orchard Trail
- River Bends Park
- Addison Oaks – Buell and Ted Gray trails
- Rose Oaks
- Red Oaks – South Loop
- Orion Oaks – Bluebird Loop
- Independence Oaks – Ted Gray Trail

Next Avenue contributed to this report.

CARDIOVASCULAR TRAINING

The National Association of Sports Medicine recommends cardiovascular training three to five times a week or one to three times a week for beginners. Here are a few recommended exercises:

Core (abdominal muscles):

- Ab crunches. This provides similar benefits as sit-ups with less strain on your neck and back.
- Planks. While planks focus on the core muscles of your abdomen and lower back, they really work the whole body. You can start on your 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 upper-body muscles, push-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 give you the most bang for your buck. 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 your arms toward the front or hold weights for a greater challenge.

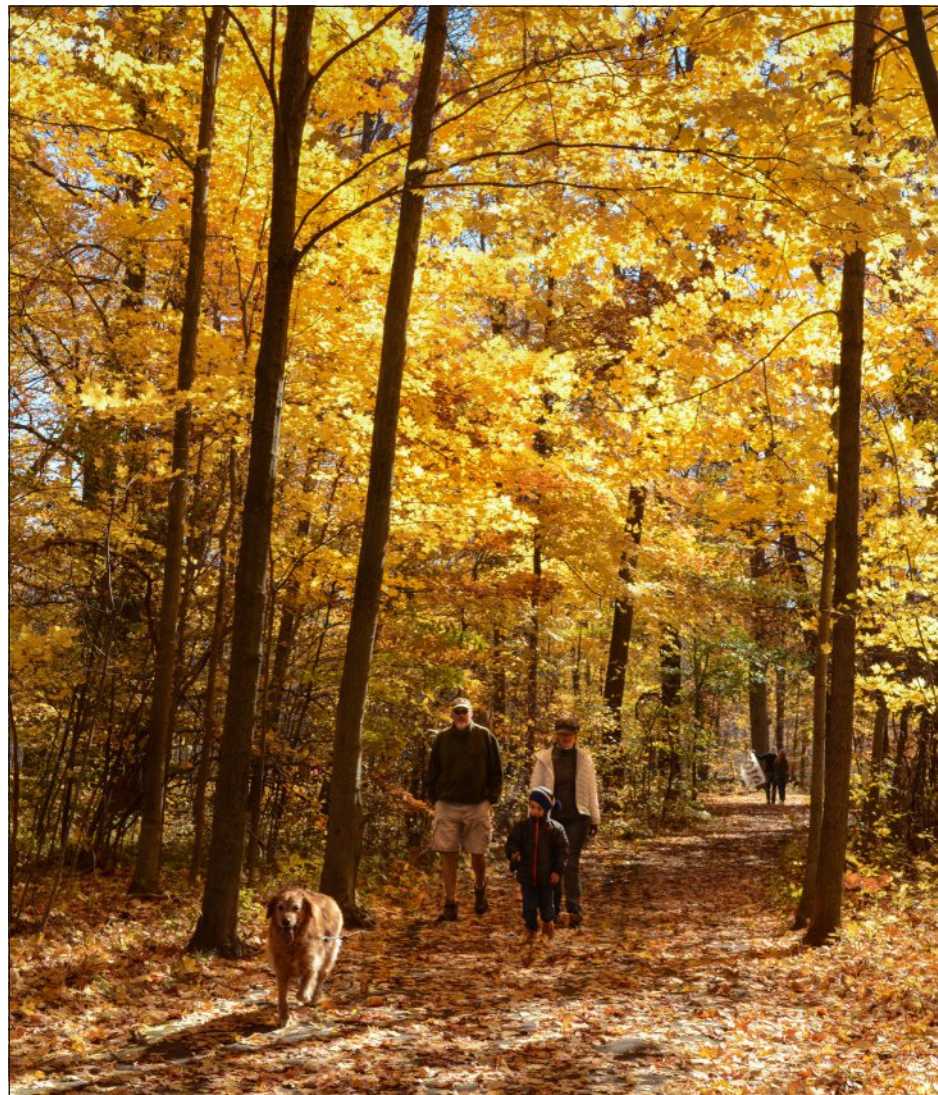
Yoga poses for balance:

- 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 intensity.



PHOTOS COURTESY OF OAKLAND COUNTY PARKS

The Rockridge Loop Trail at Independence Oaks is a 1.8-mile loop trail that runs alongside a lake and is good for all skill levels.



Independence Oaks County Park, the largest Oakland County park at 1,286 acres, offers more than 12 miles of natural and paved trails among many other amenities.



Cross-country skiing is a popular outdoor activity in Oakland and Macomb county parks during the winter season.

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CAREER & EDUCATION

Alex Trebek: In his own words

By Richard Harris

For *Next Avenue*

Editor's Note: Next Avenue and Vitality Magazine mourns the death of "Jeopardy!" host Alex Trebek, at age 80, of pancreatic cancer.

"Alex Trebek: The Answer is... Reflections on My Life" is not your typical autobiography or standard memoir. Rather, it's what the 79-year-old "Jeopardy!" host calls "a series of quick look-ins, revelations."

Trebek has been a public figure for most of his professional life. But since he moved to Southern California from Canada in 1973, he has not lived the "see and be seen" Hollywood celebrity life.

Late last year, Trebek openly questioned whether he should have disclosed that he was diagnosed with Stage IV pancreatic cancer in March 2019. "There are moments when I regret going public with it, because there's a little too much of Alex out there right now. It does place a responsibility on me that I feel I'm not deserving of," he said.

Trebek last recorded fresh episodes of "Jeopardy!" in March when the pandemic shut down production. Still in treatment for advanced pancreatic cancer, he managed to record show opens a few weeks ago at his home for some special "Jeopardy!" broadcasts airing this month and next. But because of the ongoing COVID-19 pandemic, there's no telling when tapings for the 37th season of Jeopardy! will begin.

The New York Times reported that if the current course of his cancer treatment fails, Trebek plans to stop treatment. "There comes a time when you have to make a decision as to whether you want to continue with such a low quality of life, or whether you want to just ease yourself into the next level. It doesn't bother me in the least," he said.

The following are excerpts from Trebek's new book:

On Why He's Never Written an Autobiography or Memoir Until Now

My life was not particularly exciting. I'm the typical product of my generation: a hardworking breadwinner who looks after his family; does all the repairs he can around the house; enjoys watching television and thinks a simple dinner of fried chicken, broccoli and rice is just fine, thank you very much.

I've shown up to work at the same job for thirty-six years and have lived in the same house for thirty years. I respect and like my colleagues, and have a family that I dearly love. I have never seen myself as anything special. That's why if you listen to Johnny Gilbert's announcement at the opening of "Jeopardy!," I'm introduced as "the host" rather than "the star." I insisted on that when I took the job back in 1984. But then early in 2019, all of that changed when I was diagnosed with stage IV pancreatic cancer.

On Toughness Following His Pancreatic Cancer Diagnosis

I have become in many ways the de facto spokesperson for pancreatic cancer; there are a lot of expectations. I feel a lot of pressure to always be tough — to be stoic and show a stiff upper lip. But I'm a goddamn wuss. I start to cry for no reason at all. I have no idea what sets it off, and it embarrasses me. The thought that I don't measure up compared to people's expectations is difficult.

Not long ago, when I was going through a significant bout of depression, I called my doctor and expressed my concern about not being strong enough. "No, no, no," he said, trying to reassure me. "You're a great survivor. You've helped a lot of people. You don't know how many people whose lives you have saved just by being out there, speaking out about the disease, what it does to you and how to maintain a more positive attitude."

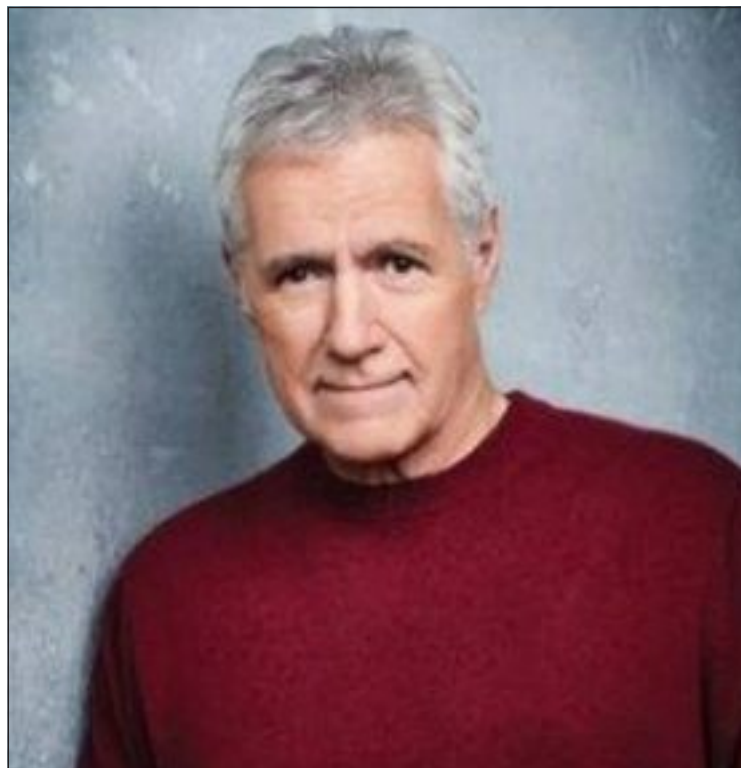


PHOTO COURTESY OF ANDREW ECCLES

Alex Trebek, beloved host of "Jeopardy!" has died, at age 80, of pancreatic cancer.

Interestingly, the longer I've lived with the cancer, the more my definition of toughness has changed. I used to think not crying meant you were tough. Now I think crying means you're tough. It means you're strong enough to be honest and vulnerable. It means you're not pretending.

And not pretending, being willing to let your guard down and show people how you truly feel and admit that you're a wuss, is one of the toughest things a person can do. It's also one of the most helpful things a person can do. It demonstrates an interest in developing an understanding. It demonstrates a caring. Because you have to figure there are some people out there who are going through the same stuff.

On the Will to Survive

I don't think the will to survive is a constant. I think there are moments — and there are certainly moments in my life —

when that will to survive disappears and I'm ready to pack it in. Because understand that death is part of life. And I've lived a long life.

If I were in my twenties with years ahead of me, I might feel differently. But when you're about to turn eighty, it's not like you're missing out on a great many things.

I don't have much stamina anymore. It's not even a question of physical activity that tires me out. Just being awake is enough to exhaust me. Some days are better than others. I had a couple of good days, then yesterday didn't go so well. Today is fair. Just pain and fatigue and, well, different kinds of agony. Each day brings a new set of challenges.

I don't like to use the terms "battling" or "fighting" when talking about cancer. It suggests that there are only two outcomes: "winning" and "losing."

That's nonsense. I understand

why we human beings choose to see cancer in these terms. It's easier to comprehend and less scary if we see the experience as a boxing match and the disease as an opponent who might be subdued by sheer force of will and determination.

However, cancer doesn't get demoralized. It doesn't require a pep talk from its trainer between rounds. It is a fight, that's true.

There are days when I feel like Mike Tyson just dropped to the canvas by a Buster Douglas up-percut.

But it is by no means a fair fight. Not even close. It is simple biology. You get treatment and you get better. Or you don't. And neither outcome is an indication of your strength as a person. Yet I still believe in the will to live. I believe in positivity. I believe in optimism. I believe in hope, and I certainly believe in the power of prayer.

On Retirement

For years, studio audiences have asked me, "Have you ever thought about retiring?" And I'll respond, "Yes, I've thought about it. Why? Do you know something I don't?" Or they'll ask, "How do you motivate yourself to do the same job year after year?"

And I'll respond, "They pay me very well."

One of the elements of my personality has always been — and I'm keenly aware of this — that if something was that important to me, that much of a driving force, then I would do something about it. The fact that I have not done something about changing my job is an indication that maybe I'm pretty satisfied, pretty content with where I am.

It's not hard to be content with being the thirty-six-year host of Jeopardy! You get a lot of respect. And, as I've discovered since the diagnosis revelation, you get a lot of love. There really is no downside to it. It's not like I trudge to work every week and say, "Oh gosh, I've gotta do Jeopardy! again." It invigorates me.

No matter how I feel before the

show, when I get out there it's all forgotten because there's a show to be done. Yet I know there will come a time when I won't be able to answer that bell. I know there will come a time when I can no longer do my job as host — do it as well as the job demands, as well as I demand. Part of it is physical. Standing on your feet for eleven hours two days in a row is difficult for someone who's about to turn eighty, even without getting worn down by chemotherapy.

My eyesight has also deteriorated over the years. It's not as easy for me to read the clues. The chemo has caused sores inside my mouth that make it difficult for me to enunciate. One treatment also turned my skin dark brown, and the chemo, of course, caused my hair to fall out. But part of it is mental too. I'm the first to admit I'm not as sharp as I once was. I have more and more brain skips. What I call "senior moments."

And in this job, concentration is imperative. You can have those slip ups in casual conversation with friends. But you can't get away with that as the host of "Jeopardy!" Whenever it gets to that point, I'll

walk away. And "Jeopardy!" will be just fine. There are other hosts out there who can do equally as good a job as me. I think "Jeopardy!" can go on forever.

On Getting Your Affairs in Order — and Death

I keep reading about people who have different kinds of cancer, and they see their doctor and say, "Well, what's the prognosis?" And the doctor says, "I think you better get your affairs in order."

My doctor has not said that to me. He has told me he is there for me, no matter what my decision is. There are different decisions, of course. I could decide to begin a new chemotherapy protocol. I could decide to try a new immunotherapy. Or I could decide to go to hospice. The other day, I talked to my doctor for the very first time about this last option. He explained that hospice is basically there to make you comfortable on your way to the end. They're not there to administer health care, but palliative care.

But when death happens, it happens. Why should I be afraid

of it? Now, if it involves physical suffering, I might be afraid of that. But, according to my doctor, that's what hospice is for. They want to make it as easy as it can possibly be for you to transition into whatever future you happen to believe in.

Am I a believer? Well, I believe we are all part of the Great Soul — what some call God. We are God, and God is us.

Lately, I've been thinking more and more about that old line they used to use in the military: "No one's an atheist in a foxhole." If ever there was an opportunity to believe in God — a god — this might be a good one, Trebek, now that you're on the verge. What have you got to lose?

On Life

My life has been a quest for knowledge and understanding, and I'm nowhere near having achieved that. And it doesn't bother me in the least. I will die without having come up with the answer to many things in life. I'm often asked how I would like to be remembered. I don't think about it much.

But I suppose if I had to answer I would say I'd like to be remembered first of all as a good and loving husband and father, and also as a decent man who did his best to help people perform at their best. Because that was my job. That is what a host is supposed to do.

You are there to make the contestants relax enough that they can demonstrate their skills. They are the stars of the show. They are the ones the viewers tuned in to see. And if you do that, if you put the focus on the players rather than on yourself, the viewers will look on you as a good guy. If that's the way I'm remembered, I'm perfectly happy with that.

With the coronavirus, [our family] can't go out to eat, we can't go out to public places, even the park next door has limited its use. Here I am wanting to enjoy what might be the last of my days, and, what, I'm supposed to just stay at home and sit in a chair and stare into space? Actually, that doesn't sound too bad.

Except instead of a chair, I'll sit on the swing out in the yard. That's my favorite spot on the

whole property. I used to do it with Mom. Just sit there and rock. No need to talk.

It's just very peaceful. I suppose the feeling I have sitting on that porch swing is similar to what people feel when they meditate, though I would never call it meditating. I just consider it goofing off, not doing anything.

Yep, I'll be perfectly content if that's how my story ends: sitting on the swing with the woman I love, my soul mate, and our two wonderful children nearby. I'll sit there for a while and then maybe the four of us will go for a walk, each day trying to walk a little farther than the last. We'll take things one step at a time, one day at a time.

In fact, I think I'll go sit in the swing for a bit right now. The weather is beautiful — the sun is shining into a mild, mild looking sky, and there's not a cloud in sight.

Richard Harris is a freelance writer, consultant to the nonprofit iCivics and former senior producer of ABC News NIGHTLINE with Ted Koppel.



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SOCIAL & WELL-BEING



PHOTO COURTESY OF ARTS FOR THE AGING INC.

Members of a Washington-area senior improvisational dance company called Quicksilver hold a rehearsal over Zoom on Oct. 5.

As isolation takes its toll on older adults, a senior dance group finds a way to connect

By Theresa Vargas

For The Washington Post

Betty. Judith. Margaret.

With each name Nancy Havlik calls out, a rectangle on her screen stirs as the figure in it moves to the sound of a cello.

The grid on Havlik's monitor shows about a dozen people on the Zoom call with her, and each is waiting to answer, through an impromptu dance, a question she asked: What's something that's made you happy in the past two weeks?

One woman stands, then squats, moving up and down, up and down, as she describes her 9-month-old grandbabies learning to walk.

Another woman squawks what sound like the word, "Wow" before appearing to fly gracefully out of view.

Carolyn. Peg. Sue. Roberta. Mary Lou.

Havlik calls on each, and just when she thinks she's given everyone a turn, some-

one reminds her that she forgot Gloria.

"Gloria?" Havlik asks. "Where's Gloria?"

"She's right behind me," someone says.

"She's right next to me," someone else offers.

"Oh, there's Gloria," Havlik says. "She's in my corner."

Gloria is actually nowhere near any of them. She is sitting alone in the dining area of an assisted-living center, wearing a disposable face mask. Her image appears in different places on each person's screen, but not everyone on the call may know that. The members of Quicksilver, a Washington-area improvisational senior dance company, are still getting used to virtual rehearsals.

Before the coronavirus pandemic hit, the senior dance team would gather in person at assisted-living facilities, nursing homes and adult day-care centers across the D.C. region. Partnering with live musicians through the nonprofit group Arts



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for the Aging, the dance team would guide participants, many their same ages, through different moves they could do from their seats and wheelchairs.

The dance team's members describe those encounters as powerful for both them and the participants, who might not have many opportunities to interact with people outside of the facilities where they live. They tell of forging connections through a touch of a hand and witnessing a nostalgia-inducing song turn a stoic expression into a smile.

"Down by the Boardwalk" - you play that song and people remember," says Havlik, who is 79 and the director of the dance company. "That's the song that gets people going in 2020."

But then the novel coronavirus stopped all that. It caused adult day-care centers to shut down, and forced assisted-living facilities and nursing homes to keep out visitors. That meant the people and activities that gave residents some joy had to stay away, while grief wrapped itself around them. One of the nursing homes in Maryland where the dance team used to hold sessions suffered 13 deaths from the virus, Havlik says.

The Quicksilver dancers also had to stop meeting in person because many of the members are in their 70s and 80s, making them also vulnerable to the virus.

"I couldn't process it," Havlik says of the moment it hit her that she couldn't resume the active life she had created. "I was probably depressed. I was numb. Everyone was numb."

Quicksilver dancer Dorothy Levy, who is 86 and lives in Northwest Washington, is divorced and has four daughters who don't live in the area. Because of the pandemic, she now spends most of her days alone, only seeing people from a safe distance when she takes walks through her neighborhood.

She says she misses seeing the other dancers in person and working alongside them in the community.

"As you get older, there is a tendency for people to write you off, to tell you to go out to pasture and chew on whatever, you're no longer useful," she says. "And that was one way for us to see and realize that we can make a difference in people's lives."

The toll of the coronavirus is often measured by the deaths it has directly caused. That growing number has become shorthand for our communal grief. But the virus also steals in indirect ways. In a recent article, my Washington Post colleague William Wan wrote about how people with dementia are dying from the isolation intended to protect them.

"Activities that used to stimulate their minds - music therapy, game nights, Jazzercise - have ground to a halt," he writes. "At most facilities, residents aren't even able to eat lunch together anymore."

The article continues: "One woman in D.C. - who has not seen her children, grandchildren or siblings since March - described the horror of witnessing her mind deteriorate in isolation. 'I not talking with the whole sentence anymore,' she wrote in a series of text messages about her decline. 'Not got balance. Painful cramping.'"

These are the same people the Quicksilver dance members spent those music-filled moments moving alongside.

Worried about those lost connections, Havlik made the decision to move those classes online. Now that she's held some sessions, she describes these types of efforts as critical to pushing against an isolation and loneliness that will only grow worse as the weather grows colder.

"It's going to be a hard winter," she says. "We need to do all we can."

Dancing in a tiny box on a screen is a much different experience, she says, but she has already seen it get people to move who might not otherwise.

She describes one woman from a recent class.

"She was kind of not moving at all, and she was a little grumpy, like someone brought her there," Havlik says. She usually starts each session by asking participants to shake and wiggle certain body parts. "She didn't do it at first. Then all of a sudden you see these little shoulders move. Then I notice her fingers are wiggling. Then her whole body starts to wiggle. It was really wonderful to see. It's like everything came alive. It was like she woke up."

That same come-to-life energy is seen when the Quicksilver group comes together on Zoom. Havlik says she decided to resume the rehearsals virtually because the members also need those connections.

She invites me to sit in on a rehearsal, and while I witness some moments of frustration with the technology, what I mostly see is a playfulness that dominates the space. Havlik, who on that day is wearing snake skin-patterned leggings, offers general instructions. The dancers then use their own creativity to move their bodies as a cellist provides live music.

During the exercise that calls for using movement to describe something that has made them happy, when Havlik finally calls Gloria's name, she is ready with her answer.

It comes out in the form of graceful sweeps of her arms and poetically paced words.

"Sailboats on the water," she says. "I received magnificent photos of sailboats. With the sun and the moon. In the pictures. As it was dawn."

"Thank you, Gloria," Havlik says. "Ending with some beautiful words."

She then asks, "So how is everybody doing?"

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Grand PARENTS BRAG PAGE



CHELSEA & EVVIE
Proud Grandma & Great Grandma is:
Mary Carpenter-Burke
of Bloomfield Hills MI



FINN & GRANDMA BOATING
(Diving for sponges in Tarpon Springs, FL)
Proud Grandparents are:
Mike & Susan Martin of Harrison Twp, MI

PET BRAG PAGE



BUBBA PLAYING IN THE SNOW!
Member of the Martin Family from Harrison Twp



SHENANIGANS
Member of the Waller Family of Oxford, MI

Calendar of activities, events and trips

Editor's Note: With the cancellations of events due to COVID-19, contact the organizers to find out if it has been cancelled.

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

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 586-6465636 after Aug. 1.

NOVEMBER

Nov. 17: Yooper Talk 6:30 p.m. via Zoom (Meeting ID: 97336562373). Say "Yah!" to dah U.P. eh!" Kathryn Remlinger, Ph.D., will discuss the social and linguistic history of English in the U.P. or "Yooper Talk!" In order to understand any dialect, we must understand its history: how the dialect has been developed, both consciously and unconsciously, by people and their everyday practices, beliefs, and values, as well as by the land and labor that shape not only the dialect but also the region. Significant factors in these processes include historical events, immigration, settlement patterns, and local economies. This presentation will demonstrate how the social and political history of the Upper Peninsula is reflected in the variety of English spoken there. Sponsored by the Roseville Public Library. For more information, call 586-445-5407.

Nov. 19: Virtual Trivia Nights: Thursdays at 6 p.m. on Zoom (Meeting ID: 92851790047). If you love interesting facts coupled with the thrill of competition, get your family or your online friends together for 6 rounds of trivia on Zoom, all with a unifying theme. We have two online trivia nights coming up this fall. Spon-

sored by the Roseville Public Library. For more information, call 586-445-5407.

APRIL

April 12-17, 2021: This is a wonderful trip SHOW to Nashville, Tennessee. We will see two great shows, The Grand Ole Opry and the Nightlife Dinner Theater. We will enjoy 5 nights lodging three consecutive in Nashville, a guided tour of Nashville and the Belle Meade plantation, admission to country music Hall of Fame, a ride on the Delta Flatboats, etc. The trip is \$709 per person with double occupancy and it includes 8 meals: 5 breakfasts and 3 dinners. The trip is expected to sell out. For questions or to make a reservation, call Mary Ann at 586-530-6936.

MONTHLY EVENTS

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

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

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

Recreation Building). Call 586-725-0291.

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

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

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

■ The Warren/Center Line Senior Connection: invites adults ages 55 and older to join Macomb County's vibrant senior group. The group meets on the second Monday of the month at DeCarlo's Banquet & Convention Center, 6015 E. 10 Mile Road in Warren, just east of Mound. Doors open at 5 p.m., and programs start at 6 p.m. Dues are \$10 per year, and members receive the following: free refreshments, coffee, soft drinks, juices, and snacks; music by a disc jockey and dancing; and information from guest speakers. Featured speakers throughout the year include officials from federal, state, county, and city governments; doctors of all specialties, from internal medicine and gerontologists to cancer specialists; elder law attorneys; and fraud prevention speakers. For more information, call 586-268-9452, 586-264-5657, or 586-755-6112.

■ Pickleball: is going strong at the Romeo Activity Center (361 Morton Street,

Romeo) every Tuesday and Thursday from 10-11. Please call for more details 586-752-6543.

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

■ Euchre parties: Disabled American Veterans 129 and Operation Yellow Ribbon hold euchre parties from 4 to 6 p.m. on the second Sundays and 7 to 9 p.m. on the fourth Thursdays of every month at 47326

Dequindre Road in Shelby Township. The cost is \$7 (plus quarters for euchre). Refreshments will be available. Reservations are needed one day in advance. Call 248-425-2722 or 248-953-4901 to register or for more information.

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

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

■ 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

CALENDAR » PAGE 24



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Calendar

FROM PAGE 23

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



PHOTO COURTESY OF METRO CREATIVE CONNECTION

To submit an event, email jgray@medianewsgroup.com

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.

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Fridays: Doors Open at 11:30am
Starts 12:30pm Lic #A-21848

Sundays: Doors Open - 4:30pm
Starts 6:30pm Lic #A-21636

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Poetry PAGE

PIE ANYONE

Hurry up, now don't be late
Big bird sets upon the plate
Fairly bursting at the seams
Stuffed beyond our wildest dreams

Roasted to a golden brown
Maybe one will vent a frown
Yams mashed in gobs of butter
Cries of ecstasy we utter
Dressing, cranberries all that stuff
Impossible you cry, enough!

**By Mildred Siedzik
of Clinton Twp, MI**

TO LIVE LIFE OVER

The very first thing I'd do
Would be to thank my parents
Who gave so much and to sacrifice
so I could have a better life.

To live life over
And had that second chance
No doubt about it
Be to learn to dance.

Walk around the world
You're a proud American
Enjoy the scenery
Visit with people
in this foreign land.

Be patient with the elderly
Tell them stories
they love to hear
Visit nursing homes
Because my friend
One day you'll be there.

**By John Cameron
of Shelby Twp, MI**

JULY

Go to bed in the summer,
wake up in the fall.
Really don't like this
weather at all.

Block your nose with Vicks.
Hopefully 'twill stop the drips.
Dress yourself in warmer clothes.
Goodness me, I almost froze.
Turn the thermostat from cool to heat.
Now back to bed, I'm really beat.

**By Mildred Siedzik
of Clinton 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 December 10, 2020.

FIRST & LAST NAME: _____ PHONE NUMBER: _____

ADDRESS: _____

CITY/STATE/ZIP: _____ NAME OF POEM: _____

MAIL TO: Vitality Poetry
And Letters of Appreciation
Dawn Emke
53239 Settimo Crt
Chesterfield, MI 48047



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.

Email: order: demke@medianewsgroup.com

Thank you for your interest in sharing your creativity. We look forward to reading your poems and letters of appreciation.



Poetry CORNER

CELEBRATE OCTOBER

Fiery foliage, crimson and gold
A quilt of color blankets the hillside
A checkerboard of flame
Smoky brilliance beside the road
Ochre and rust is the fashion of fall
This is Autumn in Michigan

Oktoberfest, a German celebration at Georgio's
Apple Orchard Inn ~ in Washington each year
Deutsche wein und bier
Rouladen mit spaetzle und Fleischsaft
Rotkraut oder sauerkraut
My favorites, yum!

I asked a friend in Munich about true Oktoberfest
I asked if it filled the whole month
Gestalten Sie (die Munchener)
das grosse Oktoberfest in Munchen?
Lauft es den ganzen Monat?
His answer ~ yes, they party too
It starts in September actually

Other seasons, other pages
Tell of the glories of fall
Colors and scents intermingled, entwined
To tantalize the senses
To fill the mind with awe
Celebrate Autumn with me

Celebrate Autumn in Michigan

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

THE VET

In two more weeks it will be Veteran's Day
So here are some words which I have to say
Shake a Vet's hand or give him a hug
Don't sweep this holiday under the rug.

A battle was raging
Your young warriors were engaging
The V.C. kept attacking
The Devil kept on laughing.

Many young men would not return on a flight 1st class
Their lives would end lying in the elephant grass
Never again would they see their baby and wife
They fought for one another; they gave their life.

Some gave some; others gave their all
Far too many names are etched on the granite "Wall"
How will you celebrate this Veteran's Day, this fall?
Only a cook-out, a parade, or perhaps football.

All the vets that I know now, are aging fast
But their minds & dreams all involve the past
The brothers were once both young and bold
Ask them: Their stories should be told.

Yes, in a couple of weeks is Veteran's Day
November 11th is on a Sunday
Give them thanks in a special way
For them and their families ... Pray!

**In loving memory,
Roger R. Miller
of Auburn Hills, MI**

FASHION

What do people wear today
We throw old clothes away
When fashion becomes a new fad
Or if we save them is that so bad?

How long will the ripped up jeans be in style
Will they last for quite awhile
There will come a day when we throw them away
How about the baggy jeans of yesteryear
Or are we glad they are not here?

We have replaced them with ones so tight
Trying to put them on must be a hell of a fight
Is there comfort in what we wear?
Or is it for others to look and stare?

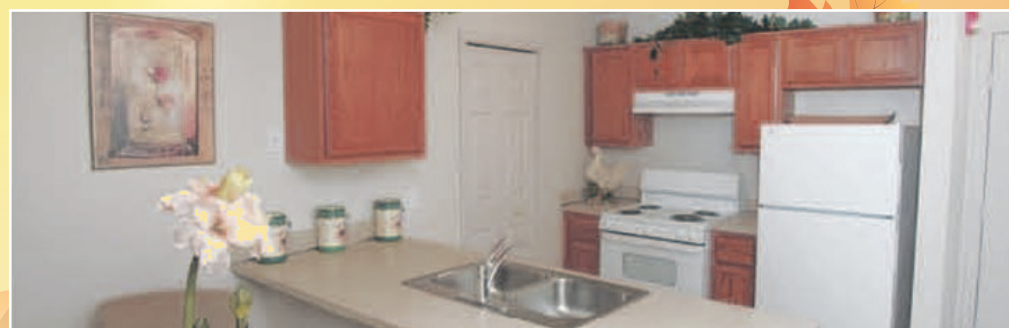
Are those your happy days
When you're out in public in your PJs?
Do people look and shake their head
Thinking maybe you should have stayed in bed
Have your panties been replaced by a thong
Have they been around very long
Is that something that's right or wrong!
The fashions will come and go
To help the industry make a ton of dough.

**By Steve Pankewicz
of Sterling Heights, MI**

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